

Vision Basketball—U18 2020 Spring Season Review—Zoom Training

What follows is a list of several topics we covered with Zoom sessions this spring.

This coming Monday, June 22, 2020 (@ 6:00pm) will be our Final Zoom session—it will be a Team Review.

You can pick as many topics as you'd like to discuss with your teammates—you will be expected to share topics for 2 minutes.

If a player picks a topic that you wanted to talk about, you can still pick the same topic and share your reason as to why it is meaningful to you.

All of the following topics are posted on our website if you want to review any of them:

- Pat Summitt's Definite Dozen flyer—a brief description of each Leadership Principle
- Pat Summitt's Leadership Principles videos—there are 24 videos
 - i. I think my favourite quote from the video series was Steph Curry: "Failure is success in progress."
 - ii. There are numerous quotes and memorable moments throughout the video series
 - iii. You can choose a single leadership principle, more than one or choose none at all—your choice
- Turn, Dip & Sway shooting video
- Steph Curry Shooting Video
- 7 best scorers in the NBA | scoring & shooting video
- Toronto Raptors Fly By video (defending the three-point shot)—we didn't cover this one but it is a very good video
- Style of Play video—St. Joseph's College in Maine
- Gold Medal Model from Canada Basketball—4 training pillars
- Gold Medal Model (IPP)—you did the IPP exercise—very telling activity (you could easily talk about this for 2 minutes alone)
- Explode Explore Execute—Canada Basketball document—the foundation for our Style of Play
- Peak Height Velocity (PHV) Chart and how it fits in with your development—windows of athlete development
- ZOOM Training sessions—we did 21 total Zoom training sessions—how were these valuable for you?
- ZOOM Training session with Matt & Kelsey—their training session is posted (video)
 - i. Did you think their exercises were valuable?
 - ii. Have you continued to do these exercises since?
 - iii. Did you sign-up for their online training program? If so, was it valuable?
- Outdoor Training workouts—we did 3 in total at Edworthy Park
 - i. Outdoor training session no. 3 was creative & fun! Videos, with a couple of pictures, are posted on our website
- Carly & Megan Ahlstrom—University of Saskatchewan—2020 National Champions (their video is posted)
 - i. They talked about adjusting to university life
 - ii. Also talked about their path to winning a national championship
 - iii. Megan talked about winning a national championship in her 1st & 5th years and how tough it was
- Mike MacKay (Canada Basketball)—his video is posted
 - i. He discussed the Gold Medal Model, Style of Play, and PVAD (a PVAD video is now posted)
- Natalie Achonwa—WNBA player (her video is posted)
- David Kapinga—his short film "The Walk On" was viewed (his Zoom video is posted)
 - i. To be able to develop & perform at the level he has, given his background and pathway to success, is amazing!
- Lizanne Murphy & Kaela Yuen (Chapdelaine)
 - i. They had a great message re: training hard
 - ii. Lizanne had an awesome message re: Fall in Love with the Process!
 - iii. Lizanne also sent you/us a document on Visualization—it's very good if you haven't read it yet (it is posted)
 - iv. Their Visualization discussion also covered how to mentally & emotionally return from injury
- Ganon Baker—that fella was drenched in enthusiasm—great motivator
- Lisa Thomaidis—Canadian National Team Women's Head Coach | U of Saskatchewan Head Coach
- Miranda Ayim—team captain, team leader, Canadian National Women's Team
- Kayla Alexander—WNBA player
 - i. She got cut from team Canada so decided to work harder
 - ii. She got cut a second time by team Canada so became passionate about making the team
 - iii. Made the team in time to Qualify for the Olympics | she was elated when they qualified | her hard work paid off
- Actions Create Advantages document (posted)
- Actions & Dominoes video (posted)
 - i. Actions are required to break down the defense
 - ii. Sometimes several actions are required to finally breakdown the defense (make the dominoes fall)
- Quick Hit videos (posted)
 - i. Curry
 - ii. Phoenix
 - iii. Shooter
- Key Performance Indicators (KPI)—videos and documents are posted
 - i. Attacking the Paint/Key | One Foot vs. Two Foot Stop
 - ii. 1st Side, 2nd Side, Paint Touches
 - iii. High School team and Free Throws (KPI)
- Establishing Flow in a game: 1-2-3-4-5