



IPP'S – PLANNING YOUR TRIP

*Milestones are tools used in a task to mark specific points along the project timeline. These points may signal anchors such as the task start date, the focus of the task, a quantity or quality of the task. In most instances, milestones do not impact tasks duration. Instead, they focus on major progress points that must be reached to achieve success.*¹

I want to use the analogy of working on an IPP like planning a trip. In order to be successful in planning my trip I need break the trip down into little pieces or **milestones** along the way. For example; the overall goal of my trip is to travel from Toronto to Vancouver by car. A poor plan would be to just get in the car and start driving. If I use milestones I would plan on my first night to stop in Wawa, Northern Ontario. I would book my hotel based on this plan. I would also have an idea of where I would need to stop for food and gas along the way. I would continue to do the same sort of planning, thinking about the distance I would travel and the stops I would make each day, for the rest of my journey until I have the whole trip planned. I am forecasting my success. I am not leaving it to chance. Once I start my trip I will be able to reflect on my plan as I can compare what I have actually done with the milestone I have intended to achieve. Adjustments can be made to my milestones to allow me to still realistically achieve my goal.

We need to break our IPP goals into a realistic plan that will lead us to success. Here are some points to ponder:

1. **Why is this important to me?** Why do you want to achieve this goal? You need to understand the purpose? You are more likely to work toward the goal when you understand the why.

2. **Start with an action.** Action can bring insight, but insight does not often lead to actions.² It is easy to sit around and think about what you need to do, but this does not produce the change you desire. You need to do something. Once you start you can always reflect and make adjustments if needed. The journey of 1000 miles begins with the first step.

3. **Write you plan with action words.** Use words like; start, stop, increase, decrease, or maintain. These words are easier to measure if you have done the stated action.

At camp you were shown a video of Alyssa Jerome's journey of working on her IPP; extending when shooting at the rim. Here is an example of her milestones for success.

Link to video

<https://www.dropbox.com/s/emwauyr9mrqyn3/CB%20IPP.mp4?dl=0>

Why was this important?

As she started to play against taller quicker players she could not get her shot off at the basket. She needed to use her body to shield the defence from contesting or blocking her shot.

Start with an action!

She took it upon herself to find gym time at Ryerson University where she could go and work on her game. She also found time at her school and in her club practices to work on this skill on a daily basis.

Write your plan with action words?

Milestone 1- **Start** to use baby hooks in Phase A drills as part of my warm up routine. **Phase A** is on air drills with no defender. This is where she worked on the proper **form**. She used video to check her form vs. a role model she had of a player using a baby hook.

Milestone 2 – **Increase** the **speed** at which I do the move. Work to get up to a game speed. The same as the role model video.

Milestone 3 - **Start visualizing** a defender. This will require the use of fakes, double pivots.

Milestone 4 – **Start** using a **guided defender** who forces me to use **proper form**. If I do not extend she can block the shot.

Milestone 5 – **Start** using a **guided defender** who will give me **reads** so I can work on my decision making. These are **Phase B** drills with a guided defender who must understand what the proper cue is for making a read. In this case it was the positioning of the defenders body and arms in relation to the player with the ball.

Milestone 6 – **Increase** the number of times I use extended lay-ups when I am playing 1 on 1. This is **Phase C** drill in which the player uses the skill in a competitive situation vs. a defender who is trying to stop her. The defender can be guided as to the amount of pressure put on the player. How physical is the defender?

Milestone 7 – **Increase** the number of times extended lay-ups are used in scrimmage situations. This is **Phase D**. Does the player use the skill in 2 on 2, 3 on 3, 4 on 4 or 5 on 5, without it being emphasized.

Milestone 8 – **Increase** the number of times I use extended lay-ups, with both hands, in games.

Milestones can also include the **volume or quantity** of work. For example, Alyssa could indicate in each of her milestone how much time or how many shots she is going to take.

The milestone could also include a quality component. She may make so many BRAD (Back Rim And Down) shots before she move on.

The challenge for you is to come up with your milestones for your journey.

¹ Wikipedia

² Chip and Dan Heath, The Power of Moments.