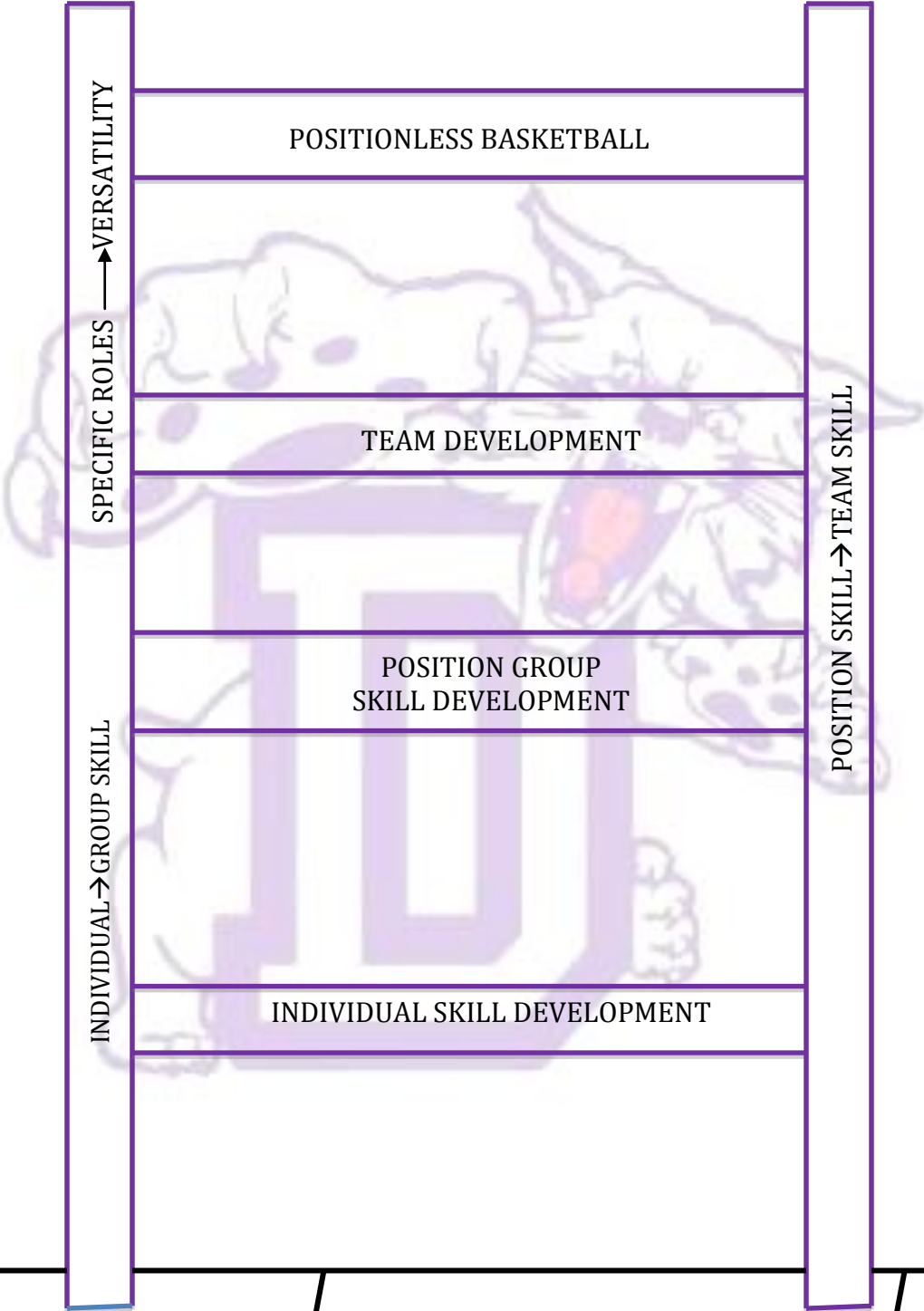
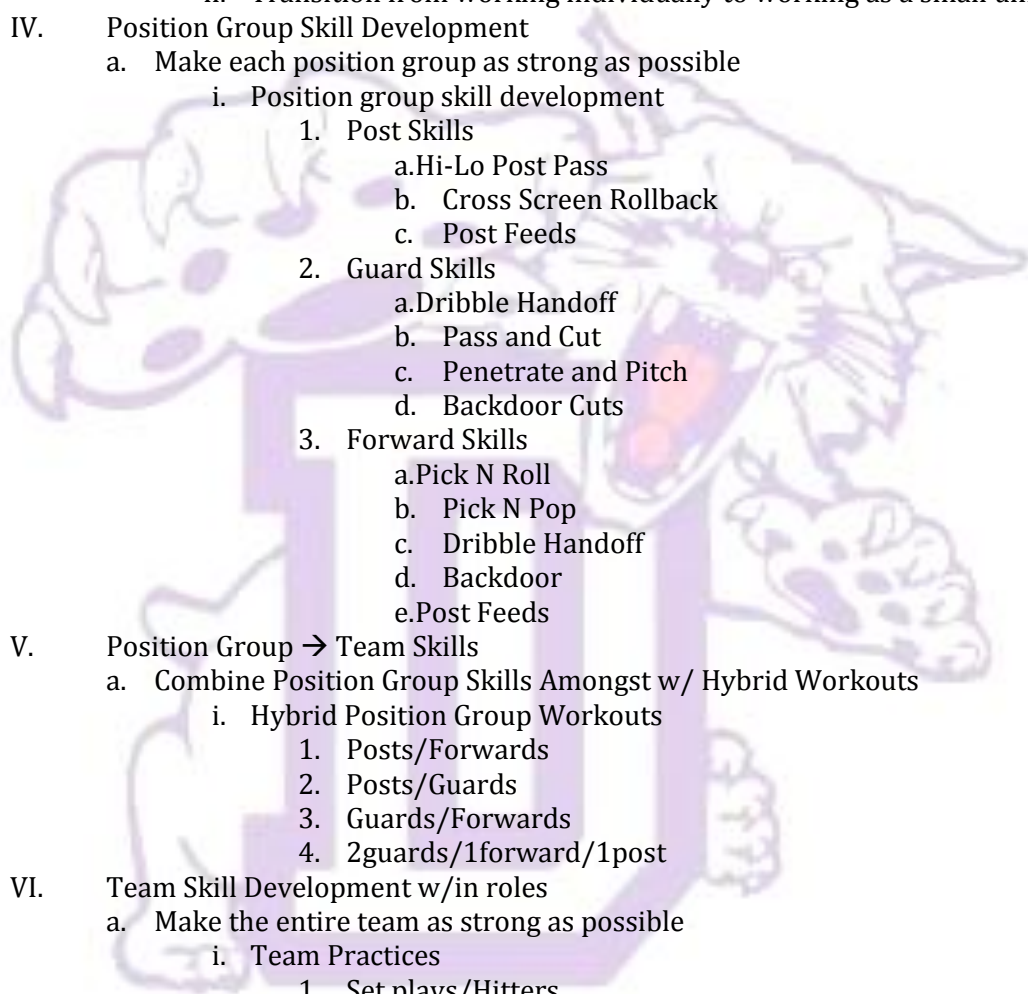


DULUTH HIGH SCHOOL BASKETBALL LADDER TO SUCCESS



DISCIPLINE
&
ORGANIZATION

- 
- I. Discipline & Structure
 - a. The foundation of any successful program
 - i. Without structure, no other development may take place
 - II. Individual Skill Development
 - a. Make each player better individually
 - i. Individual Workouts/Off-season Skill Development
 - III. Individual → Position Group
 - a. Strength & Conditioning
 - i. The group unites through struggling together
 - ii. Transition from working individually to working as a small unit
 - IV. Position Group Skill Development
 - a. Make each position group as strong as possible
 - i. Position group skill development
 1. Post Skills
 - a. Hi-Lo Post Pass
 - b. Cross Screen Rollback
 - c. Post Feeds
 2. Guard Skills
 - a. Dribble Handoff
 - b. Pass and Cut
 - c. Penetrate and Pitch
 - d. Backdoor Cuts
 3. Forward Skills
 - a. Pick N Roll
 - b. Pick N Pop
 - c. Dribble Handoff
 - d. Backdoor
 - e. Post Feeds
 - V. Position Group → Team Skills
 - a. Combine Position Group Skills Amongst w/ Hybrid Workouts
 - i. Hybrid Position Group Workouts
 1. Posts/Forwards
 2. Posts/Guards
 3. Guards/Forwards
 4. 2guards/1forward/1post
 - VI. Team Skill Development w/in roles
 - a. Make the entire team as strong as possible
 - i. Team Practices
 1. Set plays/Hitters
 - b. Fit the pieces of the puzzle together
 - VII. Roles → Versatility
 - a. Positionless Workouts
 - i. Each player works every skill
 - ii. Guards Post/ Posts Shoot & Handle
 - VIII. Positionless Basketball
 - a. Team has progressed beyond roles to **TRUE OFFENSE**
 - b. **There are no more pieces, just one entire interchangeable puzzle**