

BCB Feeder Program Development
Player Development & Habit Acquisition – “Master The Boring”



“Direction & Discipline, not intention, determines our dreams & destiny”

WHY: The future of most HS programs lies in the youth and MS age groups. The challenge for most HS coaches is limited time. It’s difficult to run your HS program and have time to develop the younger ages. Even if a structure gets put in place, there may be parents running the practices and trying to carry out the development model.

WHAT: The BCB feeder program teaches young players the fundamentals of the game, measures skill development, and develops the over-looked, under-taught intangibles of the game. At BCB, we help provide structure to the organization of teams, implement the development programs and teaching progressions. We can customize it to your HS system or teach them a lot of the basics of the game (listed below).

HOW: In an ideal structure, we would practice 2 x per week and then play in organized leagues. All practices are led by a BCB coach. If parents are enrolled into the game coaching process, they will be asked to attend practices and will receive development as well. Practices are fast-paced and efficient to maximize reps. BCB uses a combination of volume skill work with competitive games to help measure those same skills while cementing important game habits.

Skill Development Specifics:

- 1) Shooting: a) footwork b) follow-thru c) technique drills
- 2) Finishing Moves: a) finish both hands b) knowing the WHY & WHEN of finishes
- 3) Ball Handling: Ability to dribble and pass with both hands
- 4) Decision Making: Understanding when to use the skills
- 5) Cutting-Edge Tracking & Measurement system for shooting, finishing, & ball handling

Team Concepts

- 1) Offensive Spacing, Screening, Shot Selection
- 2) M-M Defensive principles: a) on-ball b) off-ball

Intangibles:

- 1) How to be a special & engaged teammate
- 2) Competitiveness, effort,
- 3) Coach ability and communication

Costs: \$300 per athlete estimate (variables are facility cost, uniforms, # of practices)

15 practices: Oct 23, 25, 30 Nov 1, 6, 8, 13, 15, 27, 29 Dec 4, 6, 11, 13 Jan 3

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