

IPP-Vision U18 2019.06.07, 2019.06.08

Friday, June 7, 2019 4:48 PM

NBA; NEXT BEST ACTION

Jayden

Physical

-Strength; Thursday practices; **strength improved, workouts with more reps with heavier weights.**

-Flexibility **stretching more on your own, and at home**

Skills

-Dribbling; focused on the left hand; practice time; games go to your strengths; **more confident and comfortable and dribble. Still right-hand dominant; so, in practice or where a game allows, go left.**

-3 pt. shooting started season good, mental side; self-perpetuates. Arms need to be looser, soft follow through; more repetitions

Social/Emotional

-Communications; leading others; **gotten better at talking to teammates, and saying stuff in practices, or foul shots coming together with teammates and discussions**

-Better emotionally than have been; don't get as outwardly emotionally; drop your shoulders still once in a while; physical motion that shows an emotional connection

Mental

-Confidence and self-belief; **try to focus on the next play**

Strengths; Focus on always going in for rebounds at all time; gets both yourself and team going. Controlling in the key; stop on two feet; getting good outside shots through kicks, and different finishes.

Ellen

Physical

-Flexibility and Posture; Vertical? **Physio in the next week, and start building up on this**

Skills

-Dynamic 1 on 1; decision making

-Ball Handling

-Off ball defense; communication, decision making

Social/Emotional

-Be an energy giver; especially in games **energized and positive**

Mental

-Confidence and self-belief; 3 point shooting; looking to others for your confidence; Shoot the ball! **Confidence in injury rehab; mostly individual/personal**

Kelsey

Physical

-Flexibility; has improved from last year; increases movement,

-Agility **Fitness testing every month, has been better, been focusing on it**

-The best players are always the best athletes

Skills

-speed/changing speed; school changed pace a lot; easier as we brought ball up slowly; focusing on changing speed while playing with pace

-shooting; working on backspin and enough arc **continue to work on it, getting rotation, focus, repetitions**

-footwork; step backs

-rebounding; forgets? Focus on it in a game; just do it **better at making yourself rebound box out and then go get the ball. 6 steps, contact, block out, contain, read and release, go**

-On ball D; closeouts; not getting beat on the first dribble **Get FAT**

Social/Emotional

-Communication; be a leader in communication; we say it and we don't do it **Way better as a team now.**

Mental

-Tactics; pre-game ritual?

Going Forward; shooting, consistency, pulled back on attacking last bit; continue going in the half-court offence.

Lucy

Physical

- Flexibility; stretching program; **have been working on it more consistently**
- Vertical
- Hydration; drinking more water throughout the day; **have been working on it more consistently**

Skills

- shooting; get arc! **Continue focusing on arc.**
- ball handling; left hand
- different dynamic finishes; passing into the post off the drive; **right hand dominant; using 2 on 2, 3 on 3 practice to go and attack basket differently, use left hand more.**
- rebounding; getting the side to side rebounds, hustle to the ball
- off ball help and rotation; communicating clearly
- better decisions in the paint; kick to three, dump to the post
- Late clock; get flustered at the end; **a few times on "4", take it! Go one on one, strength for you is driving to the basket, so do the same when we run "4"**

Social/Emotional

- Communication
- Lead others; speaking up more in debriefs; **continue to work on this as you go on to university, use the next weeks to speak up more in debriefs, pre-briefs**
- Energy taker; contribute more than you take

Mental

- handles distractions
- next play mentality; self-talk low;
- deals with adversity; rise above to be successful; **pushing through fatigue**
- Strengths: Defense aggressive from the start, Offensively, right-hand getting to the rim, point guard; getting the ball up the floor, can handle pressure; critical. Transition speed, head man the ball**

Julia

-Women's League

Physical

- Stamina; push more in fast break drills at end of practice; **feeling quicker**
- Agility; ladder work

Skills

- Dynamic 1 on 1; want to score (4 play); **one and one from the post**
- Attacking and finishing **in zone hard to attack; look for open shots**
- Shooting; 3 point shot **shoot it when you're open!**, and free throws (mental block) **been consistent on the free throws, don't think about it, keep shooting**; talk yourself through it; bounce bounce swish

Social/Emotional

- Trust; new team; looking full court transition getting better
- Communication; rotation in help side **On-ball screens, help side rotation communication continue to work on.**

Mental

- self-belief; want to score more; looking for yourself; **has gotten better**

Abbey

Physical; most improved

- Recovery; **gotten better, taking ice baths and stretching more**
- Hydration; **gotten better; bring water lemon, and mint etc. drinking more**
- Vertical; has increased from a 6 to 8 this year

Skills

- Shooting/Layups; arc and consistency (quick release); **keep on shooting!**
- Attacking; look to drive more; different finishes; **looking better at cutting gaps and driving**
- Rebounding; being aware- boxing out; hit first
- decision making; fast decisions but sometimes not the right decision **have been taking less risks and not making bad passes, seeing the floor better, and in control**

Social/Emotional; around the same as last year; were already high

Mental

- handling distractions **silly fouls, refs; laugh it off, brush it off**
- self-belief; better confidence; **getting better, not throwing it away as much, shooters shoot**
- Going Forward; more consistent shooting, court awareness and action off ball**

Sarah

Physical

- Posture; has gotten a lot better than last year
- *Flexibility; stretching plan **forget to stretch; haven't been doing much; put a reminder on your phone**
- *Vertical/Jumping **summer looking to get to gym more often and work on it**
- Nutrition/Sleep/Rest; 7; get off your phone **a lot better, parents take phone away before going to bed.**

Skills

- Shooting; more consistency **holding follow through, getting better.**
- Attacking the rim, footwork and dynamic 1 on1; getting more of a variety of finishes, working on quick first step **apply different finishes and be cognizant of driving to the rim. Keep the dribble alive.**
- Pass cut, wait and fill; WAIT
- Penetration; jabs, rocker step (both sides); recovery is a little delayed; recovering with full speed on correct shoulder
- help side rotation; help the helper
- Communicating earlier

Social Emotional

- more of a leader, communication; point guard role **calling plays, more confident**
- debrief and pre-brief; everyone gets a chance to talk**

Mental

- good

-Going forward; not reaching on defense; dribble through, footwork when attacking the rim, landing shoulder shoulder rim, P7R.

-Get off as a defender if you get beat

Carley

UBCO; social work program interested

Physical

- Flexibility; **feel more flexible and can reach a bit further than before**
- Nutrition **taking better care of my body; paying attention to little things;**
- Balance; **need to continue to work on this**
- Strength; **better with workouts, feel stronger**

Skills

- Dynamic 1 on 1; not very confident in attacking the rim; attack the double gaps; **on the way there**
- closeouts; not getting beat, staying balanced **closing out short then closing the gap**
- be a little more selfish offensively. Take the shot, be a finisher**

Emotional/Social

- overall good
- big improvement from last year

Mental

- breathing; asthma and let it takes over her mental
- arousal level; keeping her nerves down before the game **better; now try not to overthink the game**

-work on finishing inside, feel like she does not have finishes inside;

-closeouts; continue to focus on this.

Nisha

Physical

- Flexibility
- Stamina; can't take plays off; **has gotten better, more in shape than before, not sucking wind like you used to; now focus on more consistently; sprint every possession especially in practice**
- Strength; consistently, more often, effort first, HIT first **mentally trying to do this more, look for a dryland athlete development program especially since you want to play post-secondary**

Skills

- power layups, attacking the rim **want to improve in this sector more**
- Stance **getting better, defense stance has improved, more active than before,**
- Post ups- want to do it more **haven't done a lot**
- During the game tactics; focus concentrate, stay in the game

Emotional/Social

- Trust; new team **good now**
- Lead myself **gotten much better, more confidence**
- My role; not clear on what that is? **Versatility,**

Mental

- Projection on to others **good, goofy with team, makes them happy**
- Concentration; **more focused now**
- Self-belief 6.5; **more confident, 8 now**
- Breathing 6.5; **7.5 now, still struggle but has improved**

Going Forward; stay consistent with everything, sprinting, not taking plays off,

Emily

Physical; **Strength- Body Type.**

Athlete; using your athleticism to your advantage

Skills

- Ball handling focus more on left hand; **feeling more confident dribbling down the court**
- Getting flustered on trap; pass it out before the trap arrives, keep your eyes up and scanning the floor**
- keep rebounding consistent**

Emotional/Social

-communication and being more vocal in practices; speaking up more now in pre-briefs and debriefs

Mental

- getting in my own head, missing a shot, etc. self-talk
- Confidence; **feeling more confident, not as scared and timid as before**

-End of July to make decision of playing with Dalhousie

-Focus on for next few weeks: Strength, trying to get to rim more (rebounding and offensively)

Ryann

Physical

-Agility

-Stamina, Doing every drill as fast as I can; habits have changed in a good way

-Nutrition: **eating better to be fitter, and increase speed. Tournaments are bad**

Skills

-attacking and finishing

-Dynamic 1 on 1; **like 1 on 1 more, more confident and more options to get to the rim, change of speed**

-**To work on; 1-2 less dribbles, looking for other options, kick etc.**

-Stay low on the dribble pass

Emotional/Social

Mental

-**staying focused; not getting down on yourself; or when it's about yourself.**

-**handles distractions**

-**Two foot stops when I am passing, and passing earlier before trouble gets there**

-**Realizing when there is a bigger post, or someone who will want to block; focusing on going up strong not worrying about the shot block**

OTHER NOTES:

-One hand long pass with one hand

-P7R; a lot of girls want to get better at dynamic 1 on 1

-Help side defense breakdown drills