

7 Avoidable Surprises

That Can Derail Even The Best-Laid Plans For Reaching High School Basketball

Any one of these can cut your player off from reaching their potential, a combination of 2 or more usually stacks up to being cut from their high school team!



1) They are stuck in a role, with no room for growth

Your player is pigeon-holed in too specific of a role - whether as a numbered position, the "rebounder", the "screener", or the "defender". They are often kept in that box, that may have been the right fit in 5th grade, by familiar hometown coaches and peers. But they don't touch the ball enough to develop the versatile skills needed to evolve into a bigger role on their team. Since the team is pretty much the same roster from 5-8th grade, they feel stuck.



2) They are THE ball handler, so they don't learn to create offense without the ball

You have a ball-dominant player (usually the coach's son that plays point guard) that achieves a lot of success in the "small pond" of competition from 5th to 8th grade, but has no idea how to move and create offense off-the-ball that they will need in high school, when they may suddenly find themselves only the 3rd best ball handler without a spot on the roster!



3) They adopt the "Grind" mindset, but get burned out before seeing results

Your player practices a lot, feels like they're working very hard, but has been given advice that "the grind" - working harder for more hours - is all that matters, never learning how to work smarter in ways that translate to games. They don't see any results to justify the effort they're putting in, and inevitably burn out and decide to quit basketball before they ever reach 9th grade!



4) They hesitate in games, missing opportunities

Your player competes in a lot of games for several different coaches. As a result they have multiple contradictory philosophies and ideas in their head that inhibit them from getting into a flow state in the game. This causes them to hesitate, missing opportunities to make simple plays because they second-guess all of their decisions instead of being able to attack aggressively, decide instinctively, and create opportunities within the flow of the game.

5) They constantly have minor injuries - stacking up to interrupted progress



Your player doesn't do any physical training to support their growing and changing body physiology, putting them at risk for injury due to the volume of games they play. At some point they will get injured - whether rolling their ankle (multiple times) or tearing their ACL - and miss up to six months of basketball development while they are sidelined!

6) They are frozen in time, trying to win with no room for experimentation



Your player only plays for coaches that are running scripted offenses to try to win this weekends' games. They know how to memorize patterns but don't know how to improvise, so when playing a higher level competition they freeze up when the play breaks down. What's more, because the pressure is so high to win, they are "frozen in time" at the skill level they had before they joined that team - they can never risk trying anything new because it might cost their team the game!

7) They only play on teams using zone defense



Your player plays on teams using mostly zone defense in order to win games, so they don't get experience playing man-to-man defense. There is no instruction on how to improve their strategy, footwork, and body mechanics to be a great 1-on-1 defender. When they show up to high school tryouts, they are lost! Any chance they had of playing up to JV or Varsity their freshman year is void because the high school coach sees them as a defensive liability.

I help 7th grade basketball players perform at a high school level BEFORE their freshman tryouts!

If you would like help to avoid these 7 surprises, shoot me a text at [603-932-5893](tel:603-932-5893)

See you on the court,

Coach BJ