# 🏀 VARSITY PRACTICE PLAN – “KEEPING THE ADVANTAGE”

Total Time: 90 minutes

Team Layer: Layer 3 (Advantage Extension)

Featured Players: Shaan, Cole, Ben

Tracking Coach: Coach A

Scaffold: Refine → Adapt → Challenge → Compete

## 🔷 BLOCK 1: IGNITION + BASE ACTIVATION (10 min)

Intent: Refine | Movement quality, verbal cueing, constraint priming

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| Time | Format | Player Constraints |
| 0–5 | Verbal Tag: 2v2 Split Tag w/ Recovery | Shaan: Voice Before Motion Ben: No Carry Cole: Cue teammates before tag pivot |
| 5–10 | Base + Balance Reactions (3-Cone into Closeout) | Shaan: Land clean, call action before move Ben: Feet Before Read enforced Cole: Talk is a Skill – teammates freeze until he cues next action |

## 🔷 BLOCK 2: CONSTRAINT-BASED 1V1 + 2V1 (15 min)

Intent: Refine–Adapt | Enforce individual constraints in high-speed reps

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| Time | Format | Player Constraints |
| 10–18 | 1v1 Lane Line Live (start from backpedal → burst) | Shaan: Must pass or re-attack unless clear advantage (More or Score) Ben: Decision in 0.5s, feet loaded Cole: Only shoots with verbal cue + clean base |
| 18–25 | 2v1 Trail + Pitch | Shaan: No shot unless teammate has touched Ben: Can’t retreat dribble—must engage or pass Cole: Pop cue must be verbal or re-screen |

## 🔷 BLOCK 3: 3V3 ADVANTAGE EXTENSION (20 min)

Intent: Adapt | Sustain advantage through spatial and verbal fluency

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| Time | Format | Player Constraints |
| 25–35 | 3v3 on Paint Touch (slot entry) | Shaan: Pass to Stay Ben: Decision in 0.5s or rotate Cole: Teammates freeze until he cues |
| 35–45 | 3v3 Reset → Rebuild (after trap/stop) | Shaan: Verbal Reset Protocol Ben: Can’t cross midline unless committed Cole: Shoulder Read Only |

## 🔷 BLOCK 4: CHAOS-BASED CONSTRAINT LAYERING (20 min)

Intent: Challenge | Real-time breakdown, recovery, and team coordination

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| Time | Format | Player Constraints |
| 45–55 | 4v3 → 4v4 Live Recovery Drill | Shaan: Inside Body Finish Ben: Hit First Rule Cole: Only shoot if vocal anchor used |
| 55–65 | Coach Constraint Roulette (live calls) | Live coach constraints: e.g., 'Shaan: 2-pass rule', 'Ben: 0.5s', 'Cole: cue before cut' |

## 🔷 BLOCK 5: COMPETE – EMBEDDED REP ACCOUNTABILITY (15 min)

Intent: Compete | Track constraint adaptation and team outcome influence

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| Time | Format | Player Constraints |
| 65–75 | 5v5 Games to 6 (Live Score = Consequence) | Shaan: Reset = breath + call Ben: No drift/carry Cole: Lead 1 action vocally + 1 physically |

## 🔷 BLOCK 6: DECOMPRESSION + REFLECTIVE INTEGRATION (15 min)

Intent: Reflect | Constraint review + carryover preparation

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| Time | Format | Player Constraints |
| 75–80 | Shooting Ladder (Game-Style Shots) | Cole: Trail pop 3s w/ verbal cue Ben: Land square before shot Shaan: Call 'one more' before C&S |
| 80–90 | Reflection + Tag Review | Each player identifies 1 rep where they kept or lost constraint Coach A scores 1–5 execution/recovery |