



# **CURRICULUM**

**2016 Working Draft**

FOR REVIEW PURPOSES ONLY



Always Fun  
Building Skills  
Cultivating Values  
Developing Wellness

# Contents

>	Jr. NBA Overview	04
>	Jr. NBA Philosophy	05
>	Jr. NBA Pathway	09
✓	Jr. NBA Levels	
	ROOKIE	10
	STARTER	20
	ALL-STAR	30
	MVP	40

# Overview

The Jr. NBA is the official youth basketball participation program of the NBA. The Jr. NBA includes a free, membership-based program for existing youth basketball leagues/organizations. The membership is to help encourage and support youth basketball participation and improve the overall youth basketball experience. The Jr. NBA aims to develop a lifelong passion for the game of basketball in boys and girls by teaching them the fundamentals of the sport while instilling core values including teamwork, respect and sportsmanship.



# Philosophy

The Jr. NBA Philosophy is to share the game of basketball with youth across the world by teaching skills, values, and wellness in a positive and fun environment. The Jr. NBA’s holistic approach is intended to strengthen the culture of youth basketball, teach life lessons, and empower youth to live a full and healthy life. The Jr. NBA believes this philosophy leads to developing complete and well-rounded basketball players and individuals.

The Jr. NBA philosophy manifests itself in our curriculum through the ABCD’s of the Jr. NBA. The ABCD’s of the Jr. NBA are the foundation of the curriculum and define what the Jr. NBA stands for. Each element of the ABCD’s of the Jr. NBA is equally important and works with the other components to develop well-rounded basketball players and people. Please see below for the ABCD’s of the Jr. NBA.

ALWAYS FUN

We love the game of basketball because at its core, it’s FUN! Basketball should be fun at every level, and as Jr. NBA players make progress in their development, their understanding of fun also evolves. So whether it’s encouraging a first-time player as she learns to dribble, or helping a young boy set goals, the game should always be oriented around fun. Fun is always a part of the Jr. NBA curriculum.

Continued

The ABCD’s of the Jr. NBA

- A Always Fun
- B Building Skills
- C Cultivating Values
- D Developing Wellness

The 6 Ways that Jr. NBA Players Experience Fun

- Achieving Goals
- Mastering Skills
- Loving the Process
- High Fives & Smiles
- Cheering for Others
- Interactive Games
- Positive Encouragement

BUILDING SKILLS

Building basketball skills is an essential part of learning the game. The Jr. NBA recognizes that skill development is a process that is especially important to youth players. The Jr. NBA uses a skill progression checklist that helps players advance through developmental levels.

As Jr. NBA players master skills and advance in the curriculum, skill categories grow more advanced. This approach helps Jr. NBA players to continually develop and enjoy the positive reinforcement of mastering new skills!

CULTIVATING VALUES

The game of basketball provides everyone involved the opportunity to learn countless life lessons. The lessons learned in the Jr. NBA curriculum will be with our players for a lifetime. Therefore, the Jr. NBA makes it a priority to cultivate these core values throughout all programming.

A key tenet of the Jr. NBA philosophy is to incorporate a character-building messages into every practice. Values are also taught in unscripted situations, and we encourage our coaches to embrace those opportunities as well. The Jr. NBA character lessons will undoubtedly go beyond the court and help youth players in other areas of their lives.



Skill Categories

- Ball-Handling
- Passing
- Shooting
- Footwork & Conditioning
- Rebounding
- Offense
- Defense

Character Building Values

- Teamwork
- Sportsmanship & Fairness
- Leadership
- Respect
- Responsibility
- Confidence & Humility
- Positivity & Receptiveness



DEVELOPING WELLNESS

One of the best parts of the game of basketball is that it promotes wellness across many dimensions of life. The Jr. NBA wants to address, educate, and encourage young players to be healthy in each of these areas.

The Jr. NBA believes that developing as a complete person is more important than developing just as a basketball player. Whether it is understanding more about nutrition or learning time management skills, themes of wellness will be applied throughout the curriculum.

Aspects of Wellness

- Active Lifestyle
- Time Management
- Injury Prevention
- Nutrition
- Rest & Recovery
- Healthy Relationships
- Balanced lifestyle





# Jr. NBA Pathway

The Jr. NBA Pathway has been developed to help players, parents, coaches, and organizations better understand the process of improvement.

The Jr. NBA pathway is a developmentally-based progression that depends on players mastering new skills before advancing to the next level. The Jr. NBA Development Pathway is not based on a player’s age, but rather his or her proficiency at key skills.

## The Jr. NBA Pathway is divided into four levels.



The Jr. NBA Pathway and its four levels are derived from the \*Long Term Athlete Development Model. At each level, there will be unique methods, messages, skills, and drills that incorporate and teach the ABCD’s of the Jr. NBA.

\* The Long Term Athlete Development Model is an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development to produce athlete



# ROOKIE



## Rookie Level ABCD's

At the Rookie level, the game is all about fun, being active, and learning basic fundamental skills. This is the first introduction to basketball for most players and it should be a positive experience. Five-on-five competitions should be limited until later in the level(s). The goal of the Rookie level is to engage in activity and form a base of motor skills.

ALWAYS FUN

- High-Fives & Smiles
- Positive Encouragement
- Interactive Games



One very important way we can ensure that the players have fun is through our high-fives, smiles, and positive encouragement. Coaches, parents and organizers should use these tools of body language and positive reinforcement to create an enjoyable environment. Fun also plays out through a variety of skill-related, interactive games. Whether it's a relay race, or dribble tag, these skill-related games make it fun to learn and play.

BUILDING SKILLS

See Skill Checklist



In the early stages of the Rookie level of the curriculum, players should play the game voluntarily in their free time because it's an activity that they enjoy. As their enjoyment grows and they mature, basic fundamentals of the game will be acquired. Some of the fundamentals that are introduced in the Rookie level include having a good athletic stance, running, jumping, stopping, balance, ball-handling, passing, receiving, and shooting. These movements and skills will lay the foundation for skills acquired later in the pathway.

CORE VALUES

- Sportsmanship & Fairness
- Confidence
- Respect



In their first introduction to basketball, many players have a tendency to be individualistic and shy, others see the game as an opportunity to develop new friendships. Players at this level may be very aware of their feelings and the feelings of others. Therefore, it is important to emphasize sportsmanship & fairness, instill confidence, and teach them to respect each other. By incorporating these messages on a daily basis, players will grow in their social understanding and sport etiquette.

DEVELOPING WELLNESS

Active Lifestyle



In this level, Jr. NBA players are encouraged to lead an Active Lifestyle. Getting exercise from multiple sports and activities helps create healthy habits for the rest of their lives. Being active also translates to better productivity in school and overall health. This foundation of being active develops a base for athletic development in basketball and beyond. Encourage players to be active!

ROOKIE LEVEL

Skill Checklist

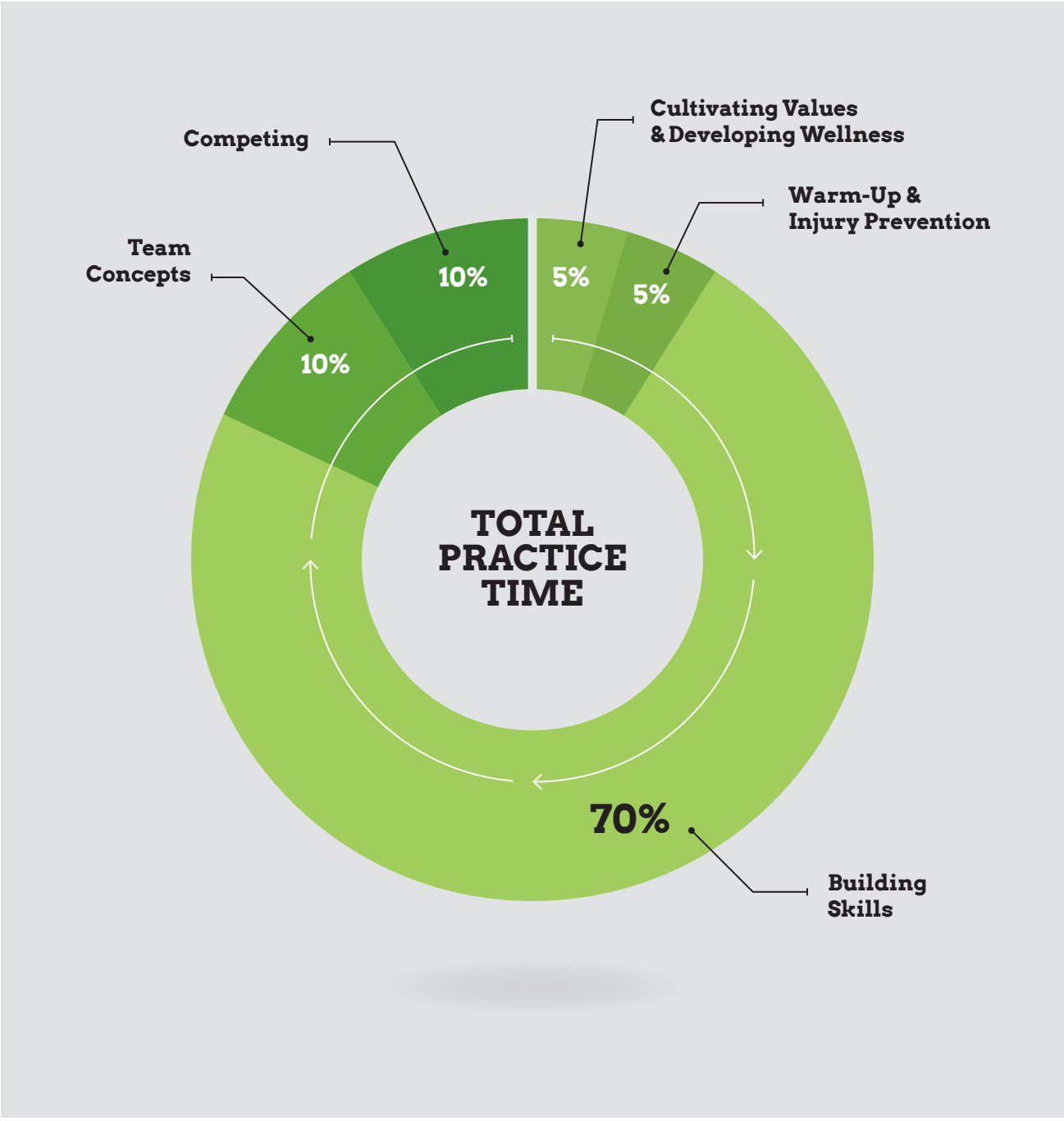
At the conclusion of the Rookie Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<div>✓</div> <div>Ball Handling</div>	<div>✓</div> <div>Footwork &amp; Conditioning</div>
<div><input type="radio"/> Toss &amp; Catch</div>	<div><input type="radio"/> Athletic Stance/Triple Threat</div>
<div><input type="radio"/> Stationary No Dribble Control Series</div>	<div><input type="radio"/> Defensive Stance/Slide</div>
<div><input type="radio"/> Stationary Dribble Control Series</div>	<div><input type="radio"/> Controlled Running</div>
<div><input type="radio"/> Stationary Dribble Low, Middle, High</div>	<div><input type="radio"/> Change of Pace</div>
<div><input type="radio"/> Walking Control Dribble</div>	<div><input type="radio"/> Change of Direction</div>
<div><input type="radio"/> Stationary Crossover</div>	<div><input type="radio"/> Two Foot Jump Stop</div>
<div><input type="radio"/> Walking Crossover</div>	<div><input type="radio"/> Pivoting</div>
<div><input type="radio"/> Jogging Dribble</div>	
<div><input type="radio"/> Running Dribble</div>	
<div>✓</div> <div>Passing</div>	<div>✓</div> <div>Offense</div>
<div><input type="radio"/> Hitting the Target</div>	<div><input type="radio"/> Pass &amp; Cut</div>
<div><input type="radio"/> Catching &amp; Receiving</div>	<div><input type="radio"/> Ball Reversal</div>
<div><input type="radio"/> Stationary Chest Pass</div>	<div><input type="radio"/> Triple Threat</div>
<div><input type="radio"/> Stationary Bounce Pass</div>	<div><input type="radio"/> Drive and Kick (Pass)</div>
<div><input type="radio"/> Pass to a Moving Player</div>	<div><input type="radio"/> Give &amp; Go</div>
<div><input type="radio"/> Catch and Pass Quick Decision</div>	
<div>✓</div> <div>Shooting</div>	<div>✓</div> <div>Defense</div>
<div><input type="radio"/> Form Shooting</div>	<div><input type="radio"/> Defensive Stance</div>
<div><input type="radio"/> Strong Hand Lay-Up</div>	<div><input type="radio"/> Defensive Slide</div>
<div><input type="radio"/> Big Step Shooting</div>	<div><input type="radio"/> Stay between Man and Basket</div>
<div><input type="radio"/> One-Dribble Shooting</div>	<div><input type="radio"/> Hands Up</div>
<div>✓</div> <div>Rebounding</div>	<div>✓</div> <div>Other</div>
<div><input type="radio"/> Jump, Catch and Land</div>	<div><input type="radio"/> Understand the Basketball Court Markings</div>
	<div><input type="radio"/> Introduction to Rules (Travel, Double Dribble, Out of Bounds, Scoring)</div>

ROOKIE LEVEL

Practice Plans

The chart below indicates approximate amounts of time to be spent on each portion of practice. The six practice plans to follow are samples that reinforce Rookie level principles.



PERCENTAGE OF PRACTICE TIME

PRACTICE 1

ROOKIE LEVEL

<div><div></div><div>5%</div></div>	<b>Cultivating Values &amp; Developing Wellness</b>	<b>Sportsmanship &amp; Fairness</b>	Have players define good sportsmanship What is playing fair Explain basic rules Give examples & identify positive examples at the end of practice
<div><div></div><div>5%</div></div>	<b>Warm-Up &amp; Injury Prevention</b>	<b>Basketball IQ Warm-Up</b>	Run to that Line Interactive Game: Encourages players to know the court markings while preparing to practice Walk around the court identifying lines Provide players with a way you want them to get to any line & announce both the way to get there & the line
<div><div></div><div>70%</div></div>	<b>Building Skills</b>	<b>Ball-Handling</b>	Toss & catch Stationary no dribble control series Stationary dribble control series
		<b>Passing</b>	Stationary wall passing
		<b>Shooting</b>	Teach Shooting Fundamentals
		<b>Footwork &amp; Conditioning</b>	Start & stop with jumpstop
<div><div></div><div>10%</div></div>	<b>Team Concepts</b>	<b>Offense</b>	Pass is faster than dribble
<div><div></div><div>10%</div></div>	<b>Competing</b>	<b>Fun Games</b>	Dribble Relays

PERCENTAGE OF PRACTICE TIME

PRACTICE 2

ROOKIE LEVEL

<div><div></div><div>5%</div></div>	<b>Cultivating Values &amp; Developing Wellness</b>	<b>Active Lifestyle</b>	Have players define active lifestyle Try new sports Explain the benefits
<div><div></div><div>5%</div></div>	<b>Warm-Up &amp; Injury Prevention</b>	<b>Dynamic Warm-Up</b>	Heel walks Toe walks Skip forward Skip backwards Jog forward
<div><div></div><div>70%</div></div>	<b>Building Skills</b>	<b>Ball-Handling</b>	Toss & catch: Add a clap Stationary ball control series: Add Figure 8 Stationary dribble control series: Add holding up fingers for the players to call out
		<b>Passing</b>	Stationary partner bounce & chest-passing
		<b>Shooting</b>	Teach the fundamentals of lay-ups
		<b>Footwork &amp; Conditioning</b>	Teach what a good stance is Triple Threat
<div><div></div><div>10%</div></div>	<b>Team Concepts</b>	<b>Offense</b>	Teach the fundamentals of cutting Introduce offensive concept of pass and cut
		<b>Defense</b>	Teach man to man principle of staying between your man & the basket
<div><div></div><div>10%</div></div>	<b>Competing</b>	<b>Fun Games</b>	Dribble Freeze Tag Game



PERCENTAGE OF PRACTICE TIME

PRACTICE 3

ROOKIE LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Confidence	Have players define confidence & explain how to build confidence	
			Believe in yourself	
			You can do anything	
			Coaches support you	
			Parents support you	
			Practice builds confidence	
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Dynamic Warm-Up	Leg swings	Quick 2 feet Hops
			Knee squeeze	Trunk twists
			Imaginary dunks	Walk on all 4
			Running backwards	Demonstrate & explain each
<div><div></div><div>70%</div></div>	Building Skills	Ball-Handling	Stationary dribble control series including holding up numbers & requiring players to be vocal	
			Stationary cross-over	
			Walking dribble	
		Passing	Pass to a cutting player: Lead the player	
		Shooting	Shoot to self	
			Shoot to a partner	
			Shoot to the basket	
		Footwork & Conditioning	Teach what a good defensive stance is. Include change of direction	
<div><div></div><div>10%</div></div>	Team Concepts	Offense	Drive and kick drill	
		Defense	Defensive communication drill	
<div><div></div><div>10%</div></div>	Competing	Fun Games	Coach Says Defense Game	

PERCENTAGE OF PRACTICE TIME

PRACTICE 4

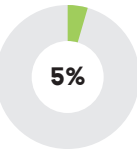
ROOKIE LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Respect	Respect Coaches	Talk through examples
			Respect Teammates	Have players identify areas they can be more respectful
			Respect Opponents	
			Respect Parents	
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Basketball IQ Warm-Up	Run To That Line Game	
<div><div></div><div>70%</div></div>	Building Skills	Ball-Handling	Stationary control dribble series. Add power dribble	
			Stationary cross-over	
			Jogging dribble	
		Passing	Catch and pass quick drill	
		Shooting	Form shooting	
			Big step shooting:	
		Rebounding	Go get it drill	
		Footwork & Conditioning	Defensive stance to slide	
<div><div></div><div>10%</div></div>	Team Concepts	Offense	Reverse the ball, lay-up drill	
			Review offensive set: pass & cut	
		Defense	Stay between man & basket	
			Teach what a foul is	
<div><div></div><div>10%</div></div>	Competing	Competitive Games	1 on 1 Numbers Game	
			Assign every player a number and have them stand on the baseline. Throw the ball out on the court and call out 2 numbers. The players with those numbers will go for the ball. Whoever gets the ball is offense and the other is defense for 1 shot.	

PERCENTAGE OF PRACTICE TIME

PRACTICE 5

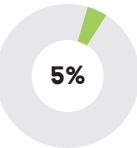
ROOKIE LEVEL



Cultivating Values & Developing Wellness

Sportsmanship & Fairness Part 2

- Provide a quote on Sportsmanship
- Explain any unclear rules
- Recognize specific examples of good sportsmanship & fairness in the last 4 practices



Warm-Up & Injury Prevention

Stationary Stretch

- Circle stretch: Have the team stand in a large circle. Call out stretches and have them count to 10 and then call out another stretch



Building Skills

Ball-Handling

- Stationary control dribble series. Emphasize low, middle and high dribbles
- Walking Cross-over
- Running dribble

Passing

- Catch and pass quick
- Pass it down the line game

Shooting

- Dribble to a lay-up
- Start with 1 dribble and advance to more
- Big Step shooting
- 1 dribble shooting
- Knockout

Footwork & Conditioning

- Pivoting: Teach what a forward pivot is & teach both feet



Team Concepts

Offense

- Review Offensive Set: Ensure that all players understand and can execute with no defense

Defense

- Hands Up on Defense
- Rebound
- Teach how and when to help a teammate



Competing

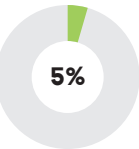
Competitive Games

- 1 on 1 & 2 on 2 Numbers Game

PERCENTAGE OF PRACTICE TIME

PRACTICE 6

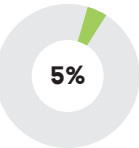
ROOKIE LEVEL



Cultivating Values & Developing Wellness

Respect Part 2

- Provide a quote on Respect
- Recognize specific examples of good Respect in the last 5 practices
- Have players try to give examples as well



Warm-Up & Injury Prevention

Dynamic Warm-Up

- 1 foot hops at angles
- 2 feet together and hop series
- Line jumps



Building Skills

Ball-Handling

- Stationary control dribble low, middle, high. Time them and have them count their dribbles
- Over/under relay
- Dribble relay race

Passing

- Stationary bounce & chest pass
- Pass it down the line game

Shooting

- Dribble to a lay-up
- Line shooting game

Footwork & Conditioning

- Pivoting
- Change speeds



Team Concepts

Offense

- Teach give & go

Defense

- Help defense drill



Competing

Competitive Games

- 2 on 2
- Both players must touch the ball on each possession

# STARTER



## Starter Level ABCD's

At the Starter level, the fundamental skills begin to be honed and expanded upon. As players have now been exposed to the game, they will start to understand how to play in a team setting. It is in the Starter level that we begin introducing team offensive and team defensive concepts. Again five-on-five competition is limited, yet the frequency of practices may increase from the Rookie level. The goal of the Starter level is to continue having fun, develop further skills, and begin to understand team concepts.

ALWAYS FUN

Mastering Skills



Along with a fun environment and skill-related games, mastering skills now becomes an exciting part of practice. Whether it is making your first left-handed lay-up, or dribbling between your legs for the first time, skill development is fun! This excitement of mastering skills should be a significant part of the Starter level.

BUILDING SKILLS

See Skill Checklist



At the Starter level, we will build on the basic fundamentals previously acquired, as well as introduce more specific skills. Here we implement more fakes, specific dribble moves, rebounding and much more. While there is still an emphasis on individual skill development, the Starter level will also incorporate team offense and team defense into practice plans.

CORE VALUES

Teamwork

Positivity



The Starter level continues to build on the values of the Rookie level while also emphasizing group activities and collaboration. This emphasis on teamwork will also increase the need for encouragement and positive reinforcement among players and coaches. The Starter level helps the players see the game through a lens beyond themselves, and develop the ability to be a good friend and teammate. It is important that we explain what teamwork is and the impact that it can have on the team's success.

DEVELOPING WELLNESS

Balanced Lifestyle

Nutrition



The Starter level continues to emphasize players having fun and being active, but also teaches players how to lead a balanced lifestyle. A balanced lifestyle includes positive family and social interaction, as well as the importance of academics. Leading a well-balanced lifestyle will help players remain healthy as they mature and develop further interests. **Nutrition** is another key component of the Starter level as players begin establishing their eating habits. Educating the players on the relationship between food, energy, and performance is essential.



STARTER LEVEL

Skill Checklist

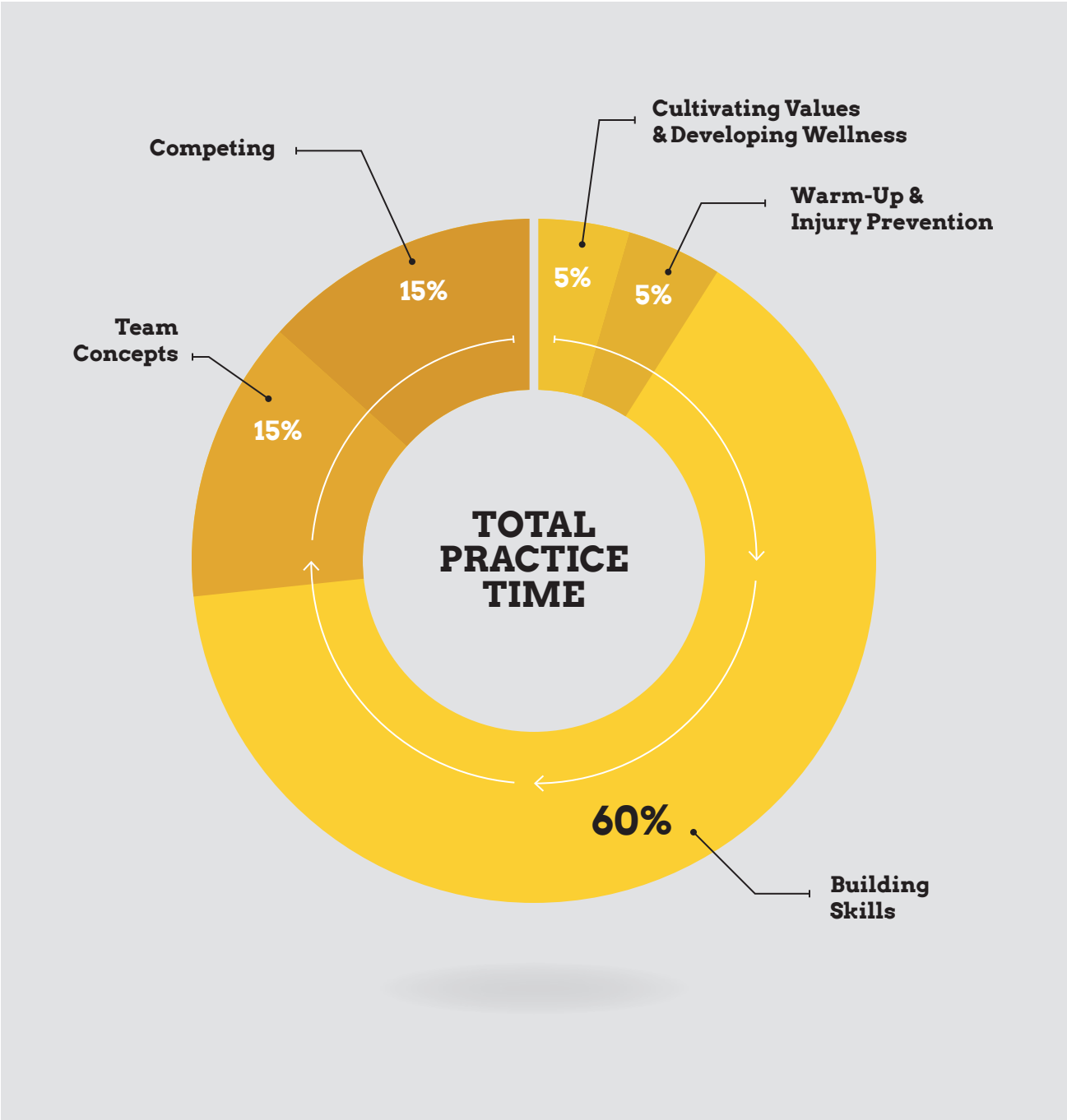
At the conclusion of the Starter Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<div>✓ <b>Ball Handling</b></div> <div><div><input type="radio"/> Advanced stationary no dribble control series</div><div><input type="radio"/> Jog dribble to 1 foot stop &amp; push</div><div><input type="radio"/> Stationary dribble low, middle, high</div><div><input type="radio"/> Cone dribbling</div><div><input type="radio"/> Stationary in-out control dribble</div><div><input type="radio"/> Stationary front-back control dribble</div><div><input type="radio"/> In &amp; out dribble move</div><div><input type="radio"/> In &amp; out crossover dribble move</div><div><input type="radio"/> Spin move</div><div><input type="radio"/> Retreat dribble</div><div><input type="radio"/> Figure 8 dribble</div><div><input type="radio"/> Stationary 2 ball dribble same time</div><div><input type="radio"/> Stationary 2 ball dribble alternate</div></div>	<div><div>✓ <b>Passing</b></div><div><div><input type="radio"/> Overhead pass</div><div><input type="radio"/> 3 Man weave</div><div><input type="radio"/> Outlet pass</div><div><input type="radio"/> Running pass</div><div><input type="radio"/> Pass fakes</div><div><input type="radio"/> Pass off the dribble</div><div><input type="radio"/> Post entry pass</div><div><input type="radio"/> Fast break passing</div></div><div><div>✓ <b>Shooting</b></div><div><div><input type="radio"/> Weak hand lay-ups</div><div><input type="radio"/> Shooting off a ball screen</div><div><input type="radio"/> Shooting off an away screen</div><div><input type="radio"/> Stepping into the shot with both feet</div><div><input type="radio"/> Euro-step lay-ups</div><div><input type="radio"/> Drop step lay-ups</div><div><input type="radio"/> Dribble move to shot</div><div><input type="radio"/> Free throws</div></div><div><div>✓ <b>Footwork &amp; Conditioning</b></div><div><div><input type="radio"/> Triple threat</div><div><input type="radio"/> Forward and reverse pivots</div><div><input type="radio"/> Jab step</div><div><input type="radio"/> Drop step slide</div></div></div></div></div>	<div><div>✓ <b>Rebounding</b></div><div><div><input type="radio"/> Boxing out</div><div><input type="radio"/> Pursuing the ball</div><div><input type="radio"/> Protecting the ball</div></div><div><div>✓ <b>Offense</b></div><div><div><input type="radio"/> Screening</div><div><input type="radio"/> On the ball screens</div><div><input type="radio"/> Off the ball screens</div><div><input type="radio"/> V-cut</div><div><input type="radio"/> Fast break spacing &amp; concepts</div><div><input type="radio"/> Square up and rip through</div><div><input type="radio"/> Pass, cut and replace</div><div><input type="radio"/> Shot fake and drive</div><div><input type="radio"/> Basic post play</div></div><div><div>✓ <b>Defense</b></div><div><div><input type="radio"/> On ball defense</div><div><input type="radio"/> Deny</div><div><input type="radio"/> Jump to the ball</div><div><input type="radio"/> Half court man to man</div><div><input type="radio"/> 3 Man shell</div><div><input type="radio"/> Disadvantage spacing &amp; concepts</div></div><div><div>✓ <b>Other</b></div><div><div><input type="radio"/> Full explanation of rules</div></div></div></div></div></div>
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STARTER LEVEL

Practice Plans

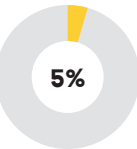
The chart below indicates approximate amounts of time to be spent on each portion of practice. The six practice plans to follow are samples that reinforce Starter level principles.



PERCENTAGE OF PRACTICE TIME

PRACTICE 1

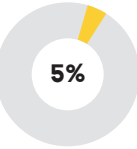
STARTER LEVEL



Cultivating Values & Developing Wellness

Teamwork

Have players define  
Give examples  
Give examples & identify positive examples at the end of practice



Warm-Up & Injury Prevention

Basketball IQ Warm-Up

Run To That Line Advanced Game  
Encourages players to know the court markings while warming up for practice  
Show players lines and points on the court  
Provide them with a way you want to run to any area and announce both



Building Skills

Ball-Handling

Advanced stationary-control series: Time the players as they count their wraps  
Jogging 2 Dribbles balance on 1 foot- then crossover: Establish balance and good footwork for a push out of a crossover

Passing

Stationary chest, bounce & overhead pass  
3 man weave: Teach the players to pass to the furthest player from them and then run behind that player

Shooting

Form shooting  
1 dribble shot  
Knockout

Rebounding

Teach the proper box out form

Footwork & Conditioning

Triple threat start, stop & pivot



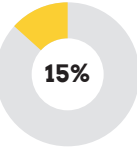
Team Concepts

Offense

Teach what a screen is and how to set a good screen

Defense

Teach what it means to jump to the ball



Competing

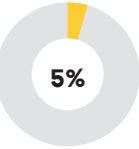
Competitive Games

3 on 3 on 3: If a team scores they take the ball and go to the other end against a 3rd group. Defensive stops give that team the ball

PERCENTAGE OF PRACTICE TIME

PRACTICE 2

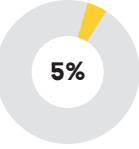
STARTER LEVEL



Cultivating Values & Developing Wellness

Balanced Lifestyle

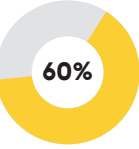
You & players define  
Explain the benefits



Warm-Up & Injury Prevention

Active Stretch

Heel walks	Jog backwards
Toe walks	Straight leg kicks
Skip forward	Lunges
Skip backwards	Side lunges
Jog forward	Demonstrate & explain



Building Skills

Ball-Handling

Stationary low middle high  
Dribble through cones: Teach the players to take a dribble, plant their outside foot and then dribble through the next cone  
2 ball dribble same time

Passing

Outlet passing  
Outlet pass to running passes

Shooting

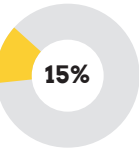
Form shooting  
Free throws: Relax & develop a routine that you can do every time  
Shooting off an away-screen

Rebounding

Box out stationary player

Footwork & Conditioning

Reverse pivots: Repeat to help players gain comfort & balance



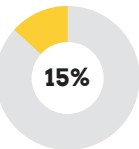
Team Concepts

Offense

3 on 0 pass and replace: The ball starts in the middle, when the player passes he cuts. The weakside player replaces the spot & the cutter fills the empty space  
Teach Offensive Set

Defense

3 man shell defense.



Competing

Competitive Games

3 on 3 half court  
Start by passing and cutting through or screening away  
Short 4 on 4 game

PERCENTAGE OF PRACTICE TIME

PRACTICE 3

STARTER LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Positivity	Have players define Give examples	Believe in yourself We can do it. We believe
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Active Warm-Up	Line Hops 2 feet front to back 2 feet side to side	Staggered step 1 foot front to back 1 foot side to side
<div><div></div><div>60%</div></div>	Building Skills	Ball-Handling	1 foot balance stationary dribbling Zig zag dribble with light defense: Work on changing directions while having a defender in front of them to distract In & out dribble move	
		Passing	Pass fakes 3 person passing with defense: Work on passing by a defender. Once the player passes, they follow their pass and become the defender	
		Shooting	Form shooting Weak hand lay-ups Shooting from a ball-screen	
		Footwork & Conditioning	Jabsteps	
<div><div></div><div>15%</div></div>	Team Concepts	Offense	V-cut: Teach the proper footwork and timing to get open for the ball on the wing. Square up & rip through Review offense	
		Defense	Teach how to deny: Put a hand in the passing lane Shell defense	
<div><div></div><div>15%</div></div>	Competing	Competitive Games	3 on 3 no dribbling: No dribbles will encourage passing & cutting Quick 5 on 5	

PERCENTAGE OF PRACTICE TIME

PRACTICE 4

STARTER LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Nutrition	Food is energy Impact of eating enough Impact of eating good foods Importance of hydration
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Leadership Warm-Up	Follow the leader warm-up Have each player lead 1 warm-up drill of their choice
<div><div></div><div>60%</div></div>	Building Skills	Ball-Handling	1 foot balance and push to a crossover Retreat dribble: Teach the players to plant their foot and retreat dribble to space 2 ball stationary dribble
		Passing	Run & pass Pass. Pressure. Rotate Passing to wing off the dribble: Add light defense and keep the offensive within a narrow space to make a pass to a player on the wing who makes a v-cut
		Rebounding	Box out active player
		Shooting	Euro step lay-ups Drop step lay-ups Dribble to cone crossover shoot: Have the player attack the cone and stay low on the crossover until they raise up to shoot Shooting off a screen
<div><div></div><div>15%</div></div>	Team Concepts	Offense	Teach ball screens: Emphasize good timing & shoulder to shoulder Work on offense
		Defense	Teach close outs: Emphasize breaking down early, having their hand up and keeping their butt down 4 on 4 shell
<div><div></div><div>15%</div></div>	Competing	Competitive Games	3 on 3 pass and screen away 3 on 3 pass and ball screen Quick 5 on 5 game



PERCENTAGE OF PRACTICE TIME

PRACTICE 5

STARTER LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Teamwork Part 2	Provide a quote on teamwork Recognize specific examples of good teamwork in the last 4 practices Have players try to give examples as well
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Basketball IQ Warm-Up	Run to That Line Advanced Interactive Game Demonstrate and explain the purpose
<div><div></div><div>60%</div></div>	Building Skills	Ball-Handling	Stationary crossover: Have players push themselves out of their comfort zone with all the stationary dribbling 2 ball stationary dribble-alternate In-out control dribble Front-back control dribble Moving in & out move: Get the hand over the top and really push off the opposite foot
		Passing	Run & pass Pass pressure rotate Post entry decision making & passing: See the help side and the post defender while also noticing the offensive players balance
		Rebounding	2 on 2 box out drill
		Shooting	Shot fake to drive: Sell the shot fake Weak hand lay-ups Post drop step lay-ups In & out move to shot
<div><div></div><div>15%</div></div>	Team Concepts	Offense	Fast break spacing: Post players run to the rim & guards stay wide Work on team sets
		Defense	3 on 3 shell with screen
<div><div></div><div>15%</div></div>	Competing	Competitive Games	3on3 Pass & Ball Screen Implement minimum pass rule 5 on 5

PERCENTAGE OF PRACTICE TIME

PRACTICE 6

STARTER LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Balanced Lifestyle	You & players define Explain the benefits
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Active Stretch	Heel walks Toe walks Skip forward Skip backwards Jog forward Jog backwards Frankenstein kicks Lunges Side lunges Demonstrate & explain
<div><div></div><div>60%</div></div>	Building Skills	Ball-Handling	Figure 8 dribble 2 ball stationary dribble-together & alternate: Add doing it at different levels, low-middle-high Jog to in & out crossover Spin move
		Passing	3 line run and pass to a lay-up: Do this full court and limit dropped passes Moving fast break passing
		Rebounding	1 on 1 on 1 rebounding drill: Box out & pursue the ball
		Shooting	In & out crossover to shot Post turn and shoot 3 man, 2 ball shooting
<div><div></div><div>15%</div></div>	Team Concepts	Offense	3 on 2 and 2 on 1 concepts: Explain proper spacing, balance and decision making offensively Work on sets
		Defense	3 on 2 and 2 on 1 concepts: Defensively teach timing, rotation and decisions
<div><div></div><div>15%</div></div>	Competing	Competitive Games	5 on 5: Stop play to make coaching points

# ALL-STAR



## All-Star Level ABCD's

At the All-Star level, Jr. NBA players will begin to gain strength, quickness and the ability to better react to game situations. Practices will shift more towards team concepts and competition, while still heavily emphasizing skill development. There is usually a greater time commitment required at the All-Star level as the number of team practices increases. The goal of the All-Star level is to begin applying skills and team concepts more directly into game situations.

ALWAYS FUN

- Achieving Goals
- Loving the Process



At the All-Star level we widen the experience of fun to include beating previous bests or achieving goals. Many players gain such a love for the game that they derive great joy from practice itself. Players begin loving the process of development and see their deliberate practice as a way to reach new heights.

BUILDING SKILLS

- See Skill Checklist



By the All-Star level, players should have a pretty good understanding of the basic fundamentals. In this level, players should continue to challenge themselves as they become more efficient with dribble moves, getting open, shooting in different situations, and passing around defenders. These fundamentals will continue to grow, but now it becomes important to see these skills applied in game situations. Footwork & conditioning can also impact the outcome of games at the All-Star level and now become an area of emphasis.

CORE VALUES

- Leadership
- Humility



The All-Star level player should understand the values taught at previous levels and will begin to develop leadership skills. The players need to be encouraged, educated and shown how to lead. As leadership skills and ability advance, we want to continue instilling confidence but when necessary teach humility. Teaching players the healthy balance between confidence and humility is an ongoing and ever important responsibility.

DEVELOPING WELLNESS

- Time Management
- Rest & Recovery



At the All-Star level players face more demands in all areas of their lives, and learning how to prioritize and have good time management skills is essential. Knowing how to balance completing homework, visiting with friends, practicing skills, and getting good rest is a new challenge. Understanding rest & recovery is also important at this level. Rest and recovery not only means sleep, but also stretching, icing, and other recovery techniques such as yoga. It is important that players understand how being rested and implementing recovery methods will lead to feeling better, and potentially, performing better.

ALL-STAR LEVEL

Skill Checklist

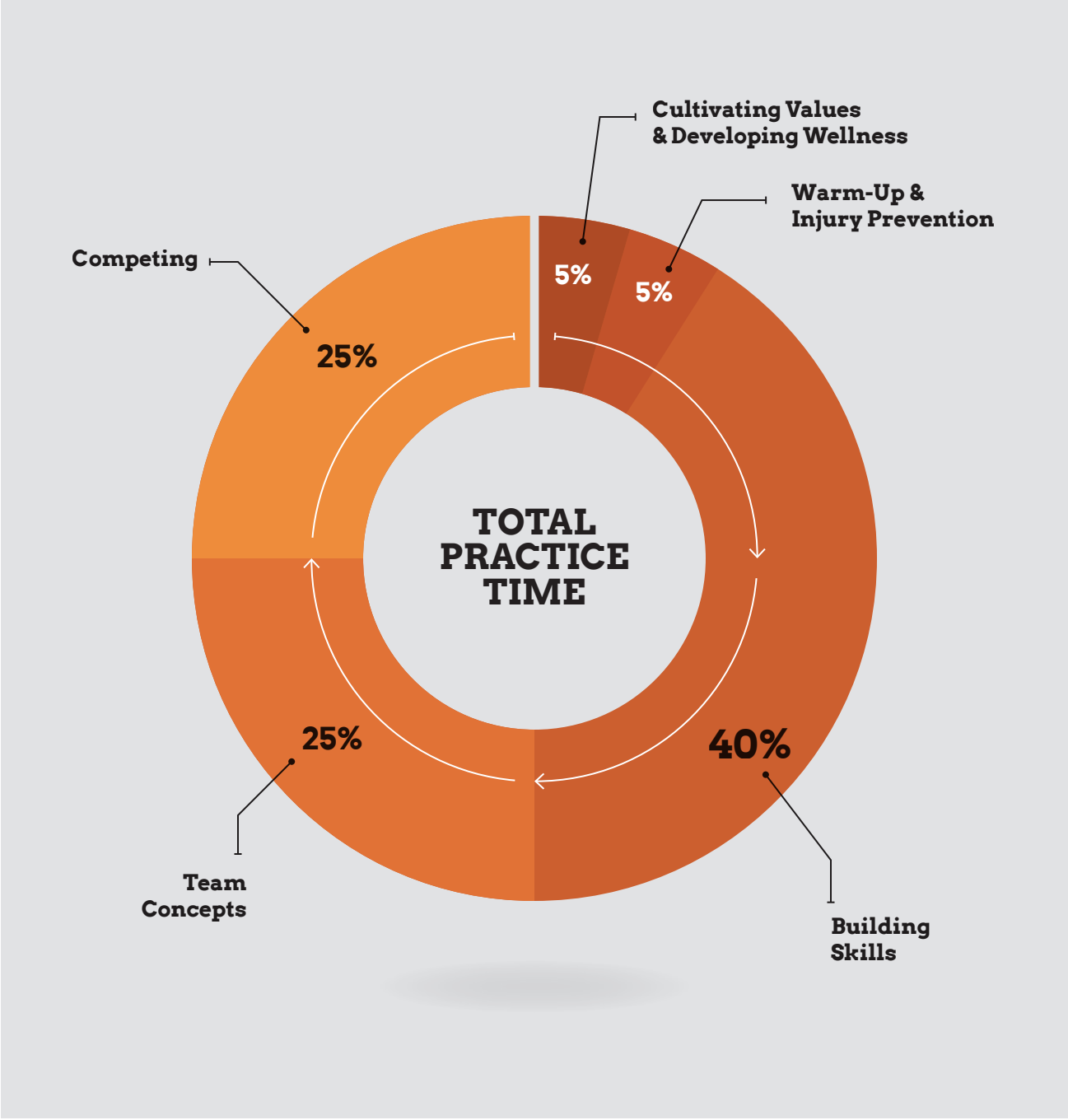
At the conclusion of the All-Star Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<div>✓</div> <div>Ball Handling</div>	<div>✓</div> <div>Footwork &amp; Conditioning</div>
<div><input type="radio"/> Behind the back dribble</div>	<div><input type="radio"/> Run &amp; turn forward &amp; backward</div>
<div><input type="radio"/> Between the legs dribble</div>	<div><input type="radio"/> Crab dribble</div>
<div><input type="radio"/> Dribble 1 ball, catch &amp; pass a 2nd ball</div>	
<div><input type="radio"/> Stationary 1-hand control pass</div>	<div>✓</div> <div>Rebounding</div>
<div><input type="radio"/> Moving 1-hand control pass</div>	<div><input type="radio"/> Live rebounding drills with contact</div>
<div><input type="radio"/> Creative dribbling</div>	<div><input type="radio"/> Tag on perimeter</div>
<div><input type="radio"/> Pull back dribble</div>	
<div><input type="radio"/> Stationary 2 ball dribble with contact</div>	<div>✓</div> <div>Offense</div>
<div><input type="radio"/> 2 Ball creative dribbling</div>	<div><input type="radio"/> L-cut</div>
	<div><input type="radio"/> Baseline drive fill the corner</div>
	<div><input type="radio"/> Backdoor cut</div>
	<div><input type="radio"/> Post pass action (cut, relocate, screen)</div>
<div>✓</div> <div>Passing</div>	<div><input type="radio"/> Post player spacing on drives</div>
<div><input type="radio"/> Backdoor pass</div>	<div><input type="radio"/> Basic set plays</div>
<div><input type="radio"/> 1-Hand ball control passing</div>	<div><input type="radio"/> Transition offense</div>
<div><input type="radio"/> Post entry pass</div>	<div><input type="radio"/> Motion offense</div>
<div><input type="radio"/> Skip pass</div>	
	<div>✓</div> <div>Defense</div>
<div>✓</div> <div>Shooting</div>	<div><input type="radio"/> Post defense (before the catch, after the catch, after the dribble)</div>
<div><input type="radio"/> Step-back shot</div>	<div><input type="radio"/> Defending ball screens</div>
<div><input type="radio"/> Screens off the ball shots (curl, straight, out)</div>	<div><input type="radio"/> Defending away screens</div>
<div><input type="radio"/> Screens on the ball shots (pull-up, stop behind, split)</div>	<div><input type="radio"/> Help the helper</div>
<div><input type="radio"/> Reverse lay-up</div>	<div><input type="radio"/> Full court man to man and zone</div>
<div><input type="radio"/> Extended lay-up</div>	
<div><input type="radio"/> Spin to shot</div>	<div>✓</div> <div>Other</div>
<div><input type="radio"/> Transition catch and shoot</div>	<div><input type="radio"/> Advanced rules</div>
<div><input type="radio"/> Post moves (up &amp; under, hook)</div>	<div><input type="radio"/> Special situations</div>

ALL-STAR LEVEL

Practice Plans

The chart below indicates approximate amounts of time to be spent on each portion of practice. The six practice plans to follow are samples that reinforce All-Star level principles.












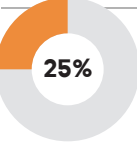




PERCENTAGE OF PRACTICE TIME

PRACTICE 1













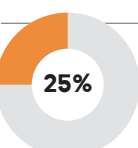
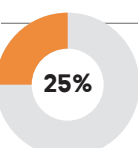
ALL-STAR LEVEL

	<b>Cultivating Values &amp; Developing Wellness</b>	<b>Leadership</b>	Have players attempt to define	
			Give examples & Identify positive examples at the end of practice	
	<b>Warm-Up &amp; Injury Prevention</b>	<b>Active Stretch</b>	Walking quad-skip: Do a dynamic stretch to ½ court-do an active movement back	Lateral groin stretch-butt kicks
			Walking hamstring-jog forward	Lunge-high knees
	<b>Building Skills</b>	<b>Ball-Handling</b>	Stationary 2 ball dribble: Same time & alternate	
			Zig zag between the legs: Add speed when possible	
	<b>Building Skills</b>	<b>Ball-Handling</b>	Zig zag behind the back	
	<b>Building Skills</b>	<b>Passing</b>	Backdoor pass: Timing & use 1 hand	
			Full court 5 man weave	
	<b>Building Skills</b>	<b>Shooting</b>	Catch and shoot	
			1 dribble step back shot	
	<b>Building Skills</b>	<b>Shooting</b>	2 dribble jumpstop shot	
	<b>Building Skills</b>	<b>Rebounding</b>	Backboard toss-rebound, keep it high, finish: Offensive rebound to quick putback	
			Backboard toss-rebound, chin it, pivot, outlet: defensive rebound to outlet	
	<b>Building Skills</b>	<b>Footwork &amp; Conditioning</b>	Lane slides	
	<b>Team Concepts</b>	<b>Offense</b>	Backdoor cut: Good timing, set it up, plant and go	
			Extra pass	
	<b>Team Concepts</b>	<b>Defense</b>	Close out, trace ball, active hands	
			5 on 5 shell: Teach players the importance of having active hands and getting deflections	
	<b>Competing</b>	<b>Competitive Games</b>	1 on 1 cut throat: If the offensive player scores, they remain on offense	
			5 on 5: with 10 second shot clock	

PERCENTAGE OF PRACTICE TIME

PRACTICE 2

ALL-STAR LEVEL

	<b>Cultivating Values &amp; Developing Wellness</b>	<b>Time Management</b>	Have players try to define	Explain how to budget time
			Teach them how to prioritize	Share the benefits
	<b>Warm-Up &amp; Injury Prevention</b>	<b>Active Stretch</b>	Do a dynamic stretch to ½ court-do an active movement back	Ankle rotations-jog forward & turn backwards
			Walking TFL stretch, light foot taps	Stance resistance-butt kicks
	<b>Warm-Up &amp; Injury Prevention</b>	<b>Active Stretch</b>	Walking shoulder swings: Light foot taps 3 & change directions	Planks-igh knees
	<b>Building Skills</b>	<b>Ball-Handling</b>	Moving 2 ball dribble	
			Dribble 1 ball, catch and pass a 2nd ball	
	<b>Building Skills</b>	<b>Passing: Partners</b>	Between the leg wrap to right hand pass	
			Between the leg wrap to left hand pass	
	<b>Building Skills</b>	<b>Passing: Partners</b>	In-out control dribble to one hand pass.	
	<b>Building Skills</b>	<b>Shooting</b>	Reading a down screen	
			Curl cut shot	
	<b>Building Skills</b>	<b>Shooting</b>	Straight cut shot	
			Out cut shot	
	<b>Building Skills</b>	<b>Rebounding</b>	5 second box out drill	
	<b>Building Skills</b>	<b>Footwork &amp; Conditioning</b>	5 spot close out & slide back	
	<b>Team Concepts</b>	<b>Offense</b>	L-cut to shot	
			Drive baseline & fill the corner shot	
	<b>Team Concepts</b>	<b>Offense</b>	Motion offense	
	<b>Competing</b>	<b>Defense</b>	Defending away screens	
			Defending ball screens	
	<b>Competing</b>	<b>Competitive Games</b>	2 on 2 with ball screen: Emphasize the ball screen offensive and defensive points of emphasis	
			5 on 5 with wait past 30 seconds to shoot	

PERCENTAGE OF PRACTICE TIME

PRACTICE 3

ALL-STAR LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Humility	Have players try to define	
			Provide a quote about humility	
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Dynamic Warm-up	Jog down & back	3 vertical jumps sprint out
			Backwards lunge	1 foot forward bound
			1 Foot hops	
<div><div></div><div>40%</div></div>	Building Skills	Ball-Handling	Cone dribbling with moves: Attack a series of cones with specific dribble moves	
		Passing: Partners	Stationary 1 hand control passing	
			Sliding 1 hand control passing	
		Shooting	Reading a ball screen	
			Defender over pull-up	
			Defender under stop behind	
			Defender under re-screen-pull up	
			Hedge split for a lay-up	
		Rebounding	4 on 4 shell rebounding: Offense doesn't move until the shot	
		Footwork & Conditioning	Elbow close out, zig zag	
<div><div></div><div>25%</div></div>	Team Concepts	Offense	Post pass & cut	
			Post pass & relocate	
			Post pass & screen	
			Offensive sets	
		Defense	Defending the post before the catch	
			Defending the post on the catch	
			Defending the post after the dribble	
<div><div></div><div>25%</div></div>	Competing	Competitive Games	1 on 1 cut throat: If the offensive player scores, they remain on offense	
			5 on 5: with 10 second shot clock	

PERCENTAGE OF PRACTICE TIME

PRACTICE 4

ALL-STAR LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Rest & Recovery	Define rest	
			Explain the types of recovery	
			Teach the benefits	
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Active Stretch	Imaginary Hurdle Walk Forward & Backward	
			Chop While Slowly Moving Laterally	
			Circle Tag	
<div><div></div><div>40%</div></div>	Building Skills	Ball-Handling	Stationary 1,2,3, cross 2, 3: Pound the ball hard for 3 dribbles, then crossover for 3 quick dribbles then pound for 3 quick dribbles and continue	
			Stationary behind the back dribble, low, middle, high	
			In circle creative	
		Passing	3 man weave full court for a lay-up	
		Shooting	Reverse lay-ups	
			Transition run to catch and shoot	
			Big spin to shot	
		Rebounding	Team backboard toss in the air	
		Footwork & Conditioning	Run & turn	
<div><div></div><div>25%</div></div>	Team Concepts	Offense	Where strong side post spaces on ball side drive/weak side drive: Teach the players how to move to the open space as a post player when another player is driving to the basket	
			Teach where strong & weak side posts space to on drives	
		Defense	Help the helper	
<div><div></div><div>25%</div></div>	Competing	Competitive Games	2 on 2 post entry: work on post passes and relocation	
			5 On 5 use offense	

PERCENTAGE OF PRACTICE TIME

PRACTICE 5

ALL-STAR LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Humility Part 2	Why should we be humble Discuss example of confident vs. cocky
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Leadership Warm-Up	Have a player(s) lead
<div><div></div><div>40%</div></div>	Building Skills	Ball-Handling	2 ball stationary with partner foul: As one partner dribbles 2 basketballs, have the other partner apply pressure and foul 3 balls with partner Dribble moves up & back
		Passing	2 Teams: Transition offense passing (5 on 4, 4 on 3, 3 on 2, 2 on 1)
		Shooting	3 man shooting repetitions: 3 players & 2 balls, after you shoot, get your rebound and pass it to the teammate without a ball
		Rebounding	Tag on perimeter Help, ball, help tag
		Footwork & Conditioning	Big push clock to sprint
<div><div></div><div>25%</div></div>	Team Concepts	Offense	Offensive sets breakdown
		Defense	5 possessions, team with the most stops wins: Have the teams compete to see who can get the most defensive stops
<div><div></div><div>25%</div></div>	Competing	Competitive Games	1 on 1 with stops: The player must get 2 stops in a row to get off 3 on 3: King of the Court 5 on 5

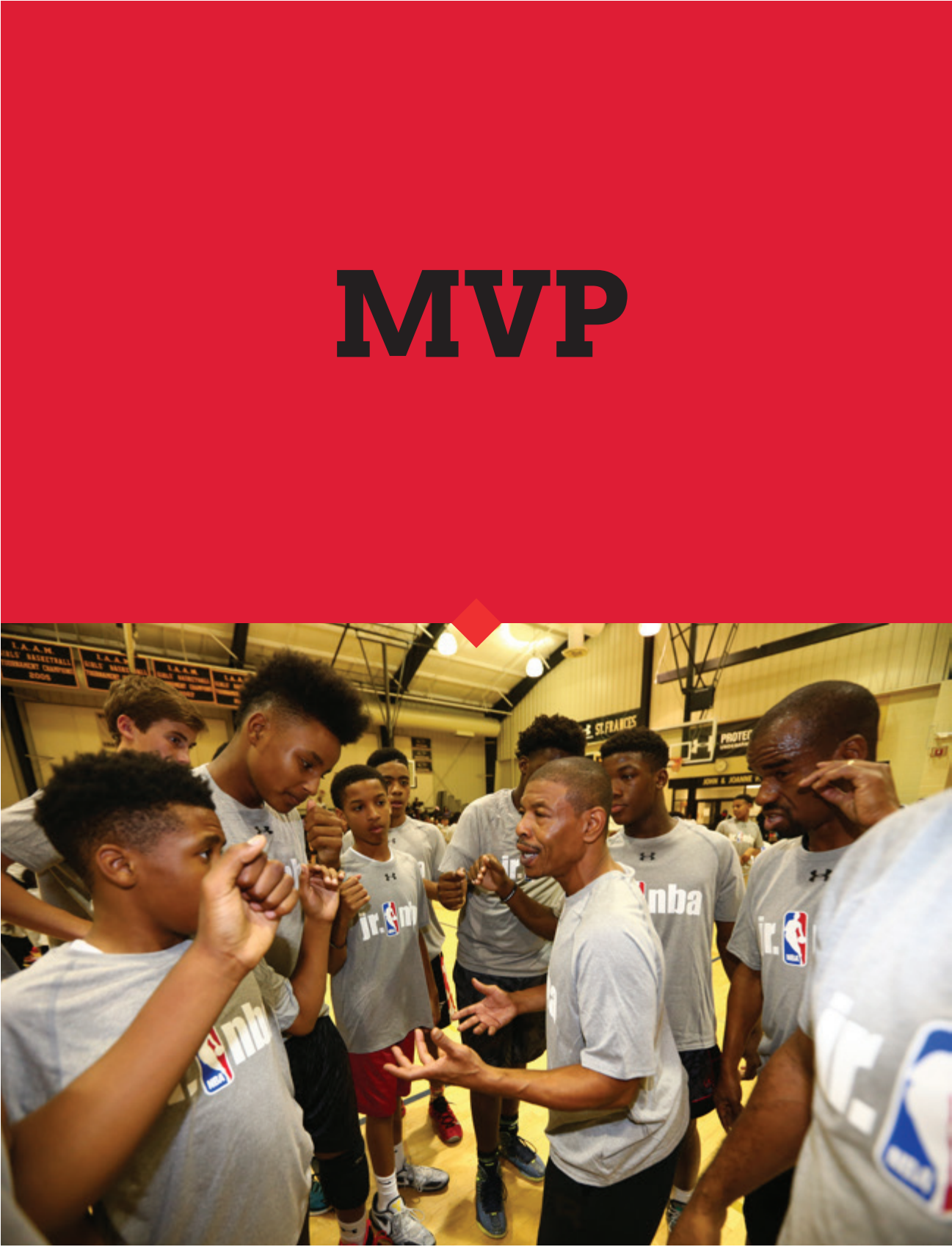
PERCENTAGE OF PRACTICE TIME

PRACTICE 6

ALL-STAR LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Time Management Part 2	What is a good use of time after school? What is a good use of time in practice
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Dynamic Warm-Up	Do a dynamic stretch to ½ court, do an active movement back Walking quad-skip Walking hamstring-jog forward Toe walk-jog backwards Lateral groin stretch-butt kicks Lunge-high knees Heel walk-lateral push Walking arm stretch-karioka
<div><div></div><div>40%</div></div>	Building Skills	Ball-Handling	2 ball creative time: Give the players 15 seconds and encourage them to be creative with the ball as they dribble 1 ball creative time Pull back
		Passing	Skip pass Read help, post or skip
		Shooting	Chase down lay-ups Pull back shot Post move up & under Crab dribble hook hot
		Rebounding	Lane battle for the rebound & score
		Footwork & Conditioning	Backpedal, slide, sprint in for lay-up
<div><div></div><div>25%</div></div>	Team Concepts	Offense	Dummy offense
		Defense	Who is the loudest: Defensive team calls out their positioning loudly as the offense reverses the ball. Switch
<div><div></div><div>25%</div></div>	Competing	Competitive Games	3 on 3 half court: Dictate the scenario of the game to simulate useful situations Strong side ball screen Weak side ball screen Skip pass 5 on 5





# MVP Level ABCD's

At the MVP level, Jr. NBA players will begin competing more frequently in order to apply and refine the skills they have developed. Players will begin to specialize and fit into more specific roles and positions. Team tactics and game strategy will also be further implemented in the MVP level.

ALWAYS FUN

Cheering For Others



A primary goal of the MVP level is to fully apply the skills developed and knowledge of the game into game situations. As players begin to reach new goals and enjoy the process, they will find it fun and enjoyable to see their hard work and improvement carry-over into competition. Players will also see that true success is defined by their team's success, and not just their own. Though it is important at all levels, cheering for others takes on a new meaning in the MVP level.

BUILDING SKILLS

See Skill Checklist



The MVP level is where players should begin to see everything come together in terms of skill development, basketball IQ, and team concepts. Players will be able to read and understand screens, identify defenses, and manage game situations. Repetition and mastering of skills is important while also increasing time spent on game situations and game experience. The MVP level should be one of growth that allows the player to see how his/her journey through the pathway has set him/herself up to be the most complete player possible.

CORE VALUES

Responsibility

Receptiveness



The MVP level builds on previous lessons and adds further concepts including responsibility and receptiveness. Players must understand what it means to be responsible on and off the court as individuals and as teammates. It is at this developmental level that players should be more readily able to receive and grow from constructive feedback and mistakes. Holding players accountable for their actions will teach them lessons for life beyond basketball.

DEVELOPING WELLNESS

Injury Prevention

Healthy Relationships



The MVP level puts everything together from a wellness standpoint. Injury prevention methods including range of motion, strength, or stability exercises helps players stay healthy and on the court. The MVP level also promotes meaningful & healthy relationships and social understanding. These relationships may be with parents and other family members, teammates or classmates, as well as romantic relationships

MVP LEVEL

Skill Checklist

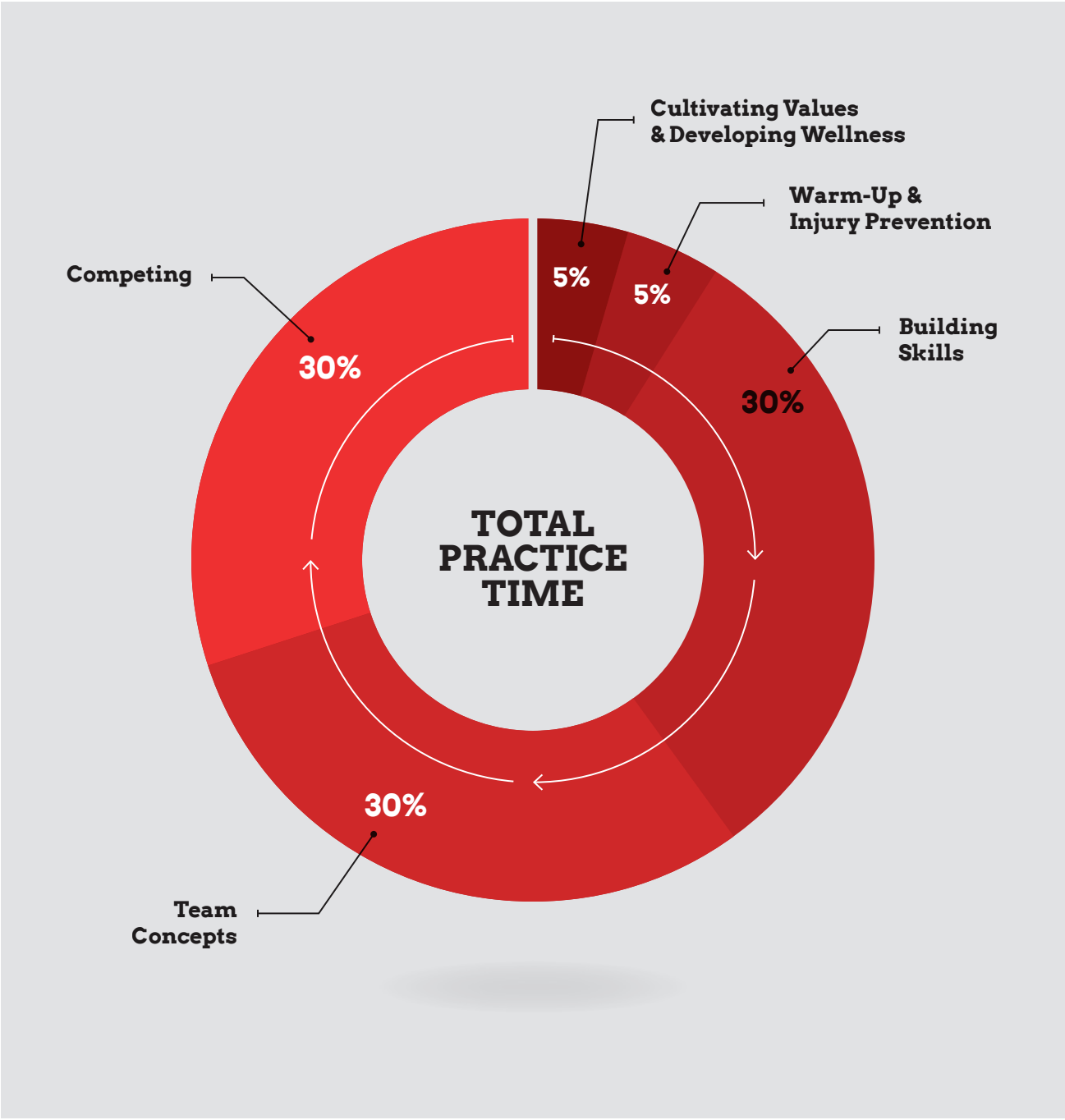
At the conclusion of the MVP Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<div>✓ <b>Ball Handling</b></div> <div><div><input type="radio"/> Extensive combination moves</div><div><input type="radio"/> 2 Ball advanced dribbling</div><div><input type="radio"/> Attacking traps</div><div><input type="radio"/> Scissors dribble</div><div><input type="radio"/> Reading the hand over/under crossover</div></div>	<div>✓ <b>Offense</b></div> <div><div><input type="radio"/> Re-post</div><div><input type="radio"/> Sealing</div><div><input type="radio"/> Taking the defenders space</div><div><input type="radio"/> Attacking a trap</div><div><input type="radio"/> Get hand on top drive</div><div><input type="radio"/> Shoulder shimmy</div><div><input type="radio"/> Organizing the team</div><div><input type="radio"/> Balancing the floor</div><div><input type="radio"/> Advanced ball screens</div><div><input type="radio"/> Advanced schemes</div><div><input type="radio"/> Offensive alignments</div><div><input type="radio"/> Special situations</div></div>
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MVP LEVEL

Practice Plans


The chart below indicates approximate amounts of time to be spent on each portion of practice. The six practice plans to follow are samples that reinforce MVP level principles.



PERCENTAGE OF PRACTICE TIME

PRACTICE 1

MVP LEVEL



5%


**Cultivating Values & Developing Wellness**

**Responsibility**

Have players attempt to define

How can we be responsible

Give examples & identify positive examples at the end of practice



5%

**Warm-Up & Injury Prevention**

**Active Stretch with a Ball**

All to be done while dribbling a ball

Walking hamstring

Walking quad

Skips

Knee in to a “T”

Open up the chest

Jog


Shoulder throw downs

Dribble drop & touch

Lateral in out turn

Right knee up & down, with right arm pound dribble

2 dribbles then chop



30%

**Building Skills**

**Ball-Handling**

Combination moves

Between-cross

Between-between

Between-behind

**Passing**

Baseball pass

**Shooting**


Jump through the hips finish

2 foot floater finishes

Catch & shoot group competition

**Rebounding**

5 on 5 rebounding drill



30%

**Team Concepts**

**Offense**


Bigs: catch. see the floor. pass. Re-post

Up back up pivoting finish

Guards-take the space of the defender & separate

**Defense**

Defense dictates. Jump in & jump out



30%

**Competing**

**Competitive Games**


1/2 court motion offense

Full court motion offense

PERCENTAGE OF PRACTICE TIME

PRACTICE 2

MVP LEVEL




5%

**Cultivating Values & Developing Wellness**

**Injury Prevention**

Have players try to define

Why do we & how do we prevent injuries



5%

**Warm-Up & Injury Prevention**

**Active Stretch with a Ball**

All to be done while dribbling a ball

Walking hamstring

Walking quad

Skips

Knee in to a “T”

Open up the chest

Jog

Shoulder throw downs

Dribble drop & touch

Lateral in out turn

Right knee up & down, with right arm pound dribble

2 dribbles then chop



30%

**Building Skills**

**Ball-Handling**

Cone combination moves: These combination moves should be practiced to work on handle but also to work on the footwork within a move

In & out behind the back Low & skip

Behind behind

In & out behind

**Passing**

3 man weave to 2 on 1

**Shooting**

1 foot floaters: Developing good touch and a good release point on floaters

In & out from 1/2 court shooting

Bigs: 3 floaters

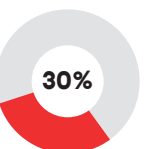
Shoot oop

Guards: Gallop finish

Jamal Crawford

**Rebounding**

4 on 4 shell box out



30%

**Team Concepts**

**Offense**


Attacking a trap: If trapped and can’t pass out of it, identify the weakest defender and attack them while looking for splits

Team sets

**Defense**

Trapping

Team shell defense



30%

**Competing**

**Competitive Games**

Situational play: 2 minute game with small lead: teach players how to play with poise & keep a lead

5 on 5

PERCENTAGE OF PRACTICE TIME

PRACTICE 3

MVP LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Receptiveness	Discuss what it means to be receptive Discuss why it’s hard to be receptive
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Leadership Warm-up	Follow the leader warm-up: Pick a player(s) to lead
<div><div></div><div>30%</div></div>	Building Skills	Ball-Handling	2 ball explode out: Have the players alternate pounding 2 balls. When you hold up an arm, the players should take 1 big explosive step forward with the foot on that side Handling pressure & setting the team up
		Shooting	Same foot, same hand finishes Louisville timed shooting
		Rebounding	Free throw rebounding
		Footwork & Conditioning	Coach lead defensive slides
<div><div></div><div>30%</div></div>	Team Concepts	Offense	Transition offense: Guard should recognize how to balance the floor while 1 big runs to the basket Balancing the floor Full court press
		Defense	Transition defense Shot blocking-on the ball Full court press
<div><div></div><div>30%</div></div>	Competing	Competitive Games	Short full court press games

PERCENTAGE OF PRACTICE TIME

PRACTICE 4

MVP LEVEL

<div><div></div><div>5%</div></div>	<b>Cultivating Values &amp; Developing Wellness</b>	<b>Healthy Relationships</b>	Define what is a healthy relationship	What does a healthy relationship look like	What does an unhealthy relationship look like
<div><div></div><div>5%</div></div>	<b>Warm-Up &amp; Injury Prevention</b>	<b>Active Stretch with a Ball</b>	All to be done while dribbling a ball	Jog	
			Walking hamstring	Shoulder throw downs	
			Walking quad	Dribble drop & touch	
			Skips	Lateral in out turn	
			Knee in to a “T”	Right knee up & down, with right arm pound dribble	
			Open up the chest	2 dribbles then chop	
<div><div></div><div>30%</div></div>	<b>Building Skills</b>	<b>Ball-Handling</b>	Scissors		
			Read hand-over/under cross		
			Get hand on top		
		<b>Passing</b>	Outlet pass, full court dribble, jump stop bounce pass lay-up		
		<b>Shooting</b>	Jab from 1/2 court shot		
			Bigs-Shimmy to hook		
			Dribble drop hook		
			Guards: Drive. Show it. Stop. Turn		
			Drive spin to 2 foot reverse		
		<b>Footwork &amp; Conditioning</b>	Player lead defensive slides		
<div><div></div><div>30%</div></div>	<b>Team Concepts</b>	<b>Offense</b>	Teach situations from pushed down ball screen		
			Dribble hand-off series		
		<b>Defense</b>	Shot blocking-help side		
<div><div></div><div>30%</div></div>	<b>Competing</b>	<b>Competitive Games</b>	Short competitive 5 on 5 games		



PERCENTAGE OF PRACTICE TIME

PRACTICE 5

MVP LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Cheering For Teammates	Discuss the importance of genuinely cheering for teammates	
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Active Stretch with a Ball	All to be done while dribbling a ball	Jog
			Walking hamstring	Shoulder throw downs
			Walking quad	Dribble drop & touch
			Skips	Lateral in out turn
			Knee in to a “T”	Right knee up & down, with right arm pound dribble
			Open up the chest	2 dribbles then chop
<div><div></div><div>30%</div></div>	Building Skills	Ball-Handling	Between cross behind series: Time the players for 20 seconds and see who can dribble between the legs, crossover in front, then go behind the back. You must complete all 3 dribbles for it to count as 1.	
			Early cross jabs	
		Passing	Bigs: Hi low passing	
			Guards: Pick & roll pocket pass	
		Shooting	Bigs: Reverse pivot face up series	
			Guards: Between push other direction shot	
			Pick & roll pocket pass	
<div><div></div><div>30%</div></div>	Team Concepts	Offense	Bigs seal: Teach the post players how to seal their defender based on their defensive positioning	
			3 man screen the screener	
		Defense	Post cross screen	
			Shot blocking-open court	
<div><div></div><div>30%</div></div>	Competing	Competitive Games	Situationals	
			Under 10 seconds: Prepare your team for last second games	
			5 on 5	

PERCENTAGE OF PRACTICE TIME

PRACTICE 6

MVP LEVEL

<div><div></div><div>5%</div></div>	Cultivating Values & Developing Wellness	Receptiveness Part 2	Being coachable
			Give NBA quote & examples
<div><div></div><div>5%</div></div>	Warm-Up & Injury Prevention	Leadership Warm-up	Follow the leader warm-up: Pick a player(s) to lead
<div><div></div><div>30%</div></div>	Building Skills	Ball-Handling	2 ball creative: The more comfortable players are with dribbling 2 balls, the more comfortable and natural they will feel with 1 ball
			2 ball to shot
		Passing	Lob passing
			Behind the back passing
		Shooting	Shooter, screener, passing line: 1 line has the ball as the passer. The previous passer runs across the lane and sets a screen for a shooter coming off to catch and shoot. The screener becomes the next shooter
			Post entry screen & shot
			Guards-step spin stop shot
			Open stepback
		Footwork & Conditioning	Jab stride pull-back, in & out cross to finish
<div><div></div><div>30%</div></div>	Team Concepts	Offense	Special situations
			Less than 10 seconds ball Under, side & full Court
		Defense	Special situations: Make sure your players know what plays to run if you don't have timeouts
			Less than 10 seconds ball under, side & full court
<div><div></div><div>30%</div></div>	Competing	Competitive Games	5 on 5 games

