

NATIONAL COACHING INSTITUTE

Task 3

Independent Study Project:

Practical High School Basketball

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Practical High School Basketball

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A New Way to Organize High School Basketball

Given the scarcity of facilities, time and staff supervision, high school athletics needs to be well organized. Basketball can become an integrated way to teach life lessons and academic skills in a sports setting.

If one person oversees all of the basketball programs in a school, they can help each coach instruct the same curriculum from Grade 9 to 12. They can work from the same series of drills and gradually develop the skills that student-athletes will need for Senior Boys Basketball.

The school should field teams at the Senior, Junior and Bantam Boys levels. This will enable more students to participate in sport, keep physically fit and forge meaningful social connections. The Yearly Planning Instrument (Appendix A) will inform the schedule for each team according to Canada Basketball's recommendations for Long-Term Athlete Development (www.basketball.ca/files/LTAD.pdf):

	Senior Boys	Junior Boys	Bantam Boys
L.T.A.D. Stage	Train to Compete	Train to Train (II)	Train to Train (I)
Fundamentals	20%	25%	30%
Technical	30%	30%	30%
Strategy	30%	30%	30%
Tactics	20%	15%	10%

To maximize available gym time, the teams will use the gym when it is available, not at the expense of any other sport. Open gyms at lunch and weight room sessions will help the teams train during the fall season.

Key Dates

The Senior Boys team will have the longest and most intensive season and the Junior Boys will play a modified version of that season. The Bantam Boys will play a short season that focuses on player development.

	Senior Boys	Junior Boys	Bantam Boys
Open Gyms	2 nd Week of September		1 st Week of November
Tryouts	1 st Week of October	4 th Week of November	4 th Week of November
Pre-Season	1 st Week of November	3 rd Week of November	1 st Week of January
Regular Season	Last Week of November		3 rd Week of January
Playoffs	2 nd Week of February		2 nd Week of March

Collaboration Among the Teams

So that athletes are developing position-specific skills, the Senior and Junior Boys teams will combine for certain workouts. Skills will be instructed in position-based workouts and team practices. When the competitive season approaches, the teams will practice more together.

The skill development curriculum with the assistance of other coaches will be based on Ontario Basketball's Elite Development Program. Working with a Technical Director who is an experienced provincial and postsecondary coach will provide staff members with increased knowledge and enable them to improve their coaching methodology for subsequent seasons.

This collaboration between players and coaches will reinforce the culture of the basketball program. Senior students will benefit from leadership opportunities and younger students will see role models in action. The team's philosophy and culture will run through four years of student-athletes.

The coaches will provide mentorship training and supervise these interactions. A group of coaches will be able to provide meaningful specific feedback to all players. Each player will follow an individualized improvement plan and know where they stand and what to do next.

Level of Play

The Senior Boys Team will compete in the Tier 1 level in TDSSAA. This is a level of competition appropriate for the basketball players at the school. There will be other opportunities for players who are less skilled to compete.

The Tier 2 level is terribly disorganized and the top teams would be better off competing in Tier 1 and balancing some success with tough games. Other coaches also agree that over the long-term, this will result in greater improvement and allow players to reach their goals.

It is possible to place the Junior Boys Team in Tier 2 if the calibre of the team needs more development. The Bantam Boys league is focused on development and about four or five schools play in the same division.

The teams will push the tempo and try to score in transition or early offense as much as possible. After each play, the team will finish the play with a screen and roll or drive and kick action. This flexibility will enable players to prepare for club, elite development and postsecondary basketball.

Team Budget

Expenses

This is a tentative budget that can be scaled upwards or downwards. By organizing a comprehensive program at the start the season, players will buy in and it will create pride among the school. Clothing - such as a long-sleeved shooting shirt for players and coaches - will also build positive feelings for the program and make it desirable to play basketball.

Expenses	Senior Boys	Junior Boys	Bantam Boys
Tournaments	3 x \$300	1 x \$300	1 x \$300
Exhibition Games	4 x \$50	2 x \$50	1 x \$50
Clothing	\$350	\$350	\$175
Total	\$1,150	\$750	\$525

Team Fees

There will be a team fee for all sports that will be collected before any games are played. The fee will help the teams recuperate the costs of tournaments and exhibition games and provide a warm-up shirt for the players and coaches.

Fees	Senior Boys	Junior Boys	Bantam Boys
Player Fees	12 x \$100	10 x \$75	10 x \$50
Total	\$1,200	\$750	\$500

The Senior Boys will focus on players in Grade 11 and 12, the Junior Boys will include mostly Grade 10s with some outstanding Grade 9s and the Bantam Boys will be comprised entirely of Grade 9s. Many youth stop participating in sports when they enter high school so this system will enable many student-athletes to stay active.

Players and parents/guardians will sign an agreement committing to pay the fee (Appendix B) before any league games are played. The players will be told what is included and will receive a precise financial statement at the end of the season and a refund, if money was not spent.

The exhibition games and tournaments serve to focus the team practice sessions outside of league games. The fee is the same for all players - whether they attend every game or not. Every player will receive equal coaching and attention during the season.

Other Revenue Sources

Other ideas to fundraise money if there is a desire to expand the program:

- Clothing sales to the school population
- A Junior/Senior Intra-squad game
- Hosting a 1-Day Bantam Basketball Tournament
- Inviting a local business to sponsor the teams' shooting shirts
- Donations from the Alumni Association, School Council, parents and local businesses

A letter has been written and will be sent to organizations such as the Alumni Association, School Council, parents and local businesses (Appendix C).

Financial Aid

There are organizations in Toronto who will issue funding to young athletes if they need assistance to join a sports team. If players require a community grant, coaches will provide assistance with the application.

KidSport Toronto

Website: www.kidsportcanada.ca/ontario/toronto/

PDF Form that can be printed: www.kidsportcanada.ca/site/assets/files/8573/kidsport_toronto_grant_application.pdf

Time: ~45 days before the start of the activity

Amount: \$250

Jumpstart

Website: jumpstart.canadianfire.ca/en/what-we-do/want-to-apply

Online Form: https://jumpstart.smartsimple.ca/files/407846/f108831/terms_condition_en.html

Time: 6-8 weeks, may be longer for first time applicants

Amount: \$300

Team Philosophy

The Core Values of this basketball program are:

Responsibility: The student-athlete on the team will learn to take responsibility for their choices. Coaches will provide players with tools to overcome adversity, work together and think critically so that they can make the right choices on and off the court.

Commitment: Coaches create an atmosphere that fosters success, such as sport-science based training methods, long-term athlete development appropriate skills and strategies and individualized instruction.

Self-Actualization: By playing hard, playing smart and playing together, the team will enable players to maximize their abilities and gain confidence from doing their best and succeeding. Basketball is also a path to achieve personal fitness and academic goals.

Team Culture

This list outlines the concrete behaviours you would see if you attended a game, practice or training sessions of the basketball program. The intent is to develop these qualities among the players on the team and encourage them to model the way for others in the school.

The word “We” means players, coaching staff, other team members and the integrated support team. Playing basketball is a process. If we can consistently push each other to get better and pull together, the outcome will meet our expectations.

For high school students, building a culture is a process.

Push Each Other to Get Better

Focus

- We precisely execute the little things so that drills are transferrable to games. We play offense or defense to the best of our abilities so that others can develop their skills.
- We are ready to train, practice or play at the exact time scheduled and wearing appropriate athletic attire.
- We bring water bottles to games and practices - and can drink from them at any time - so that we don't miss practice time.
- We complete homework and assignments proactively so we can devote full attention to the team when we are together.

Sport-Science

- We develop athletic abilities to maximize their performance on the basketball court. We record our daily physical fitness training.
- We eat well, hydrate thoroughly and utilize rest and recovery to get the most from our bodies and minds.
- We warm-up and cool-down purposefully and simulate game situations.

- Video illustrates coaching points, improves understanding and refines performance.

Leadership, Learning & Life Skills

- We acknowledge and celebrate achievements on and off the court.
- We use a clear and loud "leadership" voice when we talk in huddles, practice and the locker room.
- We thank parents, teachers and others for their support of players and contributions to the team.
- If someone doesn't know something, they ask a coach or teammate.

Pull Together

Teamwork

- We encourage each other and give specific and informative feedback.
- When someone takes a charge or hits the floor, everyone moves to help them up.
- We constantly make positive physical contact with each other.
- The team communicates by talking clearly during games and huddling during breaks in the action.

Respect

- We clean the gym and bench area afterwards so that it is cleaner than when we found it. We keep equipment and uniforms in a state of good repair.
- We change in the dressing room (never on the court, in the gym or the weight room).
- We respond to email, text and phone correspondence promptly (within 24 hours).
- The bench stands and applauds when a player leaves the game. Players leaving the game touch hands with everyone on the bench.

Grit

- We listen actively to feedback from coaches and teammates.
- We clap out drills and cheer everyone to finish strong.
- We discuss our mistakes honestly and without blame so we can grow and do better next time.
- We rehearse before performances and reflect afterwards.

At the start of the year, the players are asked about their goals and they help to *slightly* modify the standards (i.e. win many games, play and have fun, improve) depending on their priorities.

Basketball Club

All students at the school will be able to join basketball club in order to foster their love of the game. Everything is optional and up to the individual student-athlete. In order to participate in the club, students must attend the club's study hall. The club will help support the girls and boys basketball teams during their season.

Selection for the pick-up runs will be based on effort and commitment during the other club activities.

- Study Hall: lunch, once weekly
Academic mentorship to maximize success at school.
- Individual and Team Training: 90 minutes, twice weekly
Sport-Specific training to foster improvement for next year.
 - Weight Room: 3:30-4:15pm
 - Interval Training
 - Core Strength
 - Skill Development: 4:15-5:00pm
 - Shooting
 - Ballhandling
 - Defense
- Pick-Up Runs: 90 minutes, Friday afterschool
Competitive games to apply newly learned skills.
 - Scheduled based on participation in other club activities.
 - Will include alumni who have completed a permission form to act as mentors.
- Community Service Opportunities: as required
Earn community service hours while giving back to the sport.
 - Scorekeeping for **both** girls and boys basketball teams
 - Filming games and practices
 - Tracking advanced stats
 - Mentorship in Bantam Boys practices
- Off the Court Team Activities: occasional
Team building and events to increase understanding of the game

- Attending CIS games, such as Wilson Cup March 11/12, and other high profile high school games
- Online Discussion Group
- Fantasy Basketball League
- NBA & FIBA Video Review

Training and Skill Development

Pre-Season Open Gyms and Weight Room Schedule

Alumni Practices

- Friday: Drills and Pick-Up

Drop-In Basketball at Lunch

- Monday: Skill Development
- Wednesday: Pick-Up Games
- Friday (when available): Shooting

Weight Room Sessions

- Tuesday: Core and Strength Training
- Thursday: Core and Plyometric Training

Players and parents must sign the Code of Conduct (Appendix D) and complete a permission form before joining the open gym sessions.

A list of student-athletes, contact information and medical conditions will be compiled in case of an emergency. It will be kept in a red folder next to the first aid kit and the Emergency Action Plan (Appendix E).

Study Hall and Academic Monitoring

All team members will attend a weekly study hall with coaches and other teachers. At tournaments, additional study halls will be scheduled.

Study Hall will be scheduled Wednesday at lunch. During the pre-season, it will alternate with the Wednesday lunchtime pick-up games and as the demands of the season pick-up, it will become a regular part of the weekly schedule.

Periodically, students will visit their teachers will visit their teachers with Academic Monitoring Forms (Appendix F) to sign.

Skill Workouts

To promote skill development, there will be position-specific workouts throughout the season. Earlier in the season, there will be more skill development workouts to raise everyone's skill level. As the season progresses, the teams will practice together more.

Grouping the players by position enables players to acquire skills that suit their ability level and improve the tools that they will utilize during games. When Junior and Senior players work together, they will foster the program's culture and push each other to get better. Older athletes will serve as mentors and younger athletes will learn what it takes to reach the next level.

The skill workouts have been planned ahead of time for these reasons:

- 1) save time without compromising safety and planning.
- 2) emphasize the same consistent teaching points to all players.
- 3) create routine and familiarity so athletes can build confidence.
- 4) maximize practice time by blending a dynamic series of activities.
- 5) practice the position-specific components of the program's core drills.

Guards and Wings

- Ballhandling, page 9
- Shooting, page 10
- Passing, page 11

Forwards and Posts

- Ballhandling, page 12
- Shooting, page 13
- Rebounding, page 14

The ballhandling and shooting is tailored to the needs of each position with specialized teaching points. Also, the aim is to develop the abilities of guards to play inside and for posts to handle the ball on the perimeter. As players improve, the coaches will load and progress the drills to suit their skill level while maintaining the same familiar routine.

This is a new development for high school basketball but it is a way to work smarter and use limited resources (time and space) more effectively.

Weight Room Training

In the offseason or during other times when the main gym is unavailable, the players will participate in basketball-specific, age-appropriate workouts in the weight room.

Workout Schedule:

- Core and Strength Training, page 15
- Core and Plyometric Training, page 16



Push Each Other to Get Better • Pull Together

Skill Development Workout PlanGuards & Wings:
Ballhandling Workout

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens	Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting			20
3:20-3:21	★ Call to Order	Key Training Points			1
3:21-3:36	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Wing Entry Shooting Dynamic Stretching Italian Shooting	1:1	AE FL	6 5 4
3:36-3:55	Passing • Pass with One Hand • Use Ball Fakes → • Pass and Move	Argentina Passing Passing Work (Push, Circle, Hook, Overhead, Pocket, Bounce, Chest, Baseball) ✗ Two Ball Passing Outlet & Finish	1:2	AA AE AS SP	4 6 4 5
3:55-4:20	Fullcourt Ballhandling • Dribble at Game Speed • Scan the Court ★ • Explode Out of Ball Move	✗ Head On Ball Moves Two Ball Dribbling Influence Drill Competition: Fullcourt 1-on-1 with Handchecking	1:2	AL AE AS SP ST	8 5 5 7
4:20-4:32	Full-court Shooting • Make Good Cut → • Hop Step to Get Balanced	✗ Ontario Shooting Open FT Shooting (Make 3 sets)	1:2	AE AS	6 6
4:32-4:50	Halfcourt Ballhandling • Weak Hand Finish ✓ • Read the Defense during Closeout	Fundamentals: - Wing Entry Series - 3 Cones ✗ Advantage: Wing 1-on-1 -	1:2	AE AL AS BA	6 6 6
4:50-4:55	Pressure Situations	Pressure FTs (2x1 & 1) 4FTMs: 0, 3FTM: 17, 0-2FTMs: 2x17	1:2	AA SP	5
4:55-5:09	Screen and Roll ✓ • Read the Help Defender • Get to the Nail	Fundamentals: Retreat Dribble 2-on-2: Screen and Roll	1:2	AE AL AS	5 9
5:10-5:19	TEAM COOL DOWN LOWER H.R. Skip 3s FLEXIBILITY 5 Static Stretches		1:1	AE FL	5 5
5:19-5:20	Dismissal	Announcements • Any Questions?			1
5:20-5:40	Individual/Pairs Shooting	Game Situation Shots • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Use Body to Protect Ball
- Explode Out of Ball Move
- Read Defense
- Scan the Court



Push Each Other to Get Better • Pull Together

Skill Development Workout PlanGuards and Wings:
Shooting Workout

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens	Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting			20
3:20-3:21	★ Call to Order	Key Training Points			1
3:21-3:36	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Memphis Shooting Dynamic Stretching Italian Shooting	1:1	AE FL	6 5 4
3:36-4:04	➔ Position Specific Shooting • Hop into Shot • Load Shot Before Catch • Show Hands • Create Space with Dribble ⊙ • How Can We Make Decisions Quicker?	+ Fundamentals: 2 Ball, 3 Shooters - Midrange - Pull-up - 3s Decision-Making: Lift/Drift Competition: Advantage 3-on-3 Ray Allen Series	1:2	AL AE AS BA	10 6 6 6
4:04-4:19	➔ Full-court Shooting • Footwork and Follow-through • Don't Run in Straight Line	Wave Shooting Open FT Shooting (Make 3 sets)	1:2	AE AS	9 6
4:19-4:43	Finishing at the Rim • Drop Hips • Eyes on Rim ★ • Sprint the Floor • Maintain Shooting Form	Fundamentals: - Jump Stop in Paint + - 3 Cones Decision-Making: Laker Passing ✗ Transition Series	1:4	AA AE SP SS	4 8 6 6
4:43-5:00	Post Moves • Use Body to Protect Ball ✓ • Do Work Before Catch ➔ • Change Level on Post Entry	Fundamentals: UCLA Cut Competition: 2-on-2 Post Entry Pressure FTs (Team Competition) Win: 17, Lose 17x2	1:2	AA BA ST SS	6 6 5 5
5:00-5:19	TEAM COOL DOWN • Hold Form When Tired ⊙ • What Makes a Good Rep?	Lower Heart Rate - Drift Shooting - Hammer Shooting ✗ - Downscreen Shooting Flexibility: 5 Static Stretches	1:1	AE BA FL	4 5 5 5
5:19-5:20	Dismissal	Announcements • Any Questions?			1
5:20-5:40	Individual/Pairs Shooting	Game Situation Shots • Step-Backs/Pull-Ups • Form/FTs			20

Training Points:

- Engage Core
- Drop Hips
- Balanced Landing on Toes
- Load Shot Before Catch
- Catch on a Hop Step
- Ten Toes to the Rim
- Hold Follow-through



Push Each Other to Get Better • Pull Together

Skill Development Workout PlanGuards & Wings:
Passing Workout

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens	Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting			20
3:20-3:21	★ Call to Order	Key Training Points			1
3:21-3:36	TEAM WARM UP	CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Skip 3s Dynamic Stretching Italian Shooting	1:1 AE FL	6 5 4
3:36-4:02	Transition Passing • Throw Skip at Rim Height • Don't Pass Across Body ➔ • Take Outlet with Back to Sideline	Fundamentals: - Argentina Passing - Laker Passing Drill + Decision-Making: Transition Series Competition: 2-on-1 + Outlet Continuous <u>Open FT Shooting</u>	1:2	AL AE AS SP	4 4 6 6 6
4:02-4:34	Halfcourt Ballhandling • Throw Ball Ahead of Target ★ • Make Decisions Quickly ⊙ • How Do Guards Ensure Teammates Have Good Scoring Chances?	Passing Work (Push, Circle, Hook, Overhead, Pocket, Bounce, Chest, Baseball, Heavy Ball) Two Ball Passing Decision-Making: - Post Entry - Drive/Pass/Pass + Competition: 3-on-3 Advantage	1:2	AE AL AS BA	10 4 6 6 6
4:34-4:44	➔ Free Throw Passing • Head Man the Basketball	<u>Free Throws + Outlet</u> (Made FT=1pt, Stop=1pt, Off. Score=2/3pt)	1:1	AE SP	10
4:44-5:04	Drive and Kick Passing • Lead Cutter ✓ • Set Up Passing Triangles	✗ Memphis Shooting Wing Entry Series + Competition: 3-on-3 Guard Screen and Roll	1:2	AE AL AS BA	5 5 10
5:04-5:19	TEAM COOL DOWN	LOWER H.R. 2 Balls, 3 Players: Paint, 2s, 1 Dribble, 3s (2min) FLEXIBILITY 5 Static Stretches	1:1	AE FL	10 5
5:19-5:20	Dismissal	Announcements • Any Questions?			1
5:20-5:40	Individual/Pairs Shooting	Game Situation Shots • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Pass with One Hand
- Maintain Spacing Triangles
- Make Decisions Quickly
- Read Defense
- Scan the Court



Push Each Other to Get Better • Pull Together

Skill Development Workout PlanPosts & Forwards:
Ballhandling Workout

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens	Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting			20
3:20-3:21	★ Call to Order	Key Training Points			1
3:21-3:38	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Chris Bosh Shooting Dynamic Stretching Perfection 6	1:1	AE FL	6 5 6
3:38-3:50	→ Dribbling vs. Contact • Use Body to Protect Ball • Head Up	Partner Work Post Work	1:2	AA BA ST	6 6
3:50-4:12	★ Fullcourt Ballhandling • Explode Out of Ball Move • Drop Hips • Pound Ball Off Ground	+ Ball Moves: (Crossover/Inside Out, Hesitation, Retreat, Behind Back/Btw. Legs, Spin) Two Ball Dribbling Competition: Fullcourt 1-on-1	1:2	AL AE AS SP	6 6
4:12-4:24	→ Full-court Shooting • Two-Foot Hop Step • Hold Follow-Through	✗ Detlef Schrempf Shooting Open FT Shooting (Make 3 sets)	1:2	AE AS	6 6
4:24-4:44	Wing Play • Catch on Hop Step • Call for Ball ✓ • Pivot Away from Defense	Fundamentals: - Wing Entry Series - Memphis Advantage: Wing 1-on-1 + Decision-Making: - 2-on-2 Drive & Kick	1:2	AE AL AS BA SP	4 4 6 6
4:44-4:52	Pressure Situations	Pressure FTs (2x1&1) 4FTMs: 0, 3FTM: 17, 0-2FTMs: 2x17	1:1	AA SP	6
4:52-5:00	Passing and Catching • Catch in the Post • One-Handed Catch	Fundamentals: Basic Passes 2-on-2: Catch in the Post	1:2	AE AL BA	4 4
5:00-5:08	✓ High Post Play • Zero Second Decision-Making	✗ Competition: Top of Key 1-on-1 - Two Dribble Limit	1:2	AE AL	8
5:08-5:19	TEAM COOL DOWN LOWER H.R. Skip 3s FLEXIBILITY 5 Static Stretches		1:1	AE FL	6 5
5:19-5:20	Dismissal	Announcements • Any Questions?			1
5:20-5:40	Individual/Pairs Shooting	Game Situation Shots • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Pass & Catch with 1 Hand
- Scan the Court



Push Each Other to Get Better • Pull Together

Skill Development Workout PlanPosts & Forwards:
Shooting Workout

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens	Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting			20
3:20-3:21	★ Call to Order	Key Training Points			1
3:21-3:38	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Shooting in the Paint Dynamic Stretching Perfection 6	1:1	AE FL	6 5 6
3:38-4:04	Position Specific Shooting → • Keep Ball High • Footwork ⊙ • How Does One Move Lead into Another?	+ Fundamentals: - Low Post Moves - High Post Moves Competition: - One Dribble 1-on-1 Matrix Shooting	1:2	AL AE BA ST	6 6 8 6
4:04-4:19	→ Full-court Shooting • Two-Foot Hop Step • Hold Follow-Through	Wave Shooting Open FT Shooting (Make 3 sets)	1:2	AE AS	9 6
4:19-4:34	Screen and Roll Shooting • Show Hands • Remain Balanced • Head Up	Fundamentals: - Roll to Baseline - Shallow Roll to Elbow - Pop to 3pt Line + Decision-Making: 2-on-2-on-2 Screen and Roll (High & Side)	1:1	AE AL AS BA	3 3 4 5
4:34-4:44	★ Post Stations (2 min) • Use Body to Protect Ball	Heavy Ball Mikan Drill Passing/Pivoting vs. Contact Front Pivot Jump with Ball Rebound & Finish	1:2	AA BA ST SS	10
4:44-4:50	Pressure Situations	Pressure FTs (Team Competition) Win: 17, Lose 17x2	1:2	AA SP	6
4:44-5:04	✓ Setting Screens • Set Defender Up for the Screen • Screen, then move to scoring position	Fundamentals: (DHO, Pindown, Flex, Hammer, Downscreen, Back Screen) ✗ Competition: 3-on-3 Screening	1:2	AG AL BA AE	12 8
5:04-5:19	TEAM COOL DOWN LOWER H.R. FLEXIBILITY	2 Balls, 3 Players: Paint, 2s, 1 Dribble, 3s (2min) 5 Static Stretches	1:1	AE FL	10 5
5:19-5:20	Dismissal	Announcements • Any Questions?			1
5:20-5:40	Individual/Pairs Shooting	Game Situation Shots • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Keep Ball High
- Catch on a Hop Step
- Ten Toes to the Rim
- Hold Follow-through



Push Each Other to Get Better • Pull Together

Skill Development Workout PlanPosts & Forwards:
Rebounding Workout

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens	Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting			20
3:20-3:21	★ Call to Order	Key Training Points			1
3:21-3:38	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Rebound to Outlet Dynamic Stretching Perfection 6	1:1	AE FL	6 5 6
3:38-3:48	★ Post Stations (2 min) • Use Body to Protect Ball	Heavy Ball Mikan Drill Passing/Pivoting vs. Contact Front Pivot Jump with Ball Rebound & Finish	1:2	AA BA ST SS	10
3:48-4:12	➔ Position Specific Shooting • Use Shoulders to Keep Defender Away ⊙ • Anticipate Rebound to Create Space	Fundamentals: - Low Post Moves - High Post Moves + Competition: Offensive Rebound 1-on-1	1:2	AL AE BA ST	8 8 8
4:12-4:22	Free Throw Rebounding • Offense: X Across • Defense: Create Contact	Free Throws + Rebounding (Made FT=1pt, Def. Reb.=1pt, Off. Reb.=2pt)	1:1	AE BA ST	10
4:22-4:32	➔ Team Shooting • Two Foot Hop Step • Hold Follow-Through	2 Balls, 3 Shooters (2 min) (Paint, 2s, 1 Dribble, 3s)	1:1	AE BA	10
4:32-4:58	➔ Defensive Rebounding • Get Low • Be Physical • Play Until Defense Gets Ball	Free Throw Circle Box Out Screen and Roll: Horns High-Low Competition: 3-on-3 Half Court ✗ Open FT Shooting	1:2	AE BA SE ST	6 6 8 6
4:44-5:04	✓ Transition • Find Player in Transition ⊙ • How Can We Communicate in Transition?	✗ Rapid Fire Competition: - 3-on-3 Half-Down-Back - Cannot Guard Same Player Two Consecutive Possessions	1:2	AE AL BA AE	2 8
5:04-5:19	TEAM COOL DOWN LOWER H.R. FLEXIBILITY	Ontario Shooting 5 Static Stretches	1:1	AE FL	6 5
5:19-5:20	Dismissal	Announcements • Any Questions?			1
5:20-5:40	Individual/Pairs Shooting	Game Situation Shots • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Make Contact First
- Anticipate Rebounding Angle
- Keep Ball High
- Pivot Away from Defense

Basketball Weight Room Training

Tuesdays: Core and Strength Training

Warm-Up: 20 minutes

- Cardio Machine: 5 minutes
- Skipping: 2x30 seconds per exercise
 - Quick Hops
 - Ali Shuffle
 - Line Jumps
 - Lateral Jumps
 - Single Leg Hops
- Dynamic Movement Preparation: 5 minutes

Core Training (15 minutes)

- Planks (3 x 30-60 seconds)
- Side Planks (3 x 30-60 seconds)
- Woodchopper (12 reps each side)
- Medicine Ball Circles (12 reps per side)
- Russian Twists + Toss (12 reps per side)
- Flutter/Scissors Kicks (20 reps)

Strength Training for Basketball (30 minutes)

- Narrow Grip Bench Press (8-10 reps x 2-3 sets, 60% 1RM)
- Bicep Curl to Shoulder Press
- 45° Incline Row
- Cable Crossover
- Wide Grip Pull-Up
- Tricep Dip
- Front Squat
- Hamstring Curl
- Leg Extension
- Hip Abduction/Adduction

Cool Down (Reset for Next Workout): 10 minutes

- Static Stretching
- Foot and Ankle Exercises

Weight Room Training

Thursdays: Core and Plyometric Training

Warm-Up: 20 minutes

- Cardio Machine: 5 minutes
- Skipping: 2x30 seconds per exercise
 - Quick Hops
 - Ali Shuffle
 - Line Jumps
 - Lateral Jumps
 - Single Leg Hops
- Dynamic Movement Preparation: 5 minutes

Core Training (15 minutes)

- Planks (3 x 30-60 seconds)
- Side Planks (3 x 30-60 seconds)
- Woodchopper (12 reps each side)
- Medicine Ball Circles (12 reps per side)
- Russian Twists + Toss (12 reps per side)
- Flutter/Scissors Kicks (20 reps)

Plyometric Training for Basketball (30 minutes)

- Box Jumps/Depth Jumps (8-10 reps x 3 sets)
- Basketball Push Ups
- Get Up/Get Down
- Lunge Series
 - Power Lunge
 - Between Legs
 - Split Step/Russian Twist
- Slam Ball Passes Against Wall
- Medicine Ball Step Ups
- I/Y/T Tips
- Hand Grenade
- Overhead Skull Crusher
- Dynamic Resistance with Partner (3 x 30 seconds)

Cool Down (Reset for Next Workout): 10 minutes

- Static Stretching
- Foot and Ankle Exercises

Bantam Boys Basketball

Bantam Boys Basketball will be a player development component of this program. Providing more Grade 9s with the opportunity to represent their school and learn more about the sport will only bolster school pride and improve the level of play as those students enter Grade 10, 11 and 12. Otherwise, these individuals would not be able to participate in interschool athletics their first year and may quit the sport.

The Bantam Boys season occurs in January, February and March - with games played on Friday afternoons - so there should be minimal conflict with other teams. The team will practice when possible, perhaps as little as once a week in November and will practice before school or during lunch. When the other seasons finish, the team will practice more.

The team will be selected in the fall after the Junior Boys team has been named. The team will be comprised of four to five Grade 9s who play on the Junior Boys team and six to eight players who did not make the team but have potential to play in the future. The team will play in the TDSSAA regular season and playoffs and may schedule an exhibition game.

The goal of the team of will be player development and teaching mental training skills to help Grade 9s become elite student-athletes. Also, older players from the Senior Boys Basketball Team can volunteer in practice to hone their leadership skills and earn community service hours.

Staff members will coach the team to ensure that the Grade 9s have a solid base of fundamental skills. Responsible senior players will serve as mentors to help them develop their skills and earn volunteer hours. These students will be encouraged to begin their National Coaching Certification Program Community Coach/FUNDamentals training.

The team will utilize a streamlined playbook, focusing on creating a one-second advantage. The team will employ man-to-man defensive principles. Familiar drills will enable the players to develop and master the fundamentals. Coaches will follow the same practice plan outlines but load the drills to match the improving abilities of the players.

Practices will be designed for the Train to Train stage and emphasize the following concepts:

- Ballhandling, page 18
- Shooting, page 20
- Offense, page 21
- Defense, page 22



Push Each Other to Get Better • Pull Together

Bantam Boys Basketball Practice PlanFocus:
Ballhandling

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting				20
3:20-3:22	★ Call to Order Key Training Points • Practice Focus				2
3:22-3:40	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Dribbling Game Dynamic Stretching Perfection 6	1:1	AE FL	6 6 6
3:40-4:12	Transition • Outlet with Back to Sideline → • Run Wide ✓ • Head Man the Basketball • Find Double Gaps to Attack	5 Man Fast Break Transition Progression Early Offense ✗ Competition: 3-on-2 + Trailer Continuous Active Recovery: Open FT	1:2	AA AE AL AS SP	6 6 8 6
4:12-4:36	Fullcourt Ballhandling → • Explode Out of Ball Move • Scan the Court	✚ Head On Ball Moves Two Ball Dribbling Competition: Influence Drill ✗ Active Recovery: Memphis	1:2	AL AE AS SP	8 5 6 5
4:36-5:00	Drive and Kick Ballhandling → • Communicate • Maintain Passing Lanes ⊙ • Minds On: How Can Team Work Together?	✗ Wing Entry Series Position Specific: - Guards: Retreat Dribble - Posts: Power Lay-up Drive and Kick Spacing Competition: 3-on-3 Advantage	1:2	AL AE AS BA	6 6 6 6
5:00-5:05	Game Situations • Get the Ball to the Nail ✓ • Read Help Defender	TIME 2:00 WHITE 36 RED 42 FLs 5 FLs 10 TOs 1 TOs 1 White Ball: Screen and Roll "Fist" vs. Man to Man			→
5:05-5:18	TEAM COOL DOWN LOWER HEART RATE FLEXIBILITY	Ontario Shooting 5 Static Stretches	1:1	AE FL	8 5
5:18-5:20	Dismissal Debrief Game Situations • Announcements • Any Questions?				2
5:20-5:40	Individual/Pairs Shooting	Ball Moves • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Shooting: Hop Step
- Lay-up: Outside-Inside
- Pound the Ball
- Explode Out of Ball Move
- Read Defense
- Scan the Court



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Bantam Boys Basketball Practice Plan**Focus:
Shooting**

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens	Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting			20
3:20-3:22	★ Call to Order	Key Training Points • Practice Focus			2
3:22-3:40	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Shooting vs. Closeout Dynamic Stretching Perfection 6	1:1	AE FL	6 6 6
3:40-4:10	→ Shooting • Catch on Hoop Step • Hold Follow Throw • Show Hands/Load Shot While Cutting ✓ • Use Cuts to Create Room	Italian Shooting Drift Shooting Memphis Competition: Wave Shooting ✗ Active Recovery: Position Shooting - Guards: Ray Allen - Posts: Detlef Schrempf	1:2	AE AL AS BA SP	5 5 5 9 6
4:10-4:28	→ Rebounding • Make Contact First • Offensive Rebounders Cross on Free Throw ⊙ • Minds On: How Can Team Work Harder?	+ Rebounding Position Competition: 3-on-3 Advantage Free Throws + Rebounding (Made FT=1pt, Def. Reb.=1pt, Off. Reb.=2pt)	1:1	AL AE AS SP	5 7 6
4:28-4:50	→ Drive and Kick Ballhandling • Communicate • Maintain Passing Lanes ⊙ • Minds On: How Can Team Work Together?	✗ Wing Entry Series + 2-on-0: Screen and Roll Competition: 3-on-3 Ball Screen Active Recovery: Skips 3s	1:1	AL AE AS BA	8 6 8 6
4:50-5:00	Special Situations • Execute Details	+ 5-on-0 BLOB/SLOB ✗ 5-on-5 Special Situations	1:1	AA AS	5 5
5:00-5:03	Game Situations • Get Two Good Shots ✓ • Time/Score Situation	TIME 0:30 White Ball: Quick Hitters	WHITE 35 RED 46	FLs 7 FLs 7 TOs 1 TOs 1	→
5:03-5:18	TEAM COOL DOWN LOWER HEART RATE FLEXIBILITY	2 Ball, 3 Shooters (2 min x Paint, 2s, 1DR, 3s) 5 Static Stretches	1:1	AE FL	10 5
5:18-5:20	Dismissal	Debrief Game Situations • Announcements • Any Questions?			2
5:20-5:40	Individual/Pairs Shooting	Ball Moves • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Hop Into Shot
- Ten Toes to the Rim
- Elbow In, Hips In
- Hold Follow-through



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Bantam Boys Basketball Practice PlanFocus:
Offense

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens	Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting			20
3:20-3:22	★ Call to Order	Key Training Points • Practice Focus			2
3:22-3:40	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Early Offense Dynamic Stretching Perfection 6	1:1	AE FL	6 6 6
3:40-4:00	Transition • Outlet with Back to Sideline • Run Wide ➔ • Head Man the Basketball	5 Man Fast Break 5-on-4 + Trailer Competition: 3-on-2 + Trailer Continuous	1:2	AE AL AS SP	6 6 8
4:00-4:24	End of Clock ➔ • T Up and Move to 21 Spot ➔ • Hop Step on Balance in Key ✓ • Read Help while Dribbling	+ Position Specific: - Guards: Retreat Dribble - Posts: Low Post Moves Drive and Kick Competition: Influence Drill Active Recovery: Ontario Shooting	1:4	AA AL AE AS BA ST	6 6 6 6
4:24-4:48	➔ Drive and Kick Ballhandling • Draw Help Defender • Maintain Passing Lanes	+ Shell Drill Basics Screen and Roll Defense - 5-on-0 Perfection Competition: Half, Down, Back	1:1	AL AE AS	8 6 8 6
4:48-5:02	Fullcourt Pressure • Space the Floor • Pass Ahead of the Trap ⊙ • Minds On: What is the Goal of the Press Attack?	Press Attack Man-to-Man Pressure Competition: 12 Sec Shot Clock	1:2	AL AE AS	5 5 6
5:02-5:07	Game Situations • Get the Ball to the Nail ✓ • Read Help Defender	TIME 1:30 Red Ball: Hold for Last Shot	WHITE 46 RED 45	FLs 4 FLs 4 TOs 2 TOs 2	➔
5:07-5:18	TEAM COOL DOWN LOWER HEART RATE FLEXIBILITY	Open FTs 5 Static Stretches	1:1	AE FL	6 5
5:18-5:20	Dismissal	Debrief Game Situations • Announcements • Any Questions?			2
5:20-5:40	Individual/Pairs Shooting	Ball Moves • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Shooting: Hop Step
- Lay-up: Outside-Inside
- Space the Floor
- Ball Finds the Open Man
- Remain Calm
- Cut to Get Open



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Bantam Boys Basketball Practice PlanFocus:
Defense

TIME	SKILL	DRILL	INT	ATH	MIN
3:00-3:20	Gym Opens Self-Message • Ankle & Foot Exercises • Skipping • 2 Player Shooting				20
3:20-3:22	★ Call to Order Key Training Points • Practice Focus				2
3:22-3:40	TEAM WARM UP CARDIO/FOOTWORK MOVEMENT PREPARATION SPEED/CNS/ACCELERATION	Possession Game Dynamic Stretching Perfection 6	1:1	AE FL	6 6 6
3:40-4:12	Position Specific Work → • Guards: Change Levels ✓ • Posts: Keep Ball High	Fundamentals: - Guards: Post Entry - Posts: Low Post Moves Advantage: - Guards: Pass vs. Defense - Posts: 1-on-1 Low Post 2-on-0: Post Entry, Laker/Jet Cut ✗ Competition: 2-on-2 Post Play Active Recovery: Skip 3s	1:2	AA AE AL AS SP	8 6 6 8 6
4:12-4:36	→ Fullcourt Ballhandling • Explode Out of Ball Move • Scan the Court	+ Head On Ball Moves Two Ball Dribbling Competition: Influence Drill ✗ Active Recovery: Memphis	1:2	AL AE AS SP	8 5 6 5
4:36-5:00	Drive and Kick Ballhandling → • Communicate • Maintain Passing Lanes ⊙ • Minds On: How Can Team Work Together?	✗ Wing Entry Series Position Specific: - Guards: Retreat Dribble - Posts: Power Lay-up Drive and Kick Spacing Competition: 3-on-3 Advantage	1:2	AL AE AS BA	6 6 6 6
5:00-5:05	Game Situations • Get the Ball to the Nail ✓ • Read Help Defender	TIME 2:00 WHITE 36 RED 42 FLs 5 FLs 10 TOs 1 TOs 1 White Ball: Screen and Roll "Fist" vs. Man to Man			→
5:05-5:18	TEAM COOL DOWN LOWER HEART RATE FLEXIBILITY	Ontario Shooting 5 Static Stretches	1:1	AE FL	8 5
5:18-5:20	Dismissal Debrief Game Situations • Announcements • Any Questions?				2
5:20-5:40	Individual/Pairs Shooting	Ball Moves • Form Shooting • FTs			20

Training Points:

- Engage Core
- Drop Hips
- Shooting: Hop Step
- Lay-up: Outside-Inside
- Pound the Ball
- Explode Out of Ball Move
- Read Defense
- Scan the Court

Program Details

3-on-3 Basketball

In order to keep male and female student-athletes playing basketball in the spring, the T.D.S.A.A. should consider a pilot 3-on-3 league with three other schools. 3-on-3 Basketball will soon be an Olympic sport and is seen as a great way to enable more players to handle the ball.

The team will practice in the gym when it is available or on outdoor courts. The competitive season will last one month, when the team practices twice weekly and plays one match vs. another school. The 3-on-3 setting will challenge athletes and inspire them to continue to work on their game.

There will be an open team, a co-ed team (must have one female on the court) and a junior team (Grade 9 and 10). Each team will have four or five players. Games will be to twenty-one points, with one timeout. Student volunteers from the athletic council will referee, supervised by the coaches from each school.

The league matches will best of the three games. The season will culminate in a Final Four type event that will name the best team in each division. The rules will be the same as those utilized in FIBA 3x3 competitions (www.fiba.com/3x3).

Assessment and Evaluation

To assure that training is effective, the program will utilize these assessments:

- Aerobic Capacity: Yo-Yo Intermittent Recovery Test
- Repeated High Endurance Test: 2 Full-Court Suicides
- Agility: Basketball Lane Agility Drill
- Balance: Functional Movement Screens
- Speed and Acceleration: 20 metre Sprint

Players will receive a basic action plan to improve their score so that they can reach their benchmarks.

Testing Dates	1 st Preseason	2 nd Preseason	Off-Season
Senior Boys	Start of Pre-Season Phase	End of Pre-Season Phase	Stat of Off-Season Phase
Junior Boys			
Bantam Boys			

Statistics and Video Analysis

Critical thinking is a paramount skill so players will be encouraged to analyze their performance using empirical data. The coaches and members of the basketball

club will track players according to analytics linked to success on the court:

- Four Factors (Appendix G)
- Offensive Shot Selection (Appendix H)
- Defensive Hustle Statistics (Appendix I)

Players will keep track of their own improvement with a Personal Shooting Log (Appendix J), emphasizing shots they should be taking in games.

When possible, games will be filmed. Coaches will cut the film into three to five relevant (and very short) clips that they can watch via a private link on YouTube.

Training Skills

Throughout the season, the teams will cover basic lessons that will help them train properly. Grade 9s and 10s often have the least experience playing organized sports so this organized curriculum will provide useful information.

- Healthy Eating
 - Snacks during/after Activity (Pre-Season - General • Week 4)
 - Meals for Student-Athletes (Pre-Season - General • Week 5)
 - Eating on the Go (Pre-Season - Specific • Week 8)
 - Dehydration (Competition • Week 13)
 - Drug and Alcohol Use (Competition • Week 21)
- Mental Training
 - Ideal Performance State (Pre-Season - Specific • Week 9)
 - Mental Visualization (Competition • Week 12)
 - Breathing Exercises (Competition • Week 15)
 - Debriefing (Competition • Week 19)
 - Composure and Coping Skills (Competition • Week 23)
- Recovery & Regeneration
 - Warm-Up and Cool Down (Pre-Season - General • Week 3)
 - Injury Prevention (Pre-Season - General • Week 6)
 - Sleep and Adolescents (Competition • Week 11)
 - Exercised-Associated Muscle Cramps (Competition • Week 20)
 - Fatigue (Competition • Week 22)
- Team Building
 - Goal Setting (Pre-Season - Specific • Week 7)
 - Team Culture (Pre-Season - Specific • Week 10)
 - Giving Energy (Competition • Week 14)
 - Giving Feedback (Competition • Week 16)
 - Managing Conflict (Competition • Week 22)

2

Basketball Curriculum

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 - Athletic Abilities... page 1
 - Ballhandling... page 1
 - Shooting... page 2
 - Decision-Making... page 3
 - Defense & Rebounding... page 4
 - Coachability... page 4
- **Senior Boys Basketball...** page 5
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 - Ballhandling... page 6
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 - Defense & Rebounding... page 9
 - Coachability... page 10

Junior Boys Basketball

Athletic Abilities

- Move efficiently with and without the basketball
- Always assume an athletic and balanced stance
- Raise physical stamina for demands of sport
- Begin strength training for basketball
- Follow good personal health and wellness practices

Agility

- Use correct footwork to move with and without basketball
- Change direction at full speed
- Move without the ball to create an advantage

Balance

- Maintain balance while ballhandling, shooting, passing, defending, rebounding and moving without the ball
- Stay on the balls of the feet, bend knees, drop hips, maintain a stable core and keep head up while playing
- Develop broad jump and first step capabilities
- Engage core at all times

Energy Systems

- Focus training on aerobic energy system
- Utilize interval training to build aerobic base

Strength

- Use good form for basic lifts (squat, Romanian dead lift and bench press)
- Understand weight room safety procedures
- Perform sport-specific exercises uses medicine balls and resistance bands
- Build core strength and stability

Health & Wellness

- Understand nutrition for athletes and prepare healthy snacks
- Warm up and cool down correctly
- Get 8.5 hours of sleep per night
- Report all injuries to coaching staff
- Follow a Return to Play protocol for all concussions

Ballhandling

- Develop change of direction and change of speed moves with both hands

- Employ a variety of passes with the correct hand
- Utilize pivots and fakes to protect the ball
- Penetrate the basketball into the paint

Dribbling

- Dribble with both left and right hands
- Use cross-over, behind the back and between the legs ball moves
- Incorporate change of speed dribbles

Passing

- Acquire a basic repertoire of passes (chest, bounce, overhead, baseball, push, hook, pocket)
- Pass with the outside hand
- Maintain an advantage by making an extra pass
- Enter the ball into the post effectively

Pivoting & Ball-Fakes

- Square to the basket on the catch
- Establish a pivot foot away from the defense
- Change levels when faking a pass

Driving to Hoop

- Exercise a cross-step to create an advantage
- Get into the paint against ball pressure
- Use the body to cut off the defender

Shooting

- Catch and shoot in a balanced stance
- Pull-up after a dribble and shoot an accurate jump shot
- Incorporate routines into shooting
- Take high percentage shots near the basket

Catch & Shoot

- Catch the ball ready to shoot
- Master concepts of balance, eyes, elbow and follow-through
- Step into the shot with a 1-2 step
- Take open jump shots within shooting range
- Extend shooting range to the high school (19'6") three-point line

Off the Dribble

- Execute a balanced pull-up jumper from a two-foot stop
- Perform pull-up jump shot with right and left hand dribbles

Form and Routine

- Utilize the same form for every shot
- Practice perfect form shooting
- Develop free throw shooting routine

Finishing at the Rim

- Execute an outside-inside stop near the rim
- Perform a variety of finishes (Euro-step, hop step, reverse lay-up, pivots) against a defender
- Finish with the ball away from the body

Decision-Making

- Produce a high percentage shot with the pick and roll action
- Create an advantage using cuts, dribbles and passes.
- Read the defense and react appropriately
- Execute basic two and three man offensive tactics

Pick & Roll

- Set up the on-ball defender for the screen
- Read the screener's defender during the pick and roll action
- Locate the open player as the action unfolds

Creating an Advantage

- Make decisions within one second of catching the ball
- Move the ball to maintain an advantage
- Reverse the ball and attack the second and third sides of the defense

Reading the Defense

- Look over the shoulder to read the primary defender
- Understand how the opponent is defending the play
- Require the defense to guard multiple actions

Tactics and Systems

- Maintain good spacing (wide and deep)
- Set screens away from the ball
- Establish clear passing lanes
- Apply drive and kick, pin down screens and pass and cut principles
- Acquire basic post play skills

Defense & Rebounding

- Apply maximum pressure on the opponent
- Understand basic help positioning and rotations
- Communicate throughout the game

- Make the opponent feel you
- Play defense until the ball is secured

Ball Pressure

- Pressure the ball the length of the floor
- Defend without fouling
- Don't get beat
- Force opponent to the left
- Contest all shots

Team Defense

- Gap one pass away and help two passes away
- Move under the air time of the ball
- Defend picks and screens using basic tactics
- Incorporate full court man-to-man pressure defenses

Communication

- Communicate early, loud and consistently
- Employ appropriate basketball terminology
- Call every screen, pick and shot

Physical Play

- Bump cutters, tag dribblers and push post players away from the paint
- Hit the floor for loose balls

Rebounding

- Rebound with two hands and chin the ball
- Box out on every shot attempt

Coachability

- Show leadership on the court
- Be the teammate that you would like to have
- Listen to feedback from coaches and teammates
- Understand role on the team
- Play with minimal coach interruption

Leadership

- Speak using a loud and clear "leadership voice"
- Model the way for teammates
- Be accountable for your choices

Interaction with Teammates

- Give energy with words and physical contact (fist bumps, high fives)

- Provide specific, non-judgmental and objective feedback
- Use respectful communication with teammates, coaches, officials and opponents

Listening to Feedback

- Listen actively during practices, games and meetings
- Ask questions when unsure
- Reflect after practices and games

Team Concept

- Appreciate your role and how you can contribute to the team's success
- Memorize offensive and defensive plays and comprehend the goals and purpose of each action
- Represent the basketball team in a positive manner in the school community

Independence

- Take initiative during games
- Understand basic time and score situations

Senior Boys Basketball

Athletic Abilities

- Move efficiently with and without the basketball
- Maintain an athletic and balance stance at all times
- Train aerobic and anaerobic energy systems for full output
- Increase explosiveness training for basketball
- Complete regular assessment and evaluation of athletic abilities
- Follow excellent personal health and wellness practices

Agility

- Develop acceleration, deceleration and change of direction skills
- Move without the basketball based on how the ball and the defense are shifting

Balance

- Focus on co-ordination for growing athletes
- Increase core stability exercises

Energy Systems

- Build aerobic base during off-season training
- Increase anaerobic lactic system during pre-season.

Strength

- Incorporate plyometrics into strength training
- Improve one and two-foot vertical jumps
- Raise capacity for basic lifts while maintaining good form
- Perform sport-specific and core strength exercises during individual and small group training sessions

Assessment and Evaluation

- Complete fitness testing protocol (Yo-Yo Recovery Test, broad jump, vertical jump, repeated high intensity endurance test, ballhandling and shooting drills) at the start, middle and end of the season
- Work with coaches to establish and follow an action plan for personal improvement

Health & Wellness

- Follow a daily routine including good nutrition and sufficient rest
- Recover after physical activity and report symptoms of overtraining
- Use stress relief techniques to manage performance anxiety
- Understand the impact of caffeine, alcohol and other drugs on adolescents and athletes
- Follow a Return to Play protocol for all concussions

Ballhandling

- Reduce turnovers
- Develop one-on-one ball moves
- Pass the ball on-time and on-target
- Use creative ball moves to beat the defense

Protect the Basketball

- Protect the ball against tight defensive pressure
- Keep the ball high in the post
- Pivot (sweep, rip) aggressively without turning back to the court

Dribbling

- Dribble at full speed to initiate the fast break
- Change speeds while dribbling to create an advantage
- Use shot-fakes and jab-steps to keep defender off-balance

Passing

- Use the appropriate pass to find the open man (in the post, on the outside, on the move)
- Employ a variety of passes off the dribble (push, bounce, hook, pocket, behind-the-back)

- Throw skip passes at rim height
- Pass ahead in transition

Attacking the Defense

- Dribble into the gaps of a zone defense or beat the first defender to create an initial advantage
- Practice finishes for the front of the rim, side of the rim and back of the rim
- Execute a variety of moves to beat the help side defense
- Identify and isolate mismatch situations
- Finish against contact and score the basket

Shooting

- Consistently employ a balanced shot routine, from footwork to release
- Take good shots
- Shoot quickly and accurately with good form
- Increase shooting range
- Utilize basic and advanced post moves

Catch & Shoot

- Adjust court position (lift, drift, fill behind) as the ball moves while remaining balanced
- Read pin down screens (curl, pop, flare, reject) to create room to shoot.
- Increase speed of shot release to under a half-second

Shot Selection

- Recognize shooting range and attempt high percentage shots during games
- Shoot in the paint or beyond the three-point line as much as possible

Off the Dribble

- Employ midrange game against defensive pressure
- Perform step-back jump shots with right and left hand dribbles
- Shoot the ball off the dribble when a defender goes under the screen

3pt Shooting

- Extend shooting range to the F.I.B.A. (22') three-point line
- Shoot three-point shots in transition

Post Moves

- Master basic post moves such as drop-steps, hook shots and crab dribble moves in and around the key
- Explore face up moves, double pivots and spin moves
- Extend range to the high post and short corner areas

Tactics & Strategy

- Finish possessions with pick and roll action
- Push the ball in transition as much as possible
- Master a variety of man-to-man, zone and out of bounds plays
- Remain calm and organized against defensive pressure
- Force the defense to rotate and scramble

Pick & Roll

- Read the second level of the defense during the Pick & Roll action
- Vary roll based on defense (roll to rim, shallow roll, N.B.A. roll, rescreen, pop)
- Create open shots for teammates using pick & roll action
- Counter common pick & roll defenses (hedge, trap, down)

Transition Game

- Advance the ball from gaining possession to the opposing basket in four seconds or less
- Run lanes (to the rim, wide and deep) at full speed
- Flow from fast break into early offense or a called set play

Set Plays

- Master a variety of man-to-man, zone and out of bounds plays
- Space the floor quickly and initiate play as soon as transition
- Understand how to modify the play based on defense
- Incorporate a variety of tactics in offensive sets (screens away from the ball, cuts, staggered screens, dribble drive, post play)

Against Pressure

- Use movement, passing and ballhandling to attack defensive pressure
- Understand zone offense concepts and reads
- Create odd-man situations (4-on-3, 3-on-2, 2-on-1) against pressure

Maintaining an Advantage

- Perform a stab dribble after catching the ball
- Anticipate the play and scan the court for the next move before receiving the ball
- Make decisions within a half-second
- Create pass-pass and re-penetration situations
- Force the defense to defend multiple actions

Defense & Rebounding

- Influence the opposing ballhandler with tough defense
- Execute a variety of defensive tactics at full effort

- Communicate in a positive and encouraging fashion
- Establish a physical tone to the game
- Rebound as a team at both ends of the floor

Ball Pressure

- Pressure the ball the length of the floor
- Initiate defense as soon as offensive possession concludes
- Trap in half-court and full-court situations
- Close out all shooters, recover and execute review contest
- Deny ball reversal and post entry pass

Team Defense

- Keep hands up to tip passes and close the paint
- Help and rotate to help the helper
- Sprint to recover and close out under control
- Defend picks and screens using advanced strategies (hedge, trap, squeeze, run and jump)
- Utilize a combination of man-to-man and zone pressure strategies

Communication

- Communicate early, loud and consistently
- Call out last six seconds of the shot clock
- Take initiative to speak to teammates and the team as a group
- Huddle before every free throw

Physical Contact

- Make the opponent feel you throughout the game
- Use lower body to play defense in the post
- Seal in the post and on the perimeter to receive the ball
- Push screeners out of position
- Wall up and remain vertical

Rebounding

- Finish every defensive position by securing the ball
- Identify rebounding threats and box out as a team
- Utilize offensive rebounding maneuvers (box-out, spin, swim)
- Crash the offensive boards as a team

Coachability

- Show leadership on and off the court
- Recognize the many individual roles within the team
- Interact with officials in a respectful manner
- Perform all reps at game intensity and quality

- Practice basic mental training skills to improve performance under pressure

Leadership

- Serve as a leader within the school community (attend class, treat others with respect, speak up, do the right thing)
- Assist coaches to motivate the team when appropriate
- Push teammates to improve their game (being a tough defender, passing the ball, giving feedback)

Understanding of Roles and Responsibilities

- Comprehend one's individual role within the team and own it
- Appreciate the roles of teammates and how they contribute to the team's success
- Hold teammates accountable to their responsibilities

Dedicated Practice

- Train and practice individually, rehearsing game situations and game speed
- Maintain a shooting log to track personal improvement

Interaction with Officials

- Begin a friendly dialogue with officials before the game
- Ask calm and measured questions if unsure
- Understand how the game is being officiated and adjust
- Shake hands with opponents and officials at the conclusion of every game

Mental Training

- Watch video and look at stats (box score and advanced stats to evaluate performance during games and practices)
- Establish short-term and long-term goals for improvement
- Follow pre-game routines to achieve Ideal Performance State
- Follow post-game routines to reflect after competition
- Understand common time and score and end of game situations

3

Staple Drills

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To help the players develop their skills, the teams will use the same library of staple drills but the drills will be loaded differently. The Bantam Boys will master the fundamentals and basic techniques, the Junior Boys will focus on more skills and simple tactics and the Senior Boys will practice advanced skills and strategies.

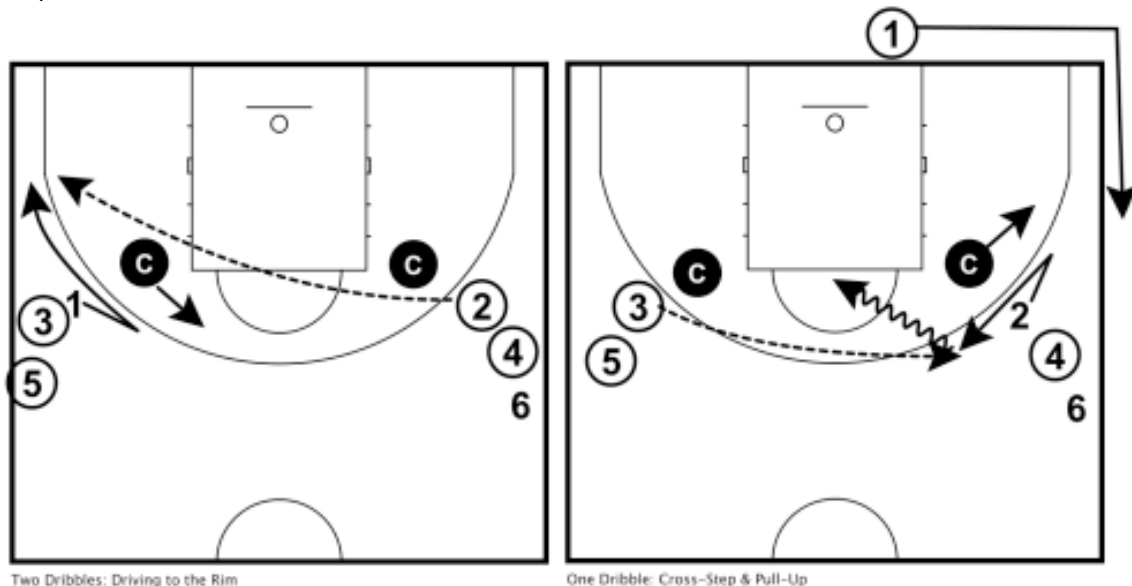
By the way, **every drill is a passing drill.**

Ballhandling Drills

Skip 3s (Phase A & B)

- *Learning Goal:* Get open & convert a variety of shots from different spots on the floor.
- *Points of Emphasis:* Stay low when moving without the ball & driving, throw skip passes at rim height.

As a coach plays guided defense, one player lifts or drifts to get open. Their teammate throws a skip pass at rim height to that spot. Begin with one or two dribble drives to the rim, then one-dribble pull-ups & finish with catch & shoot three-point shots. Rebound the ball & take it to the other line.



To avoid block practice, coaches should mix up the defense & force players to catch the ball in different parts of the floor. The passer cuts as soon as they release the ball.

- 1) Two Dribble Moves: Begin with straightforward moves such as outside-inside & Euro step finishes, progressing to reverse & cross-rim lay-ups. Start dribbling & attach immediately on the catch.

- 2) One Dribble Pull-Ups: Cross-step to the left & the right. Get into the paint with one bounce.
- 3) Three-Point Shots: Hop into each shot or execute a 1-2 step. Hold the follow-through even though it is near the end of a tiring drill.

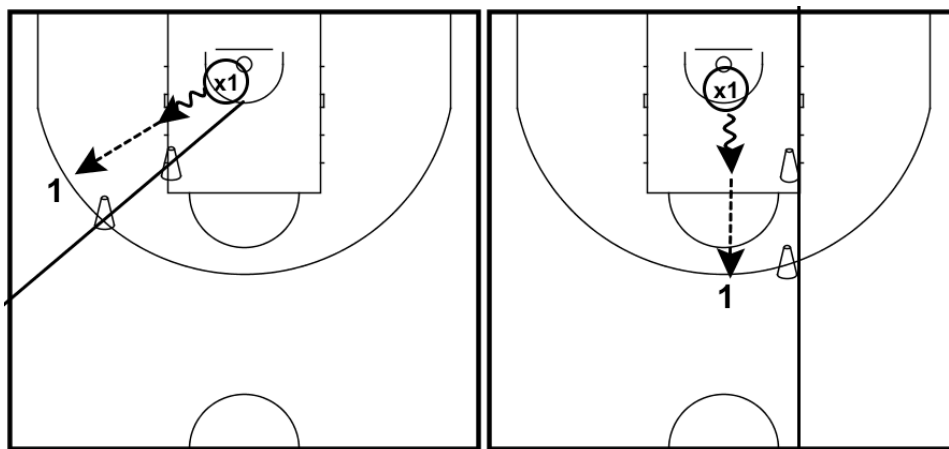
Progression: Introduce cones or agility poles to practice ball moves. Create teams at each hoop that compete with each other. Call turnovers for bad passes, sloppy footwork or stopping the ball. Another coach or manager can use a pad to simulate finishing against contact for the first part of the drill.

Time: Work on each type of shot for a minute or until a certain number of made shots has been achieved. • *Work:Pause Ratio:* 1:4.

1-on-1 Bounce, Pass & Close Out (Phase C & D)

- *Learning Goal:* Attack the defense with the weak-hand and finish at the rim.
- *Points of Emphasis:* The first step is most explosive, get into the paint, stay balanced.

Set up cones to mark an out of bounds area on the right hand side. The defender starts under the basket. The drill begins when the defender bounces the ball once, passes it to the offensive player and closes out. Force left on the close out. Four or five players compete at each hoop but the entire team can compete against each other during the length of the drill.



Rotation: If the offense scores, they stay on offense. If the defense stops, they go to offense. New players enter on defense.

Progression: Load the drill by limiting the ballhandler to one or two bounces. Alternate scoring systems could use a short six-second shot clock or insist that the ballhandler get into the paint for the basket to count. Extend the drill to full-court & practice keeping the dribbler in front.

Time: 5-10 minutes. Run the drill from both wings and the top of the key.
Compete to a total like first to three score at each spot. • Work:Pause Ratio: 1:4.

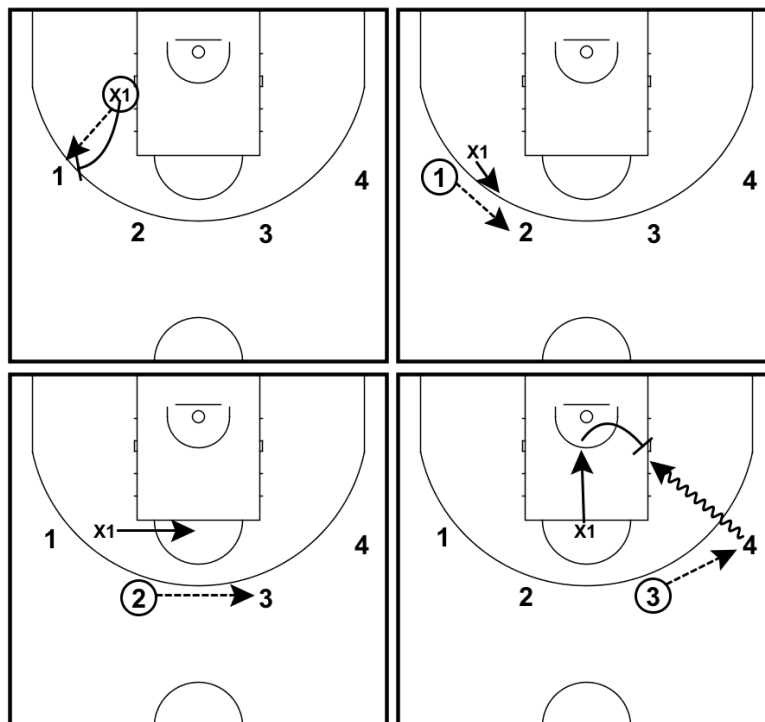
Defensive Drills

1-on-4 Defensive Skills (Phase A & B)

- *Learning Goal:* Improve major defensive skills each player should know.
- *Points of Emphasis:* Ensure players use proper technique while playing defense at high intensity.

At one basket, players take turns playing defense. The defender initiates the drill by passing to an offensive player on the wing. The defender closes out & shifts positions as the ball is passed. The defense practices this sequence of skills:

- 1) closing out
- 2) pressuring the ball & influencing left
- 3) gapping the ball
- 4) helping on the nail
- 5) protecting the basket & taking a charge



Safety Note: Teach players how to fall (protecting self, falling on butt, pushing out with hands, getting up) before introducing contact.

Progression: Coaches can introduce different skills depending on their philosophy (such as a hard deny of the wing entry pass, pro foul or tipping a pass). Spread the drill out & coach the players to hit the floor to recover a loose ball or save it from going out of bounds.

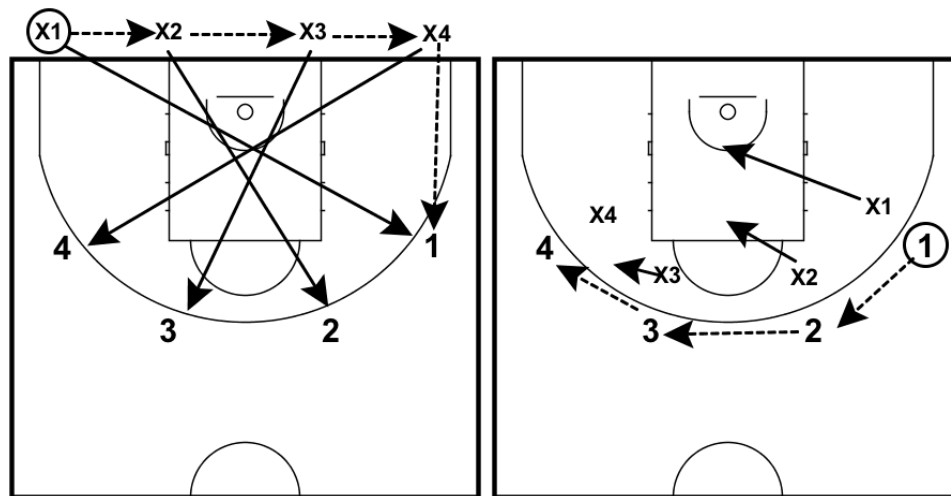
Time: 5-6 minutes or three repetitions. • *Work:Pause Ratio:* 1:4.

Serbian Closeout Drill (Phase C & D)

- *Learning Goal:* Close out at game speed & get into defensive position.
- *Point of Emphasis:* Defend with urgency while under control.

Four defensive players line up on the baseline & four offensive players spread the floor. The ball starts in one corner & the defenders pass it down the line. As soon as a defender passes the ball, they sprint to the opposite man to close out. The last defender passes it to the offense who begins to swing the ball along the perimeter. Once the ball reaches the last player, the ball is live.

Basketball is often frantic & this is a small change from the Shell Drill since it begins with the defense out of position. The defenders should remain under control so they can execute the team's defensive principles after closing out.



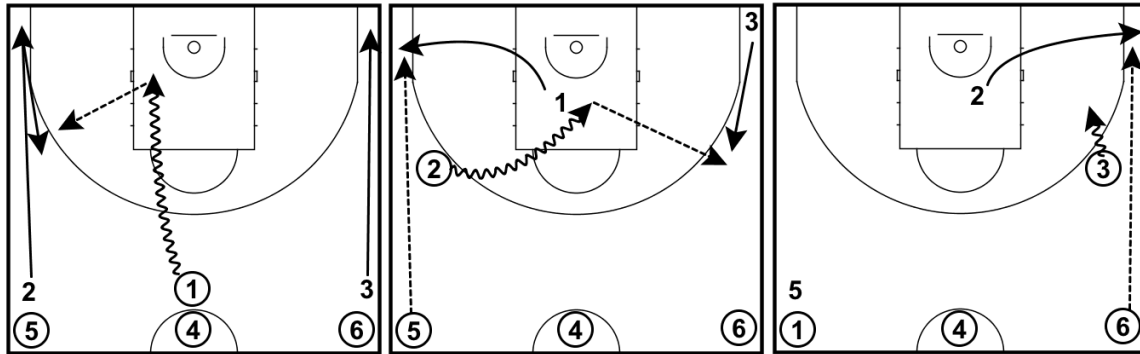
Progression: Allow skip passes or introduce an additional offensive player so the defense scrambles. Penalize paint touches so the defense must work harder. Use a shot clock to increase the time on defense.

Time: 5-10 minutes. Play a mini-game & force the defense to get three stops before moving to offensive. • *Work:Pause Ratio:* 1:1.

Dribble Drive Drills

Memphis Shooting (Phase A & B)

- *Learning Goal:* Catch & shoot in dribble drive situations.
- *Points of Emphasis:* Drive the ball deep into the paint.



The players form three lines at half-court (the middle of the court & the two wings). The middle player drives the ball into the paint & the two wings run wide & deep to the corners. The dribbler kicks the ball out to one side & exit cuts.

The new ballhandler drives into the middle & passes to the third player before exiting. The new players in the side lines pass the ball so the players who exit cut could get a shot. Players rebound their own shot & rotate one line to the right.

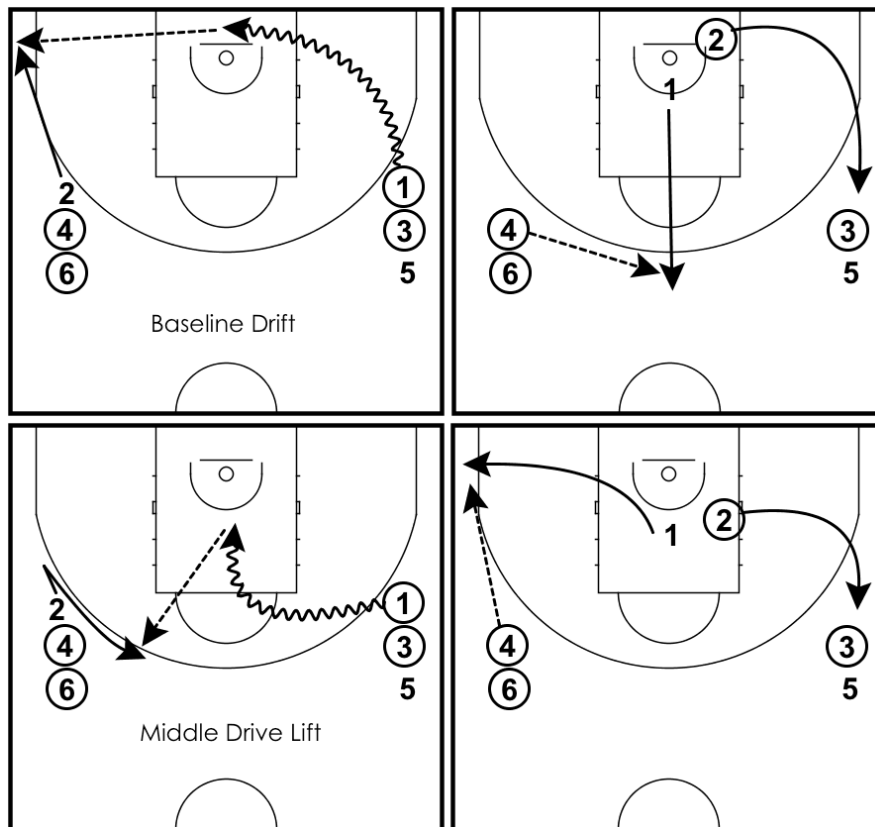
Progression: Begin with catch & shoot midrange shots before attempting one dribble pull-ups & three point shots. Offense could rotate to defense & make it a guided defense or live drill.

Time: 5 minutes. • *Work:Pause Ratio:* 1:1.

Drift-Lift Shooting (Phase A, B & C)

- *Learning Goal:* Understand two-player drive & kick mechanics.
- *Points of Emphasis:* Drive into the paint & catch the ball ready to shoot.

Players line up on both sides of the court (foul line extended & three-point line). The first player on the right begins by driving the ball. The first player on the left side will drift or lift based on the direction of the drive so they do not need a ball.



Baseline Drift: If the dribbler drives to the baseline, the cutter drifts to the corner. The ballhandler drives into the paint & throws a one-handed pass to the opposite corner. After passing, the dribbler exits via the top of the key & receives a pass from the other line.

Middle Drive Lift: If the dribbler drives middle, the cutter drifts for a step before lifting to the top. The ballhandler kicks the ball to the top of the key & exits to the corner for a shot.

Progression: Introduce coaches to play guided defense (force the ballhandler baseline or middle & rotate to contest the pass). Introduce a third shooter to create a push-pull action.

A 2-on-2 advantage situation develops decision-making skills. A defender begins with their back to the ballhandler & must react after the dribbler makes their move. The other offensive player must move to maintain a good passing line.

Rotation: Both players rebound their shots & take the ball to the other line. Practice both situations from both sides of the court.

Time: 6-8 minutes (2 minutes per shot, per side). • **Work:Pause Ratio:** 1:1.

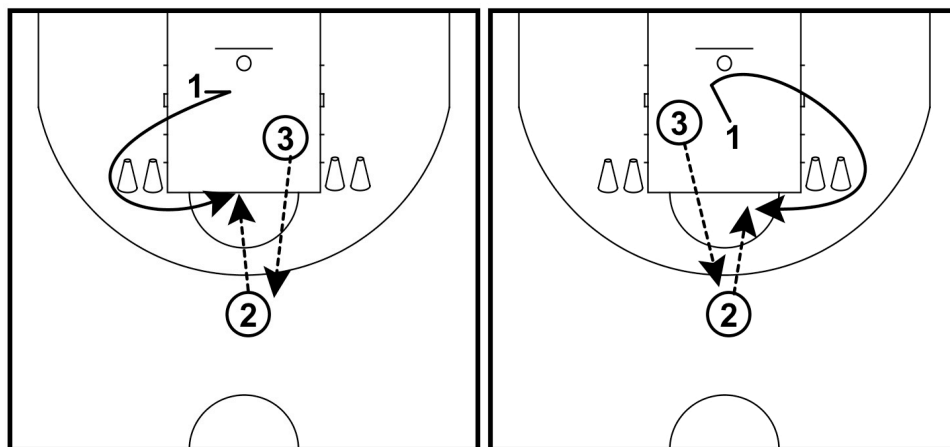
Pindown Drills

Ray Allen Series (Phase A & B)

- *Learning Goal:* Use pin down screens away from the ball.
- *Points of Emphasis:* Look over the shoulder to read the defense.

The cutter starts under the basket and prepares to use the screen. The cutter goes to the left side and curls around the cones in order and receives a pass. After shooting, the cutter goes to the other side and executes the same shot from the opposite side.

Execute two types of each shot (curl around screen and finish at the rim, shooting a floater in the middle of the lane, popping and catching and shooting). The cutter becomes the rebounder, the passer the cutter & the rebounder the passer.



Progression: Attempt more advanced shots during the second sequence (one dribble pull-up jumper on the nail, two dribble rip-back pull-up jumper on the wing, fade to the corner catch and shoot). A coach could play guided defense to practice reads (reject, curl, flare, pop, high curl).

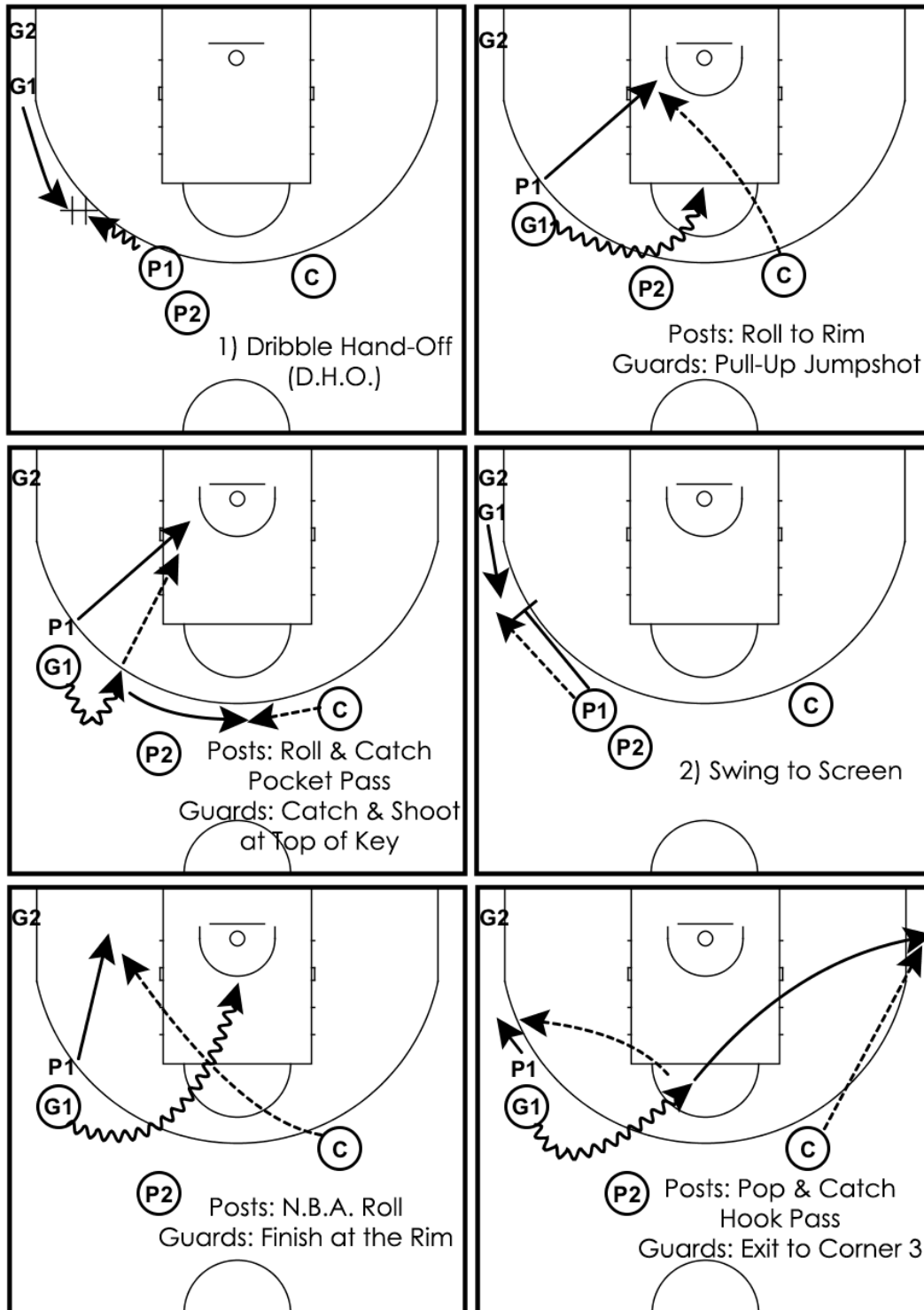
Time: 6-8 minutes. Keep moving for a minute or a set interval or shots (6, 12). •
Work:Pause Ratio: 1:2.

Pick & Roll Drills

Duke D.H.O. Drill (Phase A & B)

- *Learning Goal:* Create high percentage shots from D.H.O. & pick & roll.
- *Points of Emphasis:* Be precise (set good picks, passes on-time & on-target).

Posts line up with the ball at the swing spot and guards blast out of the corner to the wing spot. To emphasize position-specific shots for a mature team, keep the posts/forwards separate from guards/wings. If there is more position overlap, the coach may decide to allow players to alternate lines.



- 1) Posts cross-step, dribble towards the wing & executes a D.H.O. with the guard who is blasting out of the corner. First, the guard drives to the foul line for a pull-up jumper while the post rolls to the basket & receives a feed from the coach. Next, the guard throws a pocket pass to the post and exit cuts for a pass from the coach.
- 2) Posts pass to the wing & set a screen (swing to screen). First, the guard drives to the rim & the post rolls to the baseline to get a pass from the coach. Next, the post pops & receives a hook pass from the guard, who cuts to the opposite corner for a pass from the coach.

Rotation: Rebound & pass the ball back to the passer you got it from (the line at the swing spot or the coach). Communicate loudly & clearly to avoid mishaps.

Progression: A second coach can play defense (using a blocking pad to make the posts finish against contact or contesting the guards' shots). The coach can also call out different cuts (fade, curl, C-cut, come for a hand-off) or finishes (work on finishes such as cross-rim lay-ups, Euro-steps, Rondo pivots & other footwork) so that the players must adjust on the fly.

Time: Eight minutes (60 seconds for each option). Perform all four sequences on one side & repeat on opposite side. • *Work:Pause Ratio:* 1:1

Note: If the coach is unavailable to pass, the second pass can come from the next person in the guard line.

Post Play Drills

Post Move Building Blocks (Phase A & B)

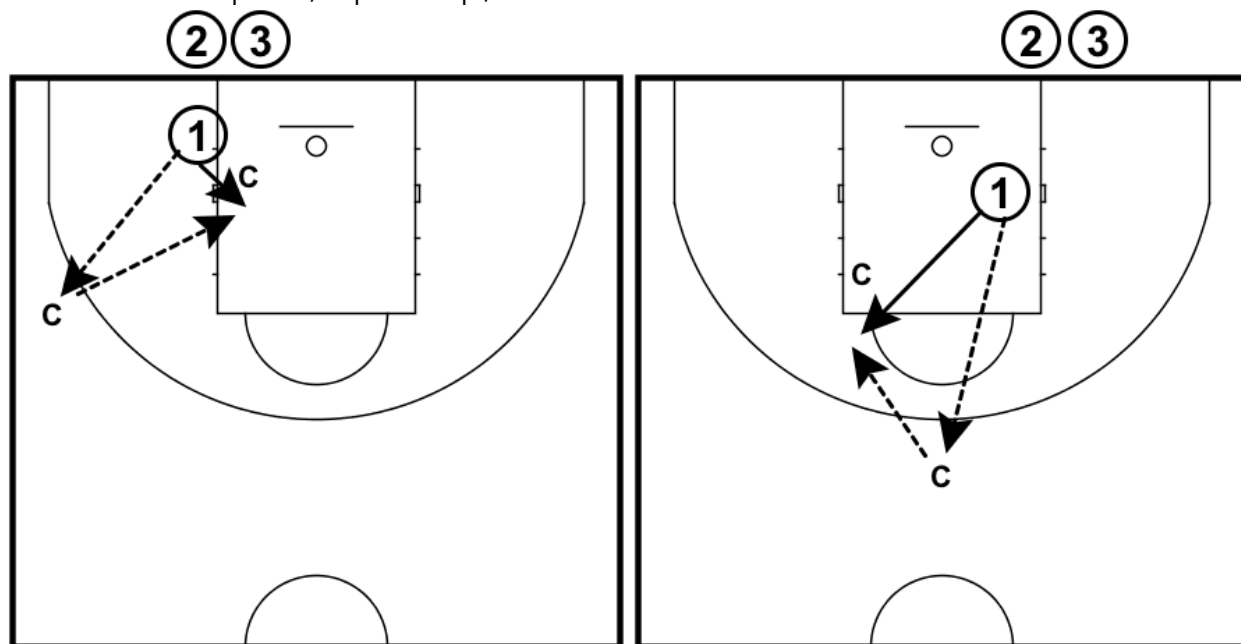
- *Learning Goal:* Develop footwork for basic post moves.
- *Point of Emphasis:* Keep the ball high. Rip through above head.

These are five basic post moves that are part of every Team Ontario practice. Perform each move three times from both sides of the court. Players pass the ball to the coach on the wing and establish position inside. If coaches are unavailable to pass or play guided defense, players can self-pass the ball. Load the drill by adding a defender using a blocking pad.

Suggested low post moves to master:

1. Slide dribble middle, attack at 45°, start at shoulder, finish over ear
2. Seal defender on catch or drop-step baseline, finish with outside shoulder
3. McHale Move: Pivot middle, step through, finish at rim

4. Outside foot pivot, square up, middle drive, one dribble attack
5. Reverse pivot, square up, shoot



Progression: Flash to the high post (shooting, one-dribble attacks & combo moves). Coaches can use a blocking pad to play guided defense to simulate contact.

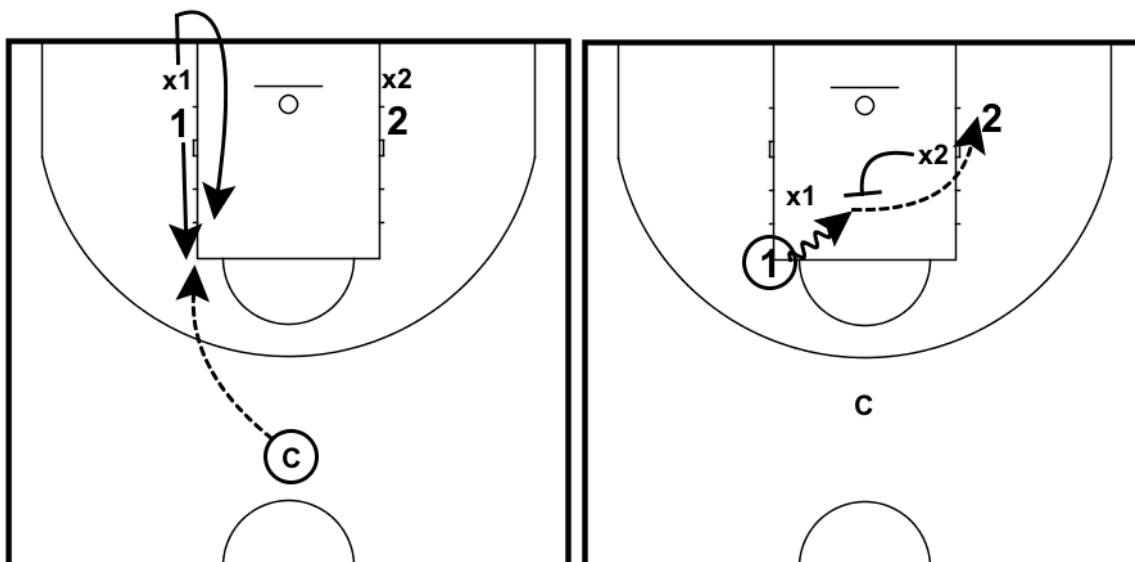
Time: Work on one move for one minute per side. Select three or four moves per workout. • *Work:Pause Ratio:* 1:2.

2-on-2 High-Low Advantage (Phase C & D)

- *Learning Goal:* Maintain good spacing in the paint.
- *Point of Emphasis:* Do not hold the ball. Make decisions in 0.5 seconds on one dribble.

Two offensive players stand on the blocks with two defensive players behind them. The coach bounces the ball to one of the elbows. The player on that side picks up the ball. The defender on that side touches the baseline before playing defense.

Player 1 attacks the basket and reads the defense. If Player 1 keeps the ball in the high post, Player 2 and duck in and try to seal. If Player 1 drives middle, Player 2 and move to the dunker's spot for a dish. If player 1 drives baseline, Player 2 can curl to the elbow.



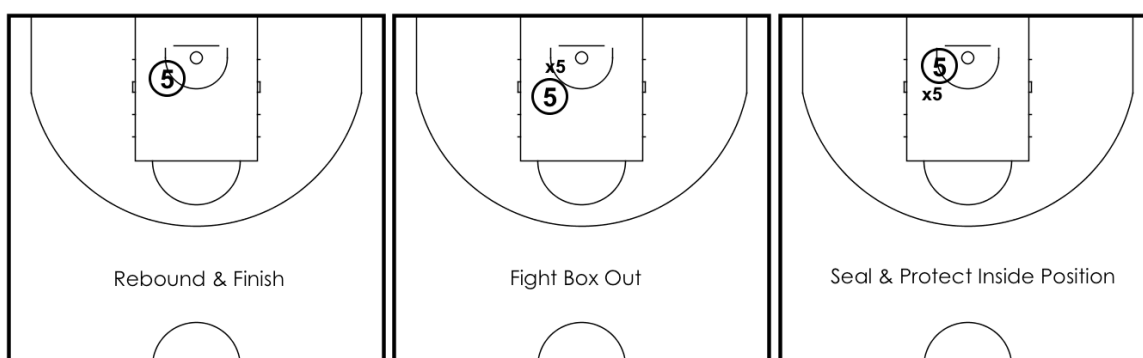
Progression: Begin the drill with a cross-screen action. Award points for offensive rebounds. Play 2-on-2/3-on-3 with a guard to rehearse drive & kick situations.

Time: 5-10 minutes. Alternate offense & defense first, then play a competitive game to three or five baskets. • *Work: Pause Ratio:* 1:1.

Rebounding Drills

McHale Rebounding Drill (Phase A & B)

- *Learning Goal:* Rehearse skills & techniques for offensive & defensive rebounding.
- *Points of Emphasis:* Assume a low & balanced stance, engage core & keep elbows out.



1-on-0: The player throws the ball off the glass & rebounds the ball. The player keeps the ball high & scores. Begin by throwing the ball off the glass & making a power lay-up. The player can also practice: tips, dunks & post footwork.

Progression: Hold the ball high overhead, jump & bounce it off the glass. Come down & elevate immediately in order to score. A coach can use a blocking pad to simulate contact..

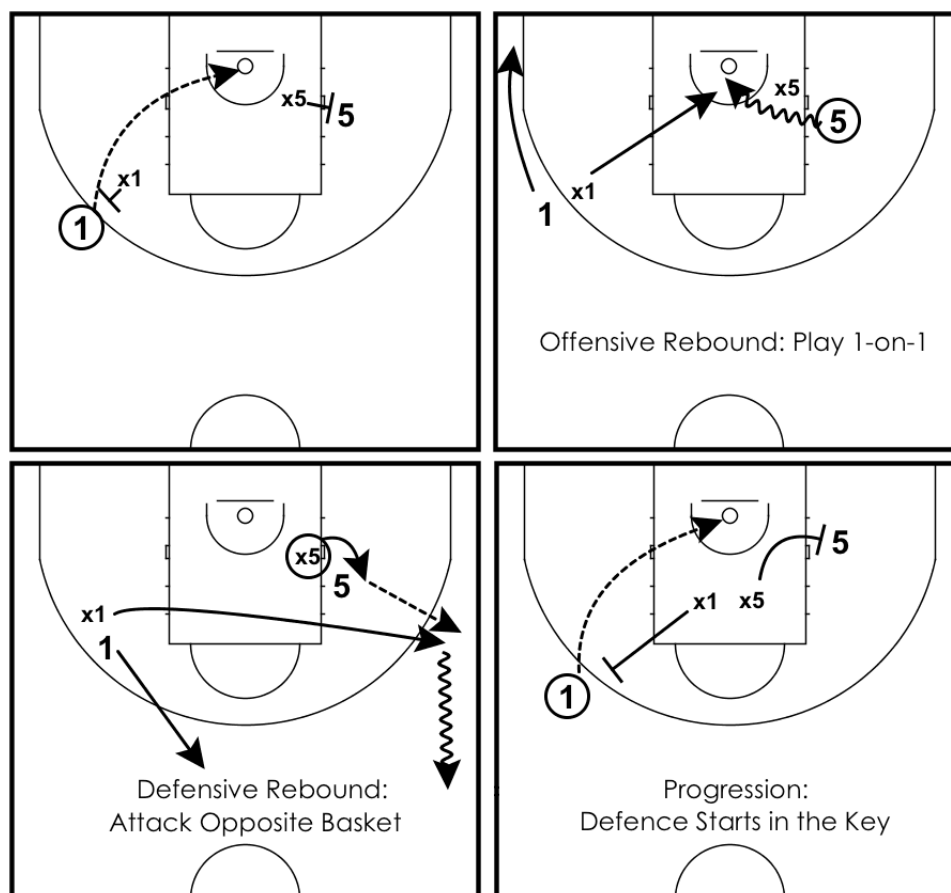
1-on-1: A defensive players starts on the inside. The offensive player throws the ball off the glass. The defender gets low & boxes out the offensive player, who jumps for the ball without reaching over the back or pushing. Then reverse the positions: the offense begins with inside position & the defender must use a swim move or drop-step in order to box out.

Progression: Keep score, counting baskets & taking points away for fouls. A coach can start with the ball on the opposite box & change the shot angle of.

Time: About five minutes in 1-on-0 (two players sharing a hoop) & five minutes in 1-on-1. • *Work:Pause Ratio:* 1:2.

2-on-2 Rebounding (Phase C & D)

- *Learning Goal:* Box out different players in different spots on the floor.
- *Points of Emphasis:* Grab the rebound & quickly move on to the next play.



Two teams (composed of a guard & a post each) match up on the perimeter & close to the basket. The offensive guard takes a shot & the defender calls "Shot!" loudly. Both defenders box out & the offensive players try to use fakes, spins & swim moves to get the ball. If there is an offensive board, try to go 1-on-1 or attack quickly. If there is a defensive rebound, outlet to the guard & transition to the other end. Count two & three point shots & add it to the team score.

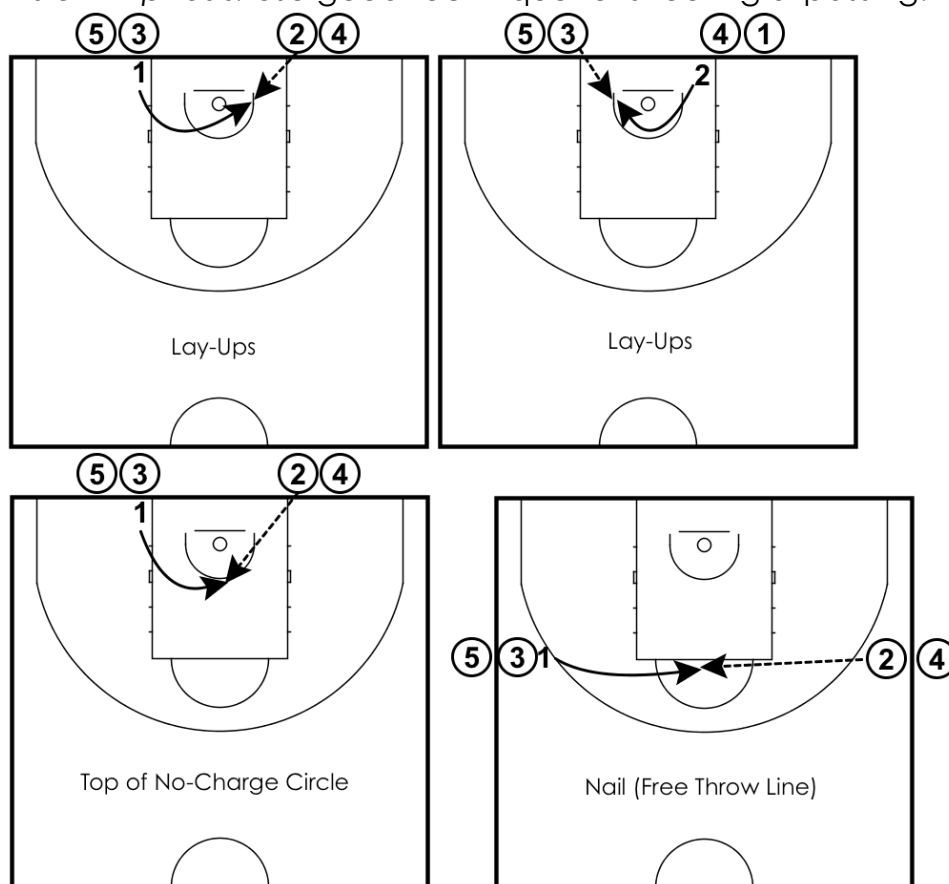
Progression: To increase the challenge of boxing out, the defenders must start in the paint. To simulate game situations, guards can box out posts & vice-versa. Add additional players to create 3-on-3, 4-on-4 or 5-on-5 situations. Use a fourteen second shot clock to push the tempo of play.

Time: 8-10 minutes or play a game to a set score. • *Work:Pause Ratio:* 1:2.

Shooting Drills

Scottish Shooting (Phase A & B)

- *Learning Goal:* Perfect basic footwork for finishing in the paint & shooting.
- *Points of Emphasis:* Use good technique for shooting & passing.



Players line up at the free throw lane & the baseline. The first player does not have a ball but the next few players do. The first player curls through & gets a pass from the player on the other side. After passing, the passer cuts through & gets a pass from the opposite side. Rebound your own shot & take the ball to the other line. Through one-handed passes with outside hand & work on handles in passing line. Practice good communication.

The drill provides repetitions using the basic building blocks required to finish inside & shoot. Begin with outside-inside power lay-ups finishes (the foot farthest away from the defense is the pivot foot). Add Rondo (outside-inside stop, front pivot to the middle), Scola (front pivot to the middle, reverse pivot back to the starting position) & McHale pivots (front pivot & step through).

Progression: Shoot at the start of the no-charge circle. Use a 1-2 step (inside foot is the pivot foot) to catch & shoot & a Kobe pivot (1-2 step, reverse pivot & front pivot back to the starting point). Move the drill to the foul line extended & shoot from the nail. Practice catch & shoot (1-2 step), 1 dribble pull-up continues (outside foot pivot) & 1 dribble pull-up rip-backs (hop step).

Time: 5 to 8 minutes. One minute per finish. • *Work:Pause Ratio:* 1:1.

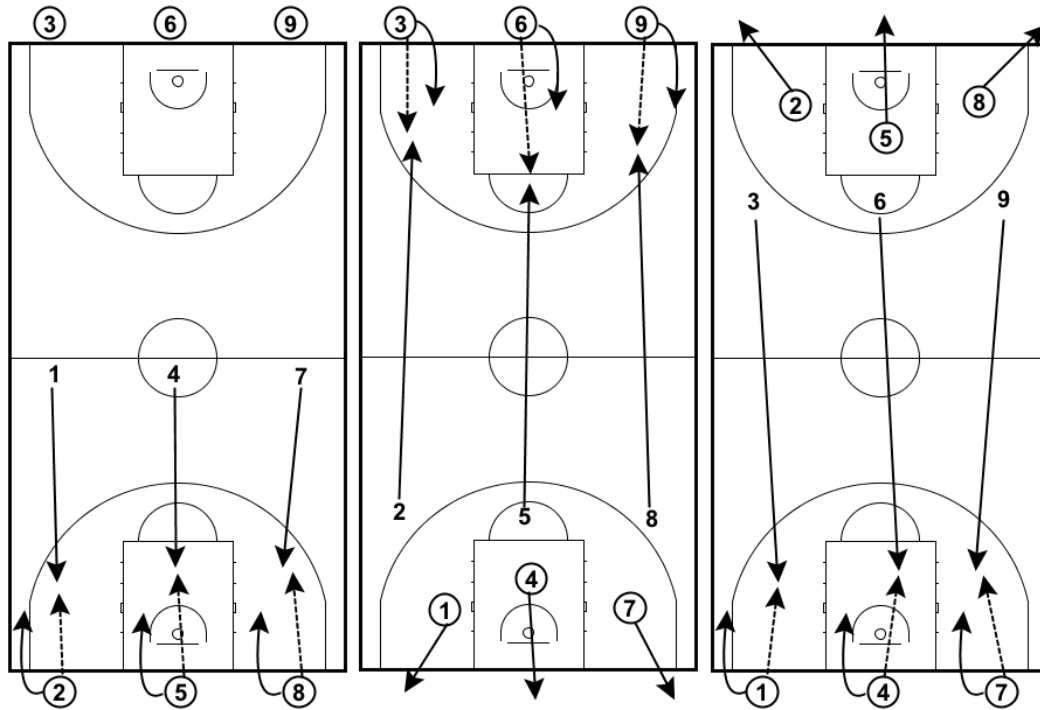
9-Line Shooting (Phase A & B)

- *Learning Goal:* Practice good shooting technique while tired.
- *Points of Emphasis:* Stay low & balanced while calling for the ball & stepping into the shot.

Players line up along both baselines (one line under the basket & one line on each side). There is a ball at the head of each line. Three players line up at midcourt without a ball. Each side (left, middle, right) is its own squad & will stick together for the entire drill.

The players in the middle run towards the same baseline & spot up for a shot. The players on the baseline pass the ball & run down to the opposite baseline. The shooters rebound & take the ball to the front of their line. At the other end, the players spot up for shots & receive passes from those on the baseline. The squads continue to wave up & down, counting their score as a team. Each made shot is worth one point.

Teams shoot midrange catch & shoot jumpers for one minute, then one dribble pull-ups for a minute, followed by three point shots for a minute. Then, the lines shift one position to the right & repeat the same sequence. For the last three minutes, the teams shift to the right again & repeat the order of catch & shoot, pull-ups & 3s. After nine minutes, the team with the highest total wins.



Time: Ten minutes. One minute for each type of shot in each spot. Use as a warm-up or cool down drill to get the team moving. • Work:Pause Ratio: 1:1.

Italian Shooting (Phase A & B)

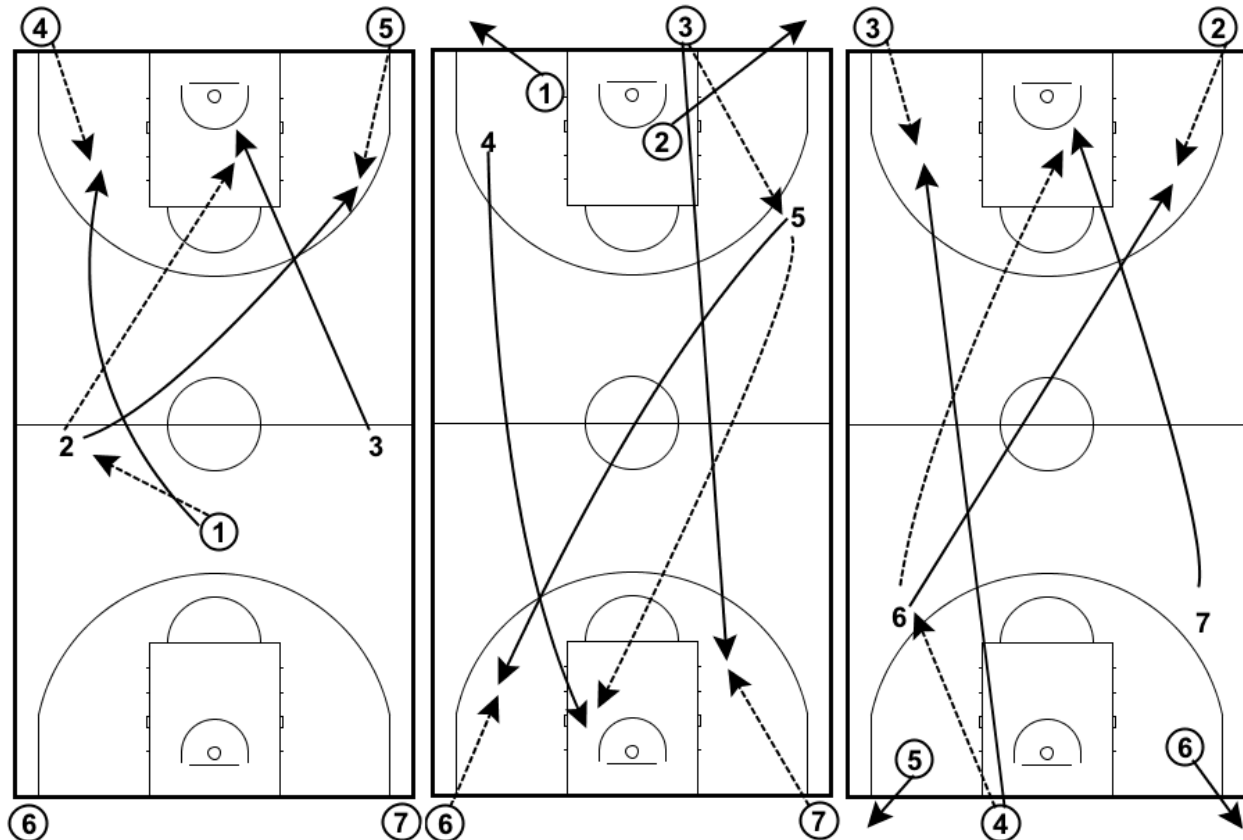
- Learning Goal: Develop transition skills (ballhandling, passing, finishing).
- Points of Emphasis: Score early in the shot clock & reduce turnovers.

Lines form in each corner of the full-court with balls at the front of the line. In the middle of the court, there are three players & the middle player has the ball. Extra players line up in the corner & wait their turn.

When the drill begins, the middle player outlets the ball to one of the wings. The other wing runs to the basket & receives a pass for a lay-up. The players try to score with a minimum number of passes & dribbles.

Everyone follows their passes; the two players who do not score receive passes from the corner for a shot. Communicated loudly ("Ball!", first names, point total) during the drill)

The player who scored takes the ball out of bounds for the inbounds & stays in the drill. The passers who were in the corners are now in the drill. The inbounder makes an outlet pass to one player & the other runs to the rim. The non-scoring players get passes from the corners and the rotation is the same as it was at the other end.



Progression: The players begin by shooting midrange shots, then one-dribble pull-ups & three-point shots.

Scoring: Provide a target to an experienced team (such as 120 in 5 minutes: lay-ups are 1pt, midrange jump shots & pull-ups are 2pts & 3s are 3pts).

Time: 6 minutes. 90 seconds of midrange shots, pull-ups going right, pull-ups going left & 3s. **Work-Pause Ratio:** 1:1.

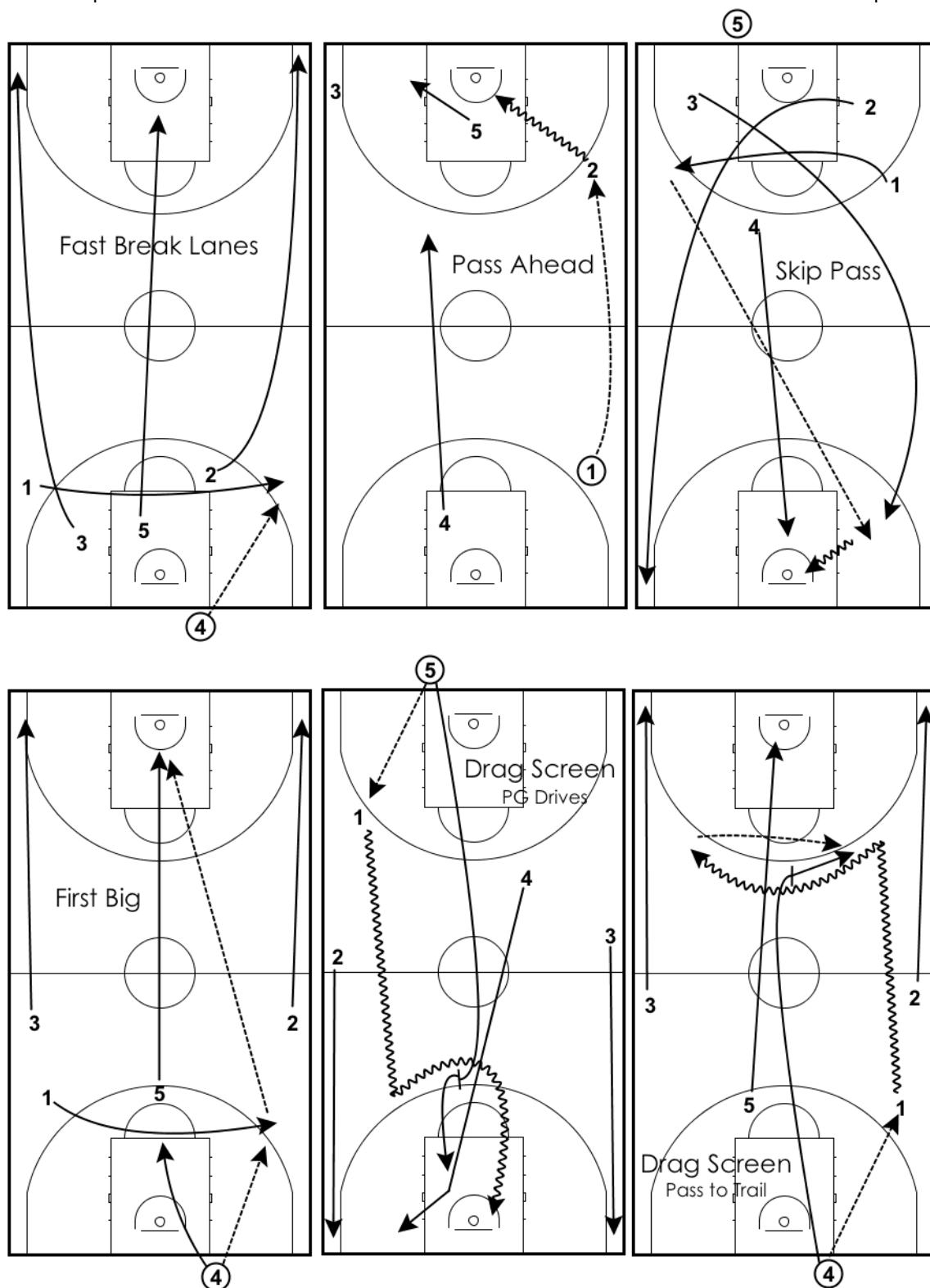
Transition Drills

Five Man Fast Break (Phase A & B)

- **Learning Goal:** Pass, dribble & score in transition.
- **Point of Emphasis:** Move the ball down the court from the first pass to the three-point line in under four seconds.

Squads of five players go up & down the court six times (three trips there & back). One of the posts grabs the ball as it goes through the net & takes it out of bounds on the baseline. The other post runs to the rim. Two wings run wide &

deep. The point guard makes a C-cut along the foul line extended & catches the outlet pass with their back to the sideline. The inbounder fills the trail position.



For the first five possessions, everyone gets a shot:

- 1) Pass the ball ahead up the sideline
- 2) Throw a skip pass to the opposite wing
- 3) Feed the player on the rim run
- 4) The trail sets a drag screen & the point guard drives
- 5) The trail sets a drag screen & receives a pass after popping or rolling.

It doesn't matter what order the shots are taken. To give the posts more touches, they should finish any missed shots. For the sixth position, run the early offense or a play called by the coach or the point guard.

Progression: The coach can throw the ball off the rim & encourages whoever rebounds the ball to push it. Players can circle around the coach before the drills so they must adjust to different lanes & spacing. For the last possession, the next squad can enter the drill & play guided defense to provide a read.

Time: 6 minutes. • *Work:Pause Ratio:* 1:1.

3-on-3 Full-Court (Phase C & D)

- *Learning Goal:* Find the open man in transition.
- *Point of Emphasis:* Both offense & defense must communicate.

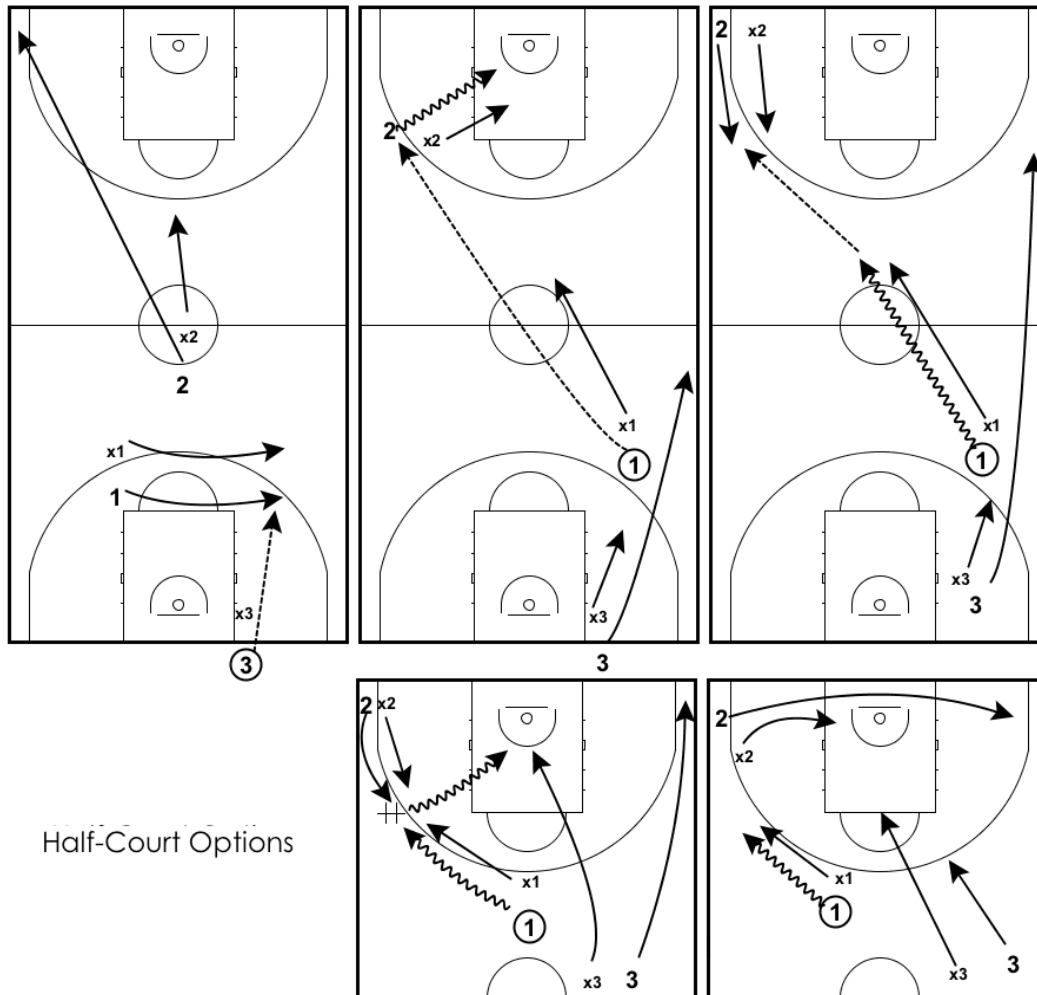
One player takes the ball out of bounds and can run the baseline. A ballhandler lines up on the foul line and another player takes a position at midcourt. The defense pressures the ball the length of the court.

The ballhandler C-cuts across the foul line and receives an inbounds pass with their back to the basket. The player at midcourt runs wide and deep to the opposite corner. The inbounder fills a spot in the other corner. The offense must reverse the ball before they can score.

Options to advance the ball include:

- a skip pass
- dribbling the ball to the middle and making an early entry hand
- dribbling to the wing and executing a D.H.O.
- pushing the wing out and spacing the floor

The teams alternate offense and defense as they would in a normal game. Scoring is by twos and threes to five points. A foul is penalized by counting the basket. The ballhandler must use their body and weak-hand to protect the ball.



Progression: The wing player can call for basic offensive actions, such as a Pick and Roll, Post Up or Pin Down screen. It is a turnover for the point guard to dribble with their dominant hand and the ball is given to the other team on the opposite baseline. Players should fill all three roles on the court.

Time: Play games to five points or three minutes. If space is short, a “Wave” set up (with additional teams on each baseline ready to jump in and play defense) could be used. • *Work:Pause Ratio:* 1:1.

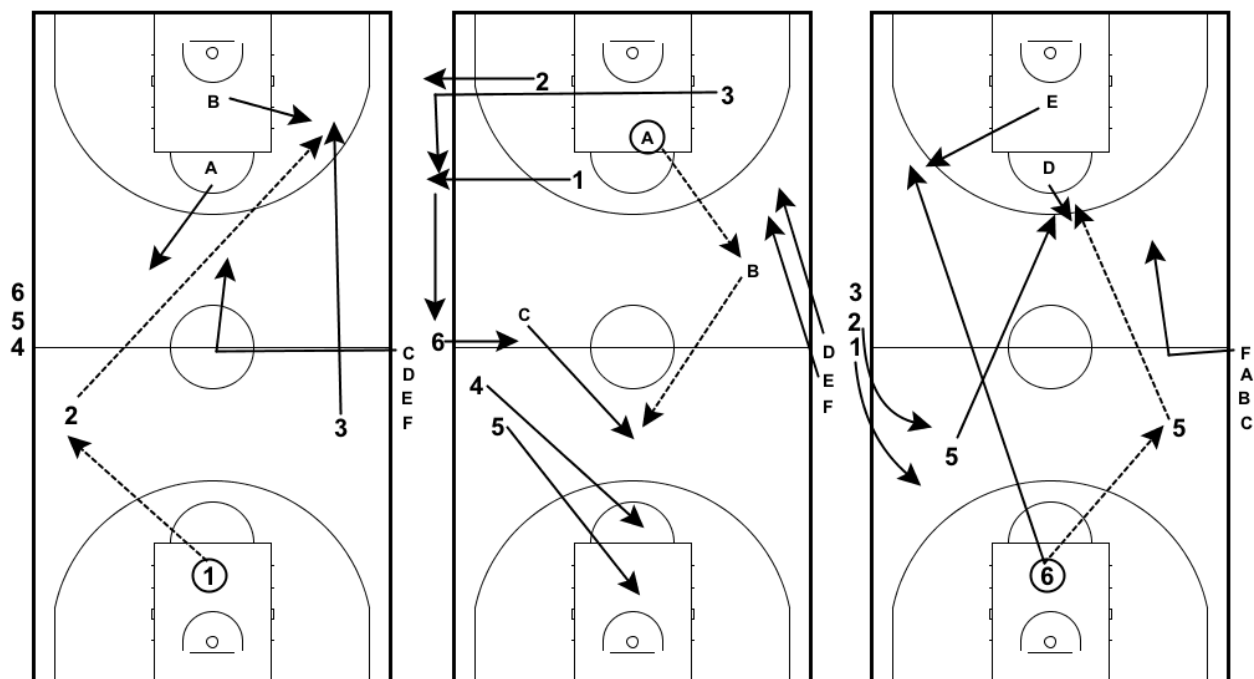
3-on-2 Continuous (Phase C & D)

- *Learning Goal:* Finish on the fast break.
- *Point of Emphasis:* Attempt a high-percentage shot.

A competitive & enjoyable drill that can often serve to raise the intensity level in practice if it is lacking. The drill forces the athletes to play & make decisions so there are many repetitions & learning opportunities.

Two teams form lines at midcourt on opposite sidelines. Three players on one team begin on offense & attack two defenders. When they cross half, a third defender runs to the midcourt circle & joins the play. Meanwhile, two defenders from the offensive team get read to play defense. After the possession, the three offensive players are off; the defensive players attack 3-on-2 & a trailer joins the play when the ball crosses midcourt. The drill is continuous.

Progression: The coach can call quick two & three player actions ("Drag", "Fist", "Pistol", etc.) or instruct the athletes how to initiate these plays & force them to make the calls. Use a twelve second shot clock to force the action. Encourage guards & forwards to play all spots on the floor.



Time: Play to 7 baskets or a 7-10 minute game with 2s & 3s. If there is a foul, count the basket. • *Work:Pause Ratio:* 1:2.

Game Situations

Try to spend as much time as possible playing so that players can apply the concepts in realistic scenarios. Basketball demands that players make decisions on the run & combine multiple skills, tactics & strategies at once. These simple 3-on-3 or 4-on-4 situations can be modified to emphasize a particular action:

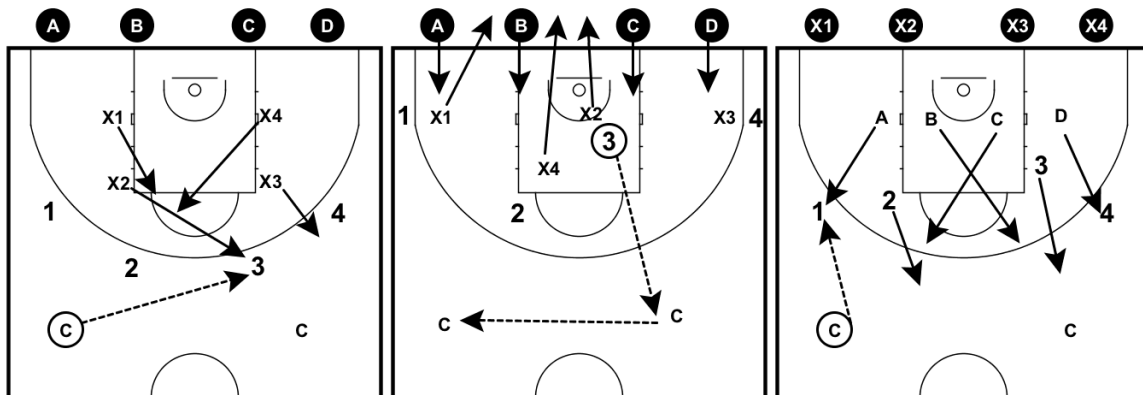
- Pass & Cut
- Pick & Roll
- Pindown Screens
- Dribble Drive
- Post Play
- Early Offense

4-on-4-on-4 Half Check to Coach (Phase C & D)

- *Learning Goal:* Create structured mini-situations for players to apply skills.
- *Points of Emphasis:* Get on defense quickly. Share the ball.

Teams divided into squads of four players (or three if there are less than ten players). If there are extra players, they form a squad on the baseline or sub in after each play. 1 or 2 coaches play on the wing.

The coach announces the situation that the team will be working on (pin down screens, pick & roll, post ups, motion offense, etc.). One team lines up outside the arc on offense & another team plays defense. The extra team is one the baseline ready to come in. New teams always come in one defense.



The coach passes the ball to the offense (do not steal the coach's pass). If the offense scores or gets an offensive rebound, they check the ball to the coach & cut outside the three-point line. If there is a defensive rebound or turnover, the defense clears the ball & prepares to play offense.

The losing team leaves the court & the new team runs on. The coach passes the ball to a different player on offense. The coach can also pass it to the coach on the opposite side (to change the passing angle). Don't wait for the defense to get ready. Create a culture of urgency on D.

Progression: Call turnovers for violations such as stopping the ball or catching the ball inside the three-point line. Use a twelve-second shot clock to push tempo.

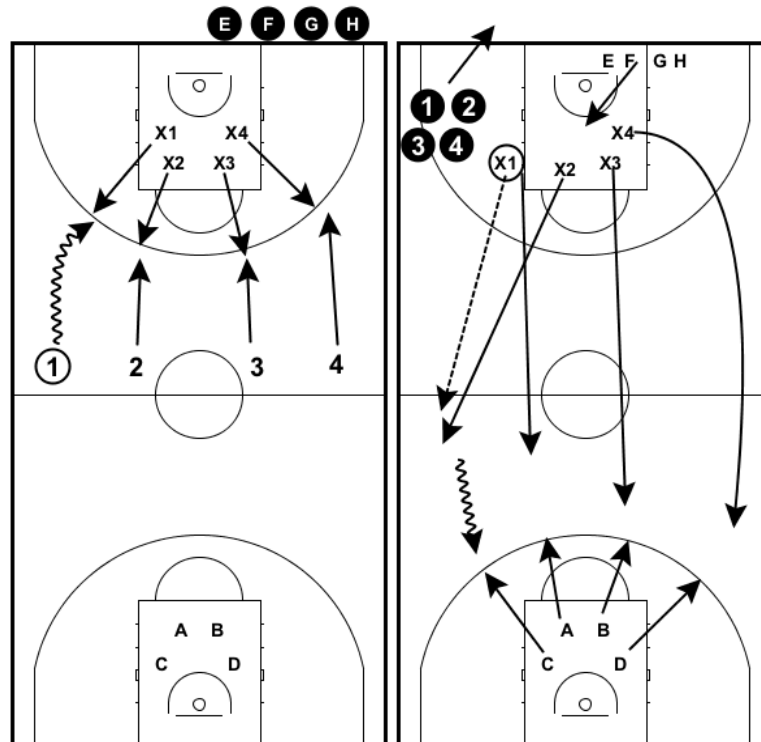
Time: 10 minutes. Keep score & losers run or train. • *Work:Pause Ratio:* 1:1.

4-on-4-on-4 Continuous (Phase C & D)

- *Learning Goal:* Perform skills, share the ball & make decisions in fast-paced full-court situations.
- *Points of Emphasis:* Create & maintain a one second advantage.

The group divides into squads of four. One group begins in the middle & two groups are ready to defend at each end. Additional teams - if there are more than twelve players - can wait along the baseline. The team in the middle attacks one of the defensive squads.

If they score, they keep the ball & go down to the other end. If the defense gets a turnover or the rebound, they assume possession & go down to the other end. If there is an offensive rebound, the offense keeps the ball but moves to the opposite end. Teams remain in the paint until the offense crosses midcourt.



If there are extra teams on the baseline, the new team comes on when the play is at the other end & the losing squad gets off the court. Coaches can debrief teams when they are on the baseline so the play is not interrupted.

Progression: Add a fifth player for whole method situations. To increase the pressure, the team that was just on offense (if there was a change in possession) or on defense (if the possession didn't change), can pressure until midcourt & the next team can begin pressing in their end (so the offense technically has to overcome an 8-on-4 disadvantage). Coaches can call plays so that players must execute a specific actions.

Time: 10-15 minutes. Play games to a certain point value or simply count the total points scored during the drill. • *Work:Pause Ratio:* 1:2.

4

Appendices

- Appendix A: Yearly Planning Instrument... page 1
- Appendix B: Agreement to Pay the Team Fee... page 4
- Appendix C: Fundraising Letter Template... page 5
- Appendix D: Open Gym Code of Conduct... page 6
- Appendix E: Emergency Action Plan... page 7
- Appendix F: Academic Monitoring Form... page 10
- Appendix G: Four Factors... page 11
- Appendix H: Offensive Shot Chart... page 12
- Appendix I: Defensive Hustle Board... page 13
- Appendix J: Personal Shooting Log... page 14

Yearly Planning Instrument

Weekly Calendar			September				October					November				December							
			5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26				
Schedules	School	Start										Exhibition				League			Holiday				
	Canada Basketball	ID	JRA				CMNT		JRA			JRA		JRA		CMNT							
	Ontario Basketball																						
	NCAA/AAU	Quiet	Recruiting Period										Dead	Recruiting Period									
	Holiday	Lab					Thank											Xmas		NY			
Objective			Athletic Abilities				Skill Development					Offensive Systems				Rec.							
Training Phase			Offseason		Preseason					Competition													
Macrocycle			General				Specific					Taper		Peak									
Microcycle			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17				
Comp	Tournaments											X		X									
	Games						IntSq					2 Ex		Ex		2 L		2 L		2 L			
Time	On-Court	143.0	1	2	3	3	3	3	5	5	5	4	4	4	4	4.5	4.5	4.5					
	Off-Court	47.5	1	2	2	2	2	2	2	2	2	1	1	1	0.5	0.5	0.5	1					
	Competition	56.5										6		3		6		1.5		3		3	
	TOTAL	247.0	2	4	5	5	5	5	7	7	8.5	11	8	11	6	8	8	8	1				
Work	Volume		Low	Low	Med	Med	Med	Med	Med	Med	High	High	High	High	Med	High	High	High					
	Intensity		Med	Med	High	High	High	High	Med	Med	Med	Med	Med	Med	Low	High	High	Med					
Energy	ATP-PC	25%										Load											
	Anaerobic Lactic	40%					Load																
	Aerobic	35%	Load																				
Athletic Abilities	Agility						Load																
	Balance		Load																				
	Explosiveness						Load																
	Flexibility		Load									Load											
	Speed											Load											
	Strength						Load																
On-Court	Fundamentals	20%	80	80	70	70	60	60	40	40	40	40	20	20	20	20	20	20	20				
	Technical	30%	20	20	30	30	30	30	40	40	40	40	30	30	20	20	20	30					
	Tactics	30%					10	10	20	20	20	20	30	30	30	30	30	30	30				
	Strategy	20%										20		20		30		30		20			
Training	Assessment & Evaluation						X																
	Healthy Eating		X				X		X					X									
	Mental Training													X									
	Recovery & Regeneration		X				X					X				X							
	Team Building						X		X			X				X		X					

Yearly Planning Instrument

Weekly Calendar			January					February				March				April								
			2	9	16	23	30	6	13	20	27	6	13	20	27	3	10	17	24					
Schedules	School		Holiday	League		Exams/2nd		League		Playoffs/OFSAA				Break										
	Canada Basketball		JRA						JRA						JRA		CMNT							
	Ontario Basketball			CENT											OBL		OBL	OBL	OBL					
	NCAA/AAU	Recruiting Period															Dead		Evaluation					
	Holiday						Fam											Eas						
Objective		Rec.	Defensive Systems					Special Situations					Rec.	Athletic Abilities					Skill Dev.					
Training Phase	Competition																		Offseason					
Macrocycle							Taper		Peak		Taper		Peak											
Microcycle	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34							
Comp	Tournaments	X																						
	Games	2 L		Ex		2 L	2 PI		2 PI															
Time	On-Court	143.0	4.5	4	4.5	4.5	4	4	4	4	2		4	4	4	4	4	4						
	Off-Court	47.5	1	0.5	1	1	0.5	0.5	0.5	0.5	0.5	1	2	2	2	2	1	1						
	Competition	56.5		3	6	1.5	3		3	3	6						1	1						
	TOTAL	247.0	1	8	11	7	8	4.5	7.5	7.5	4.5	8.5	1	6	6	6	6	6	6					
Work	Volume		High	High	Med	High	Med	Med	Med	Med	Med		Low	Low	Med	Med	Med	Med						
	Intensity		Med	High	High	High	Low	High	High	Low	High		Med	Med	High	High	Med	Med						
Energy	ATP-PC	25%																						
	Anaerobic Lactic	40%															Load		Load					
	Aerobic	35%															Load							
Athletic Abilities	Agility															Load		Load						
	Balance															Load								
	Explosiveness															Load								
	Flexibility															Load								
	Speed																							
Strength															Load									
On-Court	Fundamentals	20%	20	20	20	10	10	10	10	10	10	70	70	30	30	20	20							
	Technical	30%	30	20	20	20	20	20	20	20	20	30	30	40	40	30	30							
	Tactics	30%	30	30	30	35	35	30	30	30	30			30	30	30	30							
	Strategy	20%	20	30	30	35	35	40	40	40	40					20	20							
Training	Assessment & Evaluation	X														X								
	Healthy Eating	X														X								
	Mental Training	X					X									X								
	Recovery & Regeneration	X														X								
	Team Building	X														X								

Yearly Planning Instrument

Weekly Calendar			May					June				July					August				
			1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	
Schedules	School				Culminating			Exams		Finish											
	Canada Basketball			CMNT				JMNT		U19 World		CMNT			U16 Americas						
	Ontario Basketball		OBL		OBL							Train		Train		CSG/U15 NC					
	NCAA/AAU	Quiet Period			Dead	Quiet Period							Evaluation			Quiet Period					
	Holiday				Vic							Can				Civ					
Objective		Skill Dev.		Stress Relief																	
Training Phase		Offseason																			
Macrocycle																					
Microcycle		35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52		
Comp	Tournaments																				
	Games																				
Time	On-Court	143.0	4	4	4	2	2	2	2	2											
	Off-Court	47.5	1	1	2	1	1	1													
	Competition	56.5	1	1																	
	TOTAL	247.0	6	6	6	3	3	3	2	2	2										
Work	Volume		Med	Med	Low	Low	Low	Low	Low	Low											
	Intensity		High	High	Med	Med	Med	Med	Low	Low	Low										
Energy	ATP-PC	25%	Load																		
	Anaerobic Lactic	40%																			
	Aerobic	35%																			
Athletic Abilities	Agility																				
	Balance																				
	Explosiveness	Load																			
	Flexibility																				
	Speed	Load																			
On-Court	Fundamentals	20%	20	20	70	70	70	70													
	Technical	30%	30	30	30	30	30	30													
	Tactics	30%	30	30																	
	Strategy	20%	20	20																	
Training	Assessment & Evaluation																				
	Healthy Eating																				
	Mental Training	X																			
	Recovery & Regeneration		X																		
	Team Building																				

Appendix B

Team Fee Agreement

Congratulations on making the **Senior Boys Basketball Team**.

As a result of the school's policy that all tournaments, exhibition games and non-league expenses are to be paid by each team, there will be a fee to be paid by all participants.

The purpose of exhibition games and tournaments is to provide a focal point for training and practices. All players will receive equal coaching and instruction throughout the season. This fee is designed to cover the entire season and provide the players with a fulfilling basketball experience, supported by highly trained coaches.

The fee for the Senior Boys Basketball Team will cover the following:

- Three Tournaments
- Four Exhibition Games

The fee is **XXX**. Please make out cheques to **XXXX**. All players must pay the team fee before games begin. At the end of the season, a full breakdown of the costs will be provided and a refund issued if appropriate.

Also, there will be a \$100 refundable deposit for uniforms. Cheques will not be cashed if the uniform set is returned at the end of the season in good condition.

In order to participate on the Senior Boys Basketball, I commit to the following payment schedule:

- ☐ One Installment: XXX by XXXX
- ☐ Two Installments:
 - XXX by XXXX
 - XXX by XXXX

Student Name

Name of Parent/Guardian

Student Signature

Parent/Guardian Signature

Please feel free contact Coach Brock Bourgase with any comments or concerns about the team fee in confidence.

Appendix C

Fundraising Letter Template**Coach Brock Bourgase**Webbiste: www.bourgase.com • Email: coach@bourgase.com

I am writing this letter to inform you of some changes to the **NAME GOES HERE** Basketball Program and invite you to assist in making the sport accessible to more student-athletes. We are reorganizing the program to build a basketball culture among all of the teams, enable more players to participate and create an individualized improvement plan for each participant.

We want to take advantage of **NAME GOES HERE**'s great athletic history and compete at the Tier I level in Senior Boys Basketball. To make this commitment, players and coaches will train on and off the court but it necessary to participate in tournaments to prepare the team and exhibition games that enable all players to compete. Junior Boys players will receive some of the same skill development and work closely with the Senior Boys team. For player development, I will be creating a Bantam Boys squad for Grade 9s who want to learn more about the game.

As the Head Coach, I aim to provide players with a meaningful and memorable basketball experience. I have coached extensively with Ontario Basketball's Elite Development Program, most recently as an Assistant Coach with the gold-medal winning U15 Boys Team Ontario, and at the postsecondary level in Toronto. I also hold an Advanced Coaching Diploma from the National Coaching Institute and share that expertise with Toronto high school student-athletes.

Other coaches in the program are teachers from the school and students from the University of Toronto Faculty of Kinesiology who are interested in sharing their playing experience and knowledge and give back by entering the teaching and coaching fields. The coaching staff is in place to provide a program that emphasizes Long-Term Athlete Development and skills that high school student-athletes need to succeed on the court and in the classroom but we are looking for donations to help offset the fees paid by players.

Donations made out to **NAME GOES HERE** can defray the costs for student-athletes to participate and allow the players to experience an elite training and learning environment. All gifts make a difference, whether it is a cash contribution, sponsoring a specific event or player or making a gift in kind. With your help, we will build a basketball program that motivates and inspires all student-athletes at the school.

Please contact me if you have any questions or visit my website (www.bourgase.com) to learn more about my teaching and coaching philosophy. Thank you for your time.

Appendix D

Open Gym and Weight Room Code of Conduct

1. Participants must wear athletic gear.
2. Change in the locker room, not the gym.
3. Do not wear team uniforms during open gym.
4. Open gyms start promptly at 11:45 and conclude at 12:25. **Students must attend the next class on time.**
5. Weight room sessions begin at 3:30. **Students must attend classes during the day in order to participate.**
6. Program Schedule:
 - a. Mondays: Skill Development
 - b. Wednesday: Pick-Up Games
 - c. Friday (When Available): Shooting Practice
7. Bring a water bottle.
8. No eating in the gym.
9. No spectators.
10. Be respectful to other students and allow everyone to participate.
11. Follow all safety rules and listen to staff members.
12. Complete all homework and outstanding assignments before attending an open gym or weight room session.
13. Students and parents/guardians must sign this code of conduct and a permission form in order to participate in open gym.
14. Register your name on the Sign-In list before participating in a weight room or open gym session.
15. Consequences for students who do not follow the rules:
 - a. First Violation: Verbal warning from staff member.
 - b. Second Violation: Student will be asked to leave the gym immediately.
 - c. Third Violation: Student will not be permitted to participate in open gyms for the rest of the season.

Student Name

Name of Parent/Guardian

Student Signature

Parent/Guardian Signature

Appendix E

Emergency Action Plan (E.A.P.)**1) Summary of Responsibilities**

<u>Duty</u>	<u>Person Responsible</u>	<u>Alternate</u>
Charge Person	Head Coach	Assistant Coach
Contact Person	Team Manager	Parent(s)
Get A.E.D.	Team Captain	Player(s)

2) Important Phone Numbers

In case of emergency, call 9-1-1.

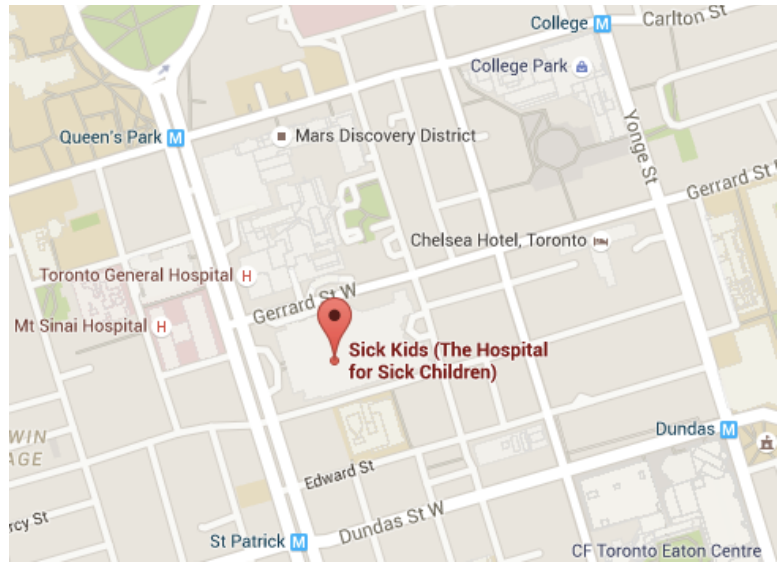
- Hospital
 - Hospital for Sick Children (Emergency Department): (416) 813-5807
- Walk-In Clinics
 - Bay Lockwood Walk-In Clinic: 1 (800) 667-0923
 - Children's After Hours Clinic (Danforth Location): (416) 461-3000
- Dentist
 - Dental Emergency Service: (416) 485-7121
 - Polar Dental Centres: 1 (MapsMaps888) 492-2268
- Sports Medicine
 - The Sports Medicine Specialists: (416) 481-1601
 - High Performance Sports Medicine: (416) 486-4776
- Mental Health
 - Children's Mental Health Ontario: (416) 921-2109
 - Centre for Addiction and Mental Health: 1 (800) 463-2338
- Miscellaneous
 - Kids' Help Phone: 1 (800) 668-6868
 - Ontario Poison Centre: 1 (800) 268-9017
 - Telehealth Ontario: 1 (866) 797-0000
- Taxi Contact Information
 - Beck Taxi Cab: (416) 751-5555
 - Co-Op Taxi Cabs: (416) 504-2667

3) Nearby Hospitals & Clinics

Sick Kids Hospital

555 University Avenue
Toronto, Ontario, M5G 1X8

Nearest Intersection: South-East Corner of Gerrard Street West & University Avenue.

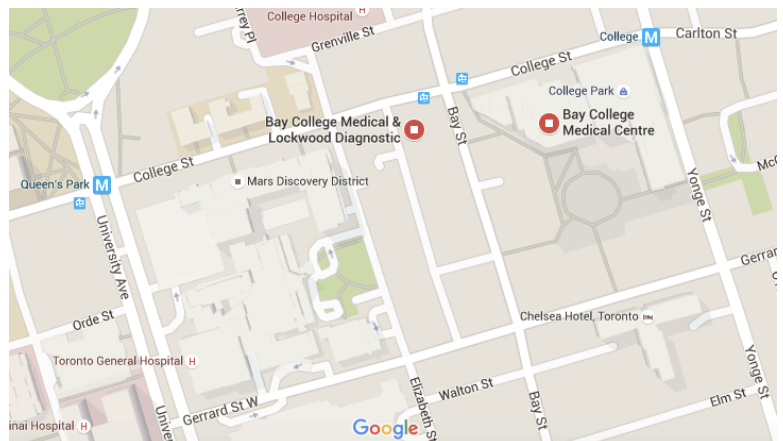


Bay-Lockwood Walk-In Clinic

790 Bay Suite, Suite 108
Toronto, Ontario, M5G 1N8

Nearest Intersection: South-West Corner of College Street & Bay Street

Hours: Monday-Thursday 8am-8pm,
Friday 8am-6pm, Saturday 9am-3pm

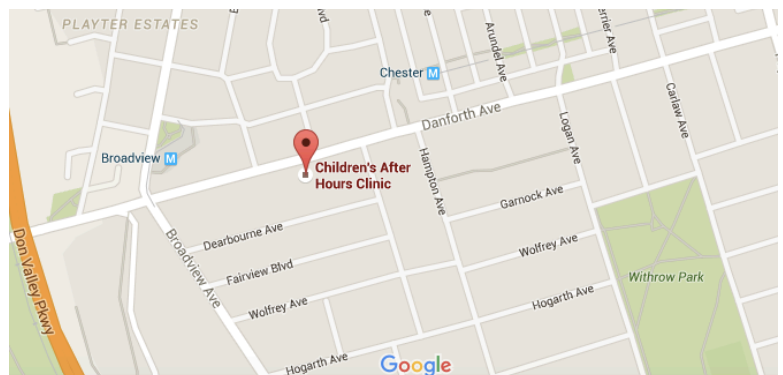


Children's After Hours Clinic

235 Danforth Ave.
Toronto, Ontario, M4K 1N2

Nearest Intersection: West of Broadview Avenue on the South Side of Danforth Avenue

Hours: Monday-Friday 6pm-9pm,
Saturday/Sunday/Holidays 10am-4pm



4) When an Injury/Illness Occurs

- **Stop all activity immediately.**

In case of an emergency:Duties of Charge Person

- Put on non-latex gloves and assess the situation
- Assess airway, breathing and circulation.
- Designate individual(s) to get A.E.D..
- Perform First Aid, C.P.R. or defibrillation. Treat for shock.
- Designate an adult to accompany player to hospital.
- Complete report and file in binder.
- Monitor player and create Return to Participation Plan.

Duties of Contact Person

- **Call 9-1-1 immediately.**
- Alternate contact person will alert facility staff.
- Clear traffic from the entrance the ambulance will use.
- Wait by the door to direct E.M.S. personnel to the scene.

If the injury/illness is not an emergency:Duties of Charge Person

- Put on non-latex gloves and assess the situation.
- Perform secondary survey of injury.
- Treat injury and monitor player.
- Complete report and file in binder.
- Monitor player and create Return to Participation Plan.

Duties of Contact Person

- **If in doubt, call 9-1-1.**
- Telephone player's emergency contact number.

Appendix F

Academic Monitoring Form**Name****Date**To Be Completed by
Student

To Be Completed by Teacher

Period 1 Class	Attendance	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Attitude	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Achievement	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Has the student asked for help?			Mark (Optional)
		<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Teacher	What is one thing the student can work on?			

Period 2 Class	Attendance	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Attitude	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Achievement	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Has the student asked for help?			Mark (Optional)
		<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Teacher	What is one thing the student can work on?			

Period 3 Class	Attendance	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Attitude	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Achievement	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Has the student asked for help?			Mark (Optional)
		<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Teacher	What is one thing the student can work on?			

Period 4 Class	Attendance	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Attitude	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Achievement	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement
	Has the student asked for help?			Mark (Optional)
		<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Teacher	What is one thing the student can work on?			

Four Factors

Opponent
Location

Date
Time

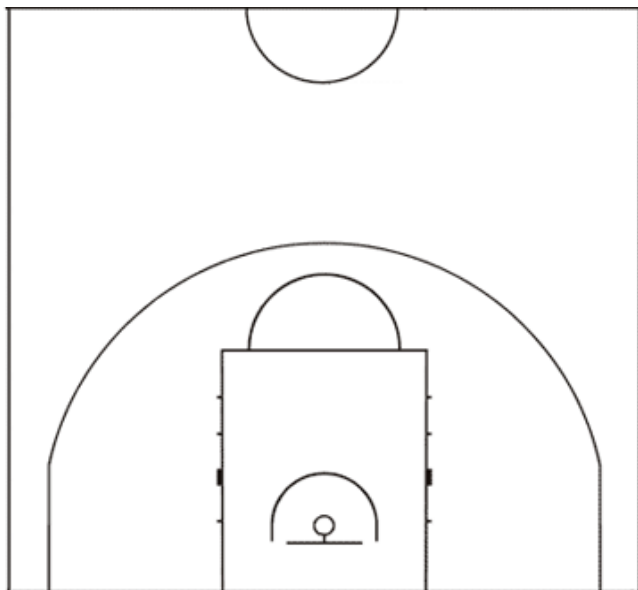
		Field Goals		Rebounding		Turnovers	Fouls Drawn
		Made	Attempted	Offensive	Defensive		
1Q							
2Q							
3Q							
4Q							
OT							

Appendix H

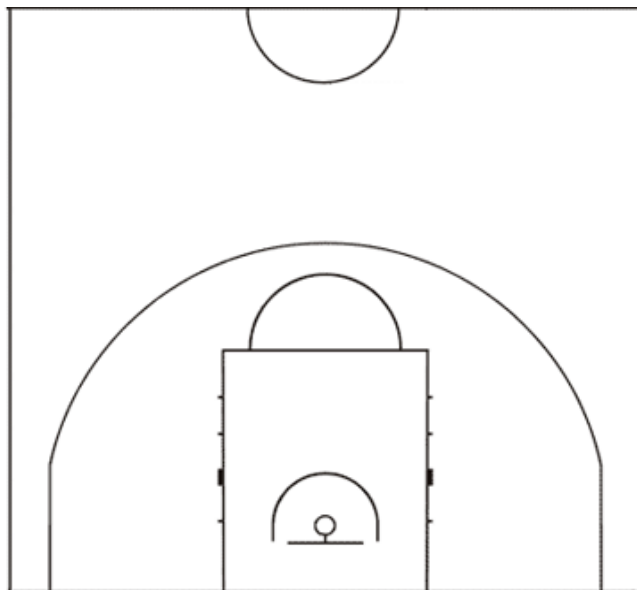
Offensive Shot Selection

A	Best Possible Shot • Lay-Up • 1-on-1 Post	Made	Missed	Fouled
B	Open Look • Penetrate and Kick • Ball Reversal	4A	11D	7B
C	Contested Shot • Better Look Available • Under Pressure			
D	Bad Shot • Out of Control • Outside Range			

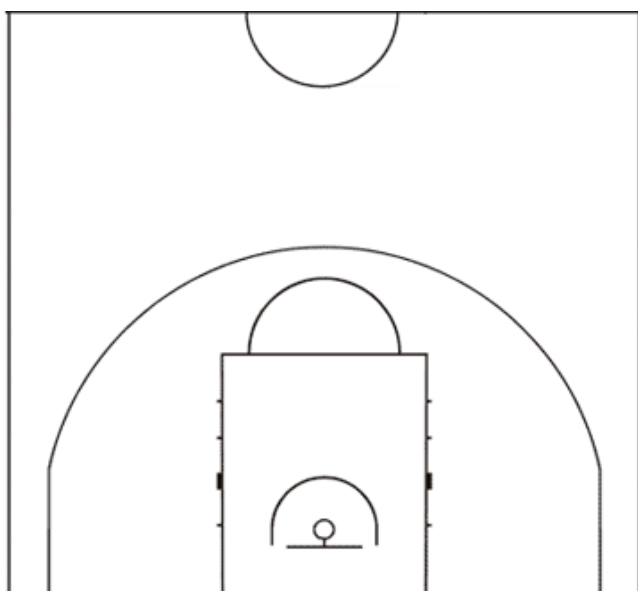
First Quarter



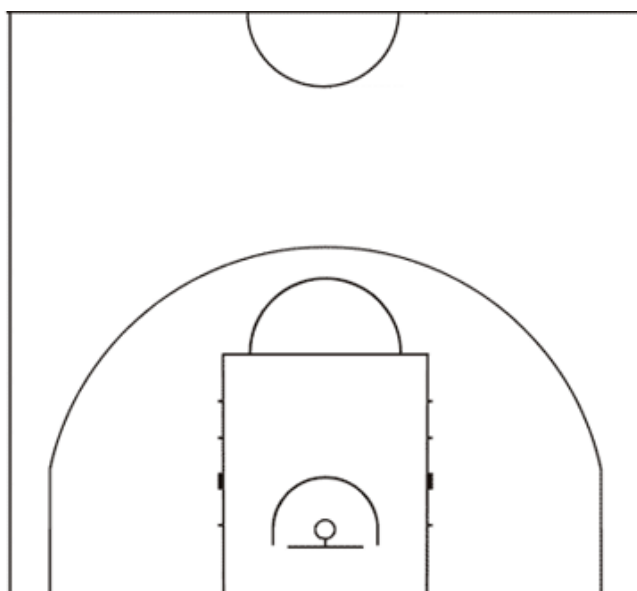
Second Quarter



Third Quarter



Fourth Quarter



Defensive Hustle BoardOpponent
LocationDate
Time

Stat	Target	1 st Quarter					2 nd Quarter					3 rd Quarter					4 th Quarter					Total
Deflections																						
Loose Ball Recoveries																						
Steals																						
Blocks																						
Paint Touches																						
Open Shots																						
Blow-Bys																						
Missed Box Out																						

15	21	7	(21)	4
6	(12)			

Mark the number of the player who made the good/bad play.

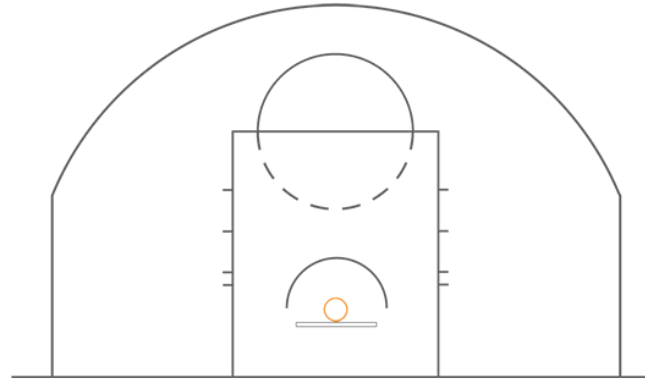
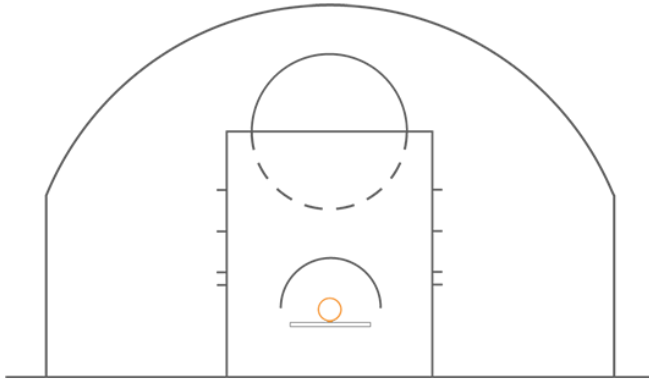
Circle especially good/bad plays that led to scores, fouls or high percentage shots.

Total the rows at the end of the game.

Personal Shooting Log

Name _____

Date _____



Personal
Goals

1**2****3**

Type of Shots	1		2		3		Total
Day 1	M	A	M	A	M	A	/
Day 2	M	A	M	A	M	A	/
Day 3	M	A	M	A	M	A	/
Day 4	M	A	M	A	M	A	/
Day 5	M	A	M	A	M	A	/
Total	M	A	M	A	M	A	/
							%

Practical High School Basketball by Brock D. Bourgase



September 2016
Toronto, Ontario, Canada

***“Use basketball. Don’t let
basketball use you.”***

- Al McGuire