

Game Plan Canada St John's Clinic Mike MacKay

Sport for Life

- Never want to have a pyramid in participation models because it indicates a drop-off. Use a rectangle instead.
- Too many games. Can't just learn skills playing games. A kid that doesn't use their left hand isn't suddenly going to go into a game and use a left hand.
- Analogy with monopoly boards - Jr. Monopoly and normal monopoly.
- Little kids can't handle full size monopoly concepts. They're not worried about mortgaging and building hotels! It's the same with basketball; there are things we shouldn't be doing with little kids. These are zones and pick and roll.
- These strategies work because kids aren't ready for these concepts and can't handle them, so the team using them can win! It's the same as if I as an adult play monopoly against a little kid. I can win every time. For example, you like railroads and trains! I'll give you these railroads if you give me those two blue ones! Same thing with basketball - we'll play a zone - 'OK.' Go run this play - 'OK.'
- Concepts we use at different stages have to meet the purpose.

Practice Planning

- ICE = Intensity, concentration, energy. Idea comes from Jack Donohue, former Canadian Basketball National Team coach.
- Intensity for a learning drill is low. For a competition drill it's high.
- Help athletes understand how hard they need to go in a drill. It's not always 100%.
- Ice goal for every drill.
- At 15 years old not going to have a high shooting percentage. Encourage shooting the open shots.
- Creating the one second advantage also applies critically in transition. If we throw it up early, they have a 1 sec adv for a lay-up or shot.
- If we seal inside, we have a 1 sec adv. Everything offensively is about creating the 1 sec advantage.
- The game is about anticipation, not about read and react. It's about reading and anticipating the defense before you catch the ball. Rick Torbett's system - anticipate and react and not read and react! Have to make decisions before the ball is caught.
- Most offense is about creating a 2v1 scenario.
- Initiation stage = first seeing a skill for the first time. Have to have a good demonstration and players understand why they are doing the drill. Have to let players wobble here (like a little kid learning to walk). We don't teach and instruct a little kid learning to walk - same with players picking up a new skill.
- Going x3 times in a row vs one and out you really have to think about what you're doing during the possessions.

Pylon Exchange Game

- Like this because you have to be willing to fail. Four guys on outside get a point every time they exchange successfully. Demonstration = right now defender is looking here, who should try and be sneaky to exchange places?
- Most boring game if you don't take risks. Have to learn to live on the edge!
- With 12 players, do it as a star with 5 outside players and one in the middle.
- Can also do it as one massive grid.
- Adjust grid to size of players (Monopoly analogy)
- Load = add a ball in

Demonstration

- Can't just explain demo and SSG by talking as not all kids learn by listening. Some learn by seeing and some by doing.

Partner Ball Handling

- Pass and then two shuffles left, two right and two lateral before cutting back to receive the ball.
- Player waiting does ball handling and then passes of the dribble on the connection.
- **Load** = add second ball. Mirror series, but with one player dribbling the whole time. Have to catch second ball and pass it back while dribbling.

FMS

- Two pylons placed a metre apart. Make figure of 8's moving through them. X3 times then switch. Other partner gives energy.
- Start on one foot. One leg hop and land inside. Foot must be outside the knee (avoid ACL).
- Load = go for as much distance as possible vs speed
- Load = add a ball. Partner pass in and get it back when player gets to outside of pylons.
- Load = can drop ball. On drop, partner has to explode and catch before it bounces twice.
- Load = peripheral vision. Partner throws ball from behind pylons.
- Load = repeat and score on a basket.