

Northern Trailblazers Basketball 2022-2023 Elite Program



Fall 2022 Team Events

- Team Preparation Events
- Competition weekend Against True North Basketball Academy (TNBA) October 21st–23rd
- Competition weekend Against True North Basketball Academy (TNBA) November 11th–13th
- Fall Elite Junior League Games
- Fall Elite Mid–Season Tournament
- Fall Elite Championship Tournament



Program Schedule



Expectations for 13U Players

- 90–100% attendance in practice (In the Spring players whose attendance drop below 80% for the season will not travel)
- 100% focus during practice
- 100% effort during practice
- 100% support of teammates
- Players must bring a water bottle to every practice (20 push-ups, 20 sit-ups, 5 sprints) if they forget.



Must have skills for 13U Players

- Ability to dribble with both hands with eyes up
- Ability to make an off-hand lay-up going full speed
- Ability to change direction and make an off-hand lay-up going full speed
- Ability to catch and pass the ball with accuracy without stopping
- Ability to defend in 1 v 1 situations
- Ability to create advantages in closeout situations
- Ability to box out and rebound



What you need to know to get playing time.

- Defensive schemes & concepts
- Offensive gameplan (players must be able to make reads)
- 2 v 1 transition rules
- 3 v 2 transition rules
- **YOUR ROLE WITH THE TEAM!!!!!!!!!!**



What is team culture?



Winning Culture in Basketball

1) Communication: The staff communicates constantly and honestly with their student-athletes and has productive relationships with them.

the terminology used to teach student-athletes, etc. Communication makes it easier for everyone to execute, whether it be everyday tasks or basketball plays in a game. All communication is not good; it has to be done effectively by being respectful.



Winning Culture in Basketball

2) Accountability: Every person in the basketball program is held accountable to be on time and do their job every day. Each person, from the players to the coaches all have a job to do. The only way for the winning culture to remain is for each person to make sure they are doing their job and willing to confront someone who is not. The basketball program's values are more important than the individual.



Winning Culture in Basketball

3) Consequences: Every time someone in the program is not doing their job, there are consequences.



Winning Culture in Basketball

4) Intensity at Practice: Basketball practices should be intense and competitive! With coaches holding each player accountable to perform at their maximum level every play.



Winning Culture in Basketball

5) Learning: Learning is a part of growth. Winning cultures develop environments where individuals welcome learning opportunities of all kinds in the pursuit of development.



Winning Culture in Basketball

6) Consistency: Coaches hold players accountable EVERY DAY! The players also hold each other accountable EVERY DAY!



Winning Culture in Basketball

7) Comfort Zone: Get out of it! You're here to get better!



Winning Culture in Basketball

8) Expectations: The expectations must continue to challenge everyone to get better every single day.



Winning Culture in Basketball

9) Sacrifice: Each person involved in the basketball program must drop their ego and sacrifice for the team. The word “I,” “You,” and “They” have to be replaced with words like “Us,” and “We.”



Winning Culture in Basketball

10) Enjoy: Enjoy every moment and never make yourself feel like a situation is better or worse than it seems. Enjoy the process!

