



CURRICULUM

2016



Always Fun
Building Skills
Cultivating Values
Developing Wellness

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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

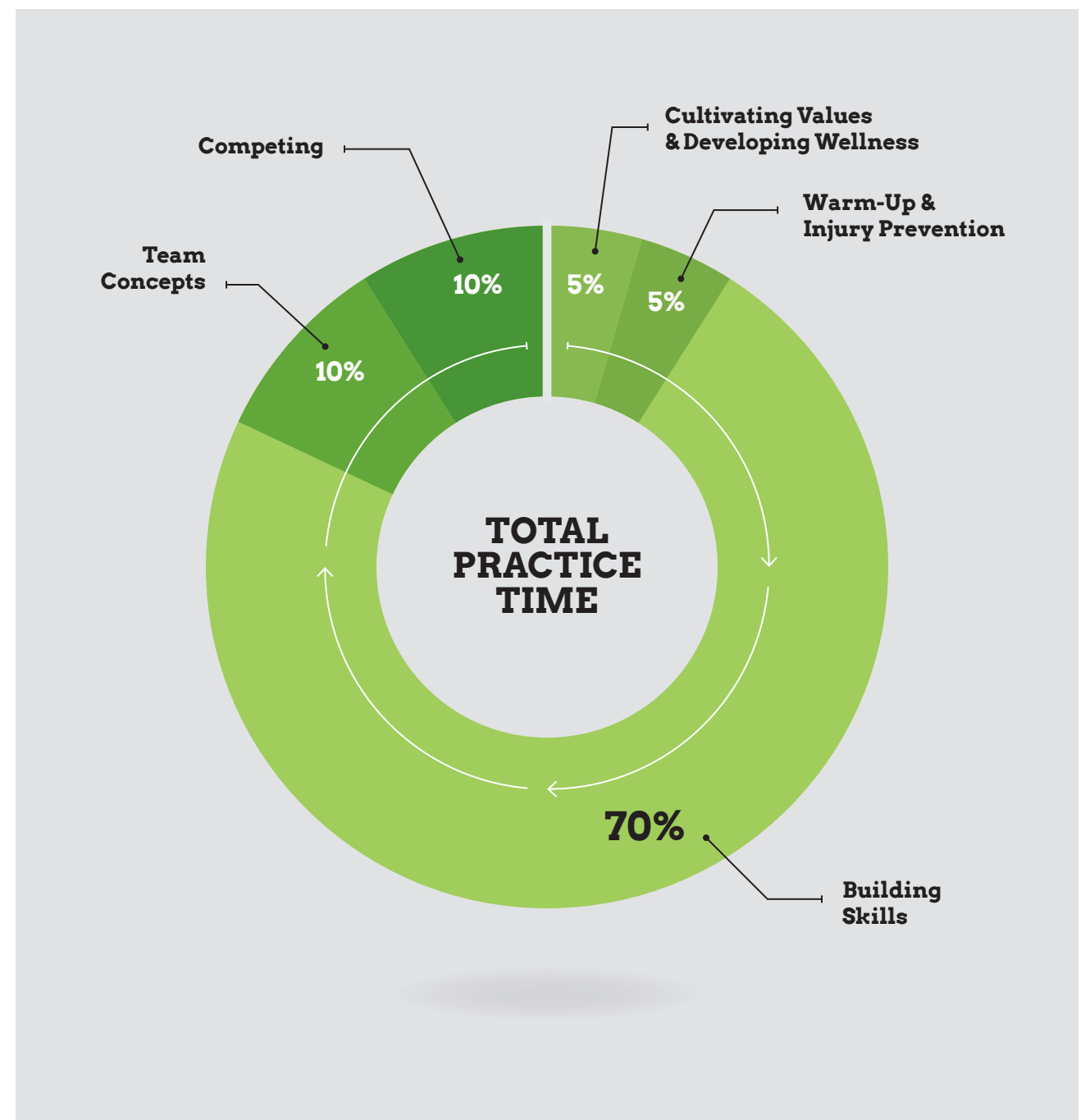
At the conclusion of the Rookie Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

- | | |
|---|---|
| <ul style="list-style-type: none"> ✓ Ball Handling <input type="radio"/> Toss & Catch <input type="radio"/> Stationary No Dribble Control Series <input type="radio"/> Stationary Dribble Control Series <input type="radio"/> Stationary Dribble Low, Middle, High <input type="radio"/> Walking Control Dribble <input type="radio"/> Stationary Crossover <input type="radio"/> Walking Crossover <input type="radio"/> Jogging Dribble <input type="radio"/> Running Dribble <hr/> <ul style="list-style-type: none"> ✓ Passing <input type="radio"/> Hitting the Target <input type="radio"/> Catching & Receiving <input type="radio"/> Stationary Chest Pass <input type="radio"/> Stationary Bounce Pass <input type="radio"/> Pass to a Moving Player <input type="radio"/> Catch and Pass Quick Decision <hr/> <ul style="list-style-type: none"> ✓ Shooting <input type="radio"/> Form Shooting <input type="radio"/> Strong Hand Lay-Up <input type="radio"/> Big Step Shooting <input type="radio"/> One-Dribble Shooting <hr/> <ul style="list-style-type: none"> ✓ Rebounding <input type="radio"/> Jump, Catch and Land | <ul style="list-style-type: none"> ✓ Footwork & Conditioning <input type="radio"/> Athletic Stance/Triple Threat <input type="radio"/> Defensive Stance/Slide <input type="radio"/> Controlled Running <input type="radio"/> Change of Pace <input type="radio"/> Change of Direction <input type="radio"/> Two Foot Jump Stop <input type="radio"/> Pivoting <hr/> <ul style="list-style-type: none"> ✓ Offense <input type="radio"/> Pass & Cut <input type="radio"/> Ball Reversal <input type="radio"/> Triple Threat <input type="radio"/> Drive and Kick (Pass) <input type="radio"/> Give & Go <hr/> <ul style="list-style-type: none"> ✓ Defense <input type="radio"/> Defensive Stance <input type="radio"/> Defensive Slide <input type="radio"/> Stay between Man and Basket <input type="radio"/> Hands Up <hr/> <ul style="list-style-type: none"> ✓ Other <input type="radio"/> Understand the Basketball Court Markings <input type="radio"/> Introduction to Rules (Travel, Double Dribble, Out of Bounds, Scoring) |
|---|---|

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

5% **Cultivating Values & Developing Wellness** **Sportsmanship & Fairness** Have players define good sportsmanship
 What is playing fair
 Explain basic rules
 Give examples & identify positive examples at the end of practice

5% **Warm-Up & Injury Prevention** **Basketball IQ Warm-Up** 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

70% **Building Skills** **Ball-Handling** Toss & catch
 Stationary no dribble control series
 Stationary dribble control series
Passing Stationary wall passing
Shooting Teach Shooting Fundamentals
Footwork & Conditioning Start & stop with jumpstop

10% **Team Concepts** **Offense** Pass is faster than dribble

10% **Competing** **Fun Games** Dribble Relays

PERCENTAGE OF PRACTICE TIME

PRACTICE 2

ROOKIE LEVEL

5% **Cultivating Values & Developing Wellness** **Active Lifestyle** Have players define active lifestyle
 Try new sports
 Explain the benefits

5% **Warm-Up & Injury Prevention** **Dynamic Warm-Up** Heel walks Jog backwards
 Toe walks Walking straight leg-kicks
 Skip forward 1 foot hops
 Skip backwards 2 foot squat and leap
 Jog forward

70% **Building Skills** **Ball-Handling** 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
Passing Stationary partner bounce & chest-passing
Shooting Teach the fundamentals of lay-ups
Footwork & Conditioning Teach what a good stance is
 Triple Threat

10% **Team Concepts** **Offense** Teach the fundamentals of cutting
 Introduce offensive concept of pass and cut
Defense Teach man to man principle of staying between your man & the basket

10% **Competing** **Fun Games** Dribble Freeze Tag Game

PERCENTAGE OF PRACTICE TIME

PRACTICE 3

ROOKIE LEVEL

5%	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								
5%	Warm-Up & Injury Prevention	Dynamic Warm-Up	<table border="0"> <tr> <td>Leg swings</td> <td>Quick 2 feet Hops</td> </tr> <tr> <td>Knee squeeze</td> <td>Trunk twists</td> </tr> <tr> <td>Imaginary dunks</td> <td>Walk on all 4</td> </tr> <tr> <td>Running backwards</td> <td>Demonstrate & explain each</td> </tr> </table>	Leg swings	Quick 2 feet Hops	Knee squeeze	Trunk twists	Imaginary dunks	Walk on all 4	Running backwards	Demonstrate & explain each
Leg swings	Quick 2 feet Hops										
Knee squeeze	Trunk twists										
Imaginary dunks	Walk on all 4										
Running backwards	Demonstrate & explain each										
70%	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								
10%	Team Concepts	Offense	Drive and kick drill								
		Defense	Defensive communication drill								
10%	Competing	Fun Games	Coach Says Defense Game								

PERCENTAGE OF PRACTICE TIME

PRACTICE 4

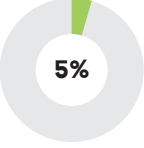
ROOKIE LEVEL

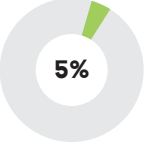
5%	Cultivating Values & Developing Wellness	Respect	Respect Coaches Respect Teammates Respect Opponents Respect Parents	Talk through examples Have players identify areas they can be more respectful
5%	Warm-Up & Injury Prevention	Basketball IQ Warm-Up	Run To That Line Game	
70%	Building Skills	Ball-Handling	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	
10%	Team Concepts	Offense	Reverse the ball, lay-up drill Review offensive set: pass & cut	
		Defense	Stay between man & basket Teach what a foul is	
10%	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

 <p>5%</p>	<p>Cultivating Values & Developing Wellness</p>	<p>Sportsmanship & Fairness Part 2</p>	<p>Provide a quote on Sportsmanship</p> <hr/> <p>Explain any unclear rules</p> <hr/> <p>Recognize specific examples of good sportsmanship & fairness in the last 4 practices</p>
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 <p>5%</p>	<p>Warm-Up & Injury Prevention</p>	<p>Stationary Stretch</p>	<p>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</p>
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 <p>70%</p>	<p>Building Skills</p>	<p>Ball-Handling</p>	<p>Stationary control dribble series. Emphasize low, middle and high dribbles</p> <hr/> <p>Walking Cross-over</p> <hr/> <p>Running dribble</p>
		<p>Passing</p>	<p>Catch and pass quick</p> <hr/> <p>Pass it down the line game</p>
		<p>Shooting</p>	<p>Dribble to a lay-up</p> <hr/> <p>Start with 1 dribble and advance to more</p> <hr/> <p>Big Step shooting</p> <hr/> <p>1 dribble shooting</p> <hr/> <p>Knockout</p>

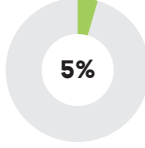
 <p>10%</p>	<p>Team Concepts</p>	<p>Offense</p>	<p>Review Offensive Set: Ensure that all players understand and can execute with no defense</p>
		<p>Defense</p>	<p>Hands Up on Defense</p> <hr/> <p>Rebound</p> <hr/> <p>Teach how and when to help a teammate</p>

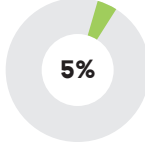
 <p>10%</p>	<p>Competing</p>	<p>Competitive Games</p>	<p>1 on 1 & 2 on 2 Numbers Game</p>
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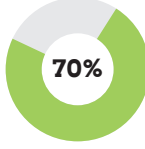
PERCENTAGE OF PRACTICE TIME

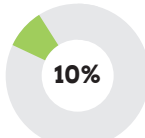
PRACTICE 6

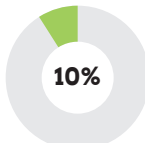
ROOKIE LEVEL

 <p>5%</p>	<p>Cultivating Values & Developing Wellness</p>	<p>Respect Part 2</p>	<p>Provide a quote on Respect</p> <hr/> <p>Recognize specific examples of good Respect in the last 5 practices</p> <hr/> <p>Have players try to give examples as well</p>
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 <p>5%</p>	<p>Warm-Up & Injury Prevention</p>	<p>Dynamic Warm-Up</p>	<p>1 foot hops at angles</p> <hr/> <p>2 feet together and hop series</p> <hr/> <p>Line jumps</p>
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 <p>70%</p>	<p>Building Skills</p>	<p>Ball-Handling</p>	<p>Stationary control dribble low, middle, high. Time them and have them count their dribbles</p> <hr/> <p>Over/under relay</p> <hr/> <p>Dribble relay race</p>
		<p>Passing</p>	<p>Stationary bounce & chest pass</p> <hr/> <p>Pass it down the line game</p>
		<p>Shooting</p>	<p>Dribble to a lay-up</p> <hr/> <p>Line shooting game</p>
		<p>Footwork & Conditioning</p>	<p>Pivoting</p> <hr/> <p>Change speeds</p>

 <p>10%</p>	<p>Team Concepts</p>	<p>Offense</p>	<p>Teach give & go</p>
		<p>Defense</p>	<p>Help defense drill</p>

 <p>10%</p>	<p>Competing</p>	<p>Competitive Games</p>	<p>2 on 2</p> <hr/> <p>Both players must touch the ball on each possession</p>
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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

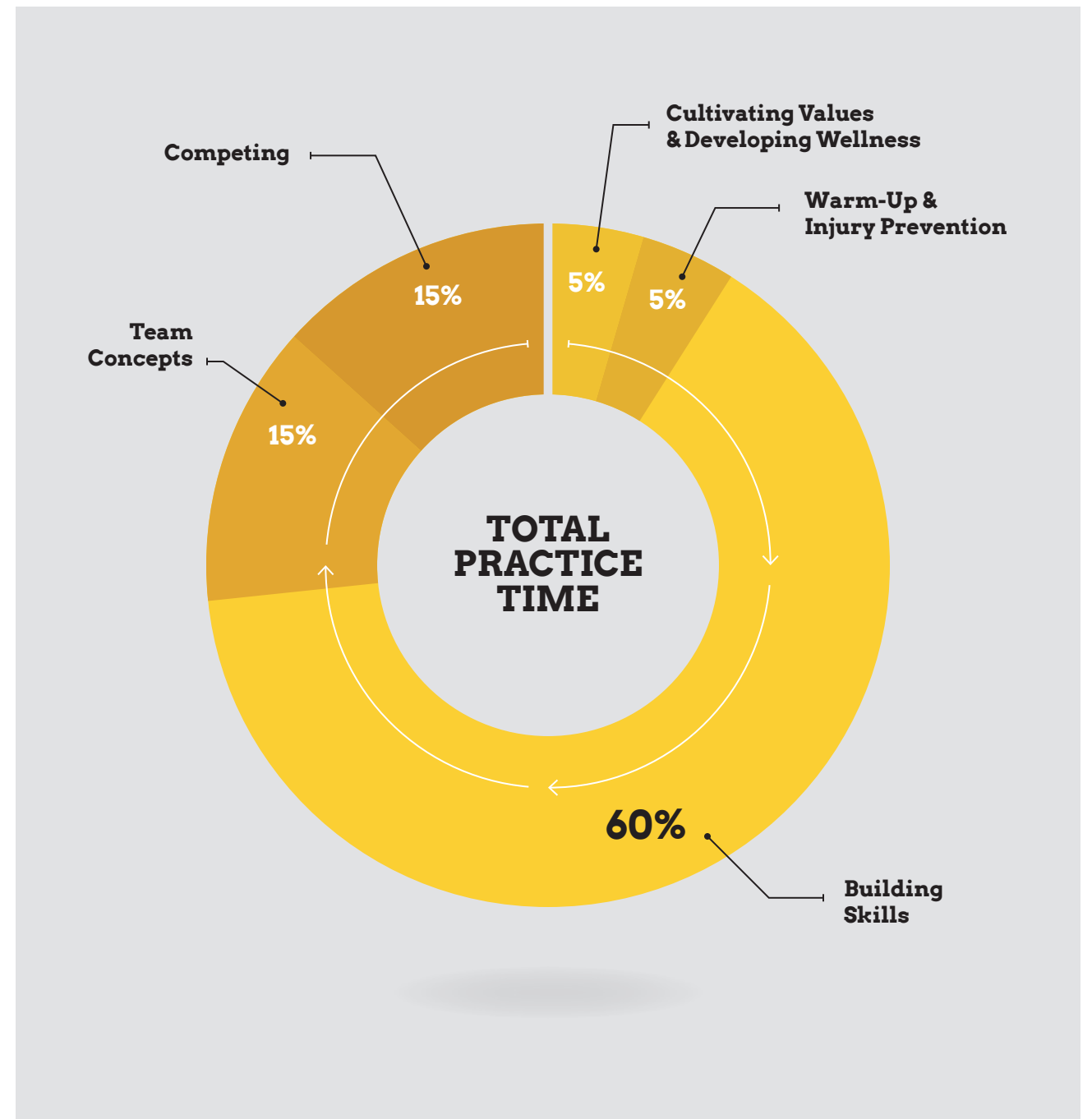
At the conclusion of the Starter Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> ✓ Ball Handling <input type="checkbox"/> Advanced stationary no dribble control series <input type="checkbox"/> Jog dribble to 1 foot stop & push <input type="checkbox"/> Stationary dribble low, middle, high <input type="checkbox"/> Cone dribbling <input type="checkbox"/> Stationary in-out control dribble <input type="checkbox"/> Stationary front-back control dribble <input type="checkbox"/> In & out dribble move <input type="checkbox"/> In & out crossover dribble move <input type="checkbox"/> Spin move <input type="checkbox"/> Retreat dribble <input type="checkbox"/> Figure 8 dribble <input type="checkbox"/> Stationary 2 ball dribble same time <input type="checkbox"/> Stationary 2 ball dribble alternate | <ul style="list-style-type: none"> ✓ Passing <input type="checkbox"/> Overhead pass <input type="checkbox"/> 3 Man weave <input type="checkbox"/> Outlet pass <input type="checkbox"/> Running pass <input type="checkbox"/> Pass fakes <input type="checkbox"/> Pass off the dribble <input type="checkbox"/> Post entry pass <input type="checkbox"/> Fast break passing <hr/> <ul style="list-style-type: none"> ✓ Shooting <input type="checkbox"/> Weak hand lay-ups <input type="checkbox"/> Shooting off a ball screen <input type="checkbox"/> Shooting off an away screen <input type="checkbox"/> Stepping into the shot with both feet <input type="checkbox"/> Euro-step lay-ups <input type="checkbox"/> Drop step lay-ups <input type="checkbox"/> Dribble move to shot <input type="checkbox"/> Free throws <hr/> <ul style="list-style-type: none"> ✓ Footwork & Conditioning <input type="checkbox"/> Triple threat <input type="checkbox"/> Forward and reverse pivots <input type="checkbox"/> Jab step <input type="checkbox"/> Drop step slide | <ul style="list-style-type: none"> ✓ Rebounding <input type="checkbox"/> Boxing out <input type="checkbox"/> Pursuing the ball <input type="checkbox"/> Protecting the ball <hr/> <ul style="list-style-type: none"> ✓ Offense <input type="checkbox"/> Screening <input type="checkbox"/> On the ball screens <input type="checkbox"/> Off the ball screens <input type="checkbox"/> V-cut <input type="checkbox"/> Fast break spacing & concepts <input type="checkbox"/> Square up and rip through <input type="checkbox"/> Pass, cut and replace <input type="checkbox"/> Shot fake and drive <input type="checkbox"/> Basic post play <hr/> <ul style="list-style-type: none"> ✓ Defense <input type="checkbox"/> On ball defense <input type="checkbox"/> Deny <input type="checkbox"/> Jump to the ball <input type="checkbox"/> Half court man to man <input type="checkbox"/> 3 Man shell <input type="checkbox"/> Disadvantage spacing & concepts <hr/> <ul style="list-style-type: none"> ✓ Other <input type="checkbox"/> Full explanation of rules |
|---|---|--|

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

5% **Cultivating Values & Developing Wellness** **Teamwork** Have players define
Give examples
Give examples & identify positive examples at the end of practice

5% **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

60% **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

15% **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

15% **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

5% **Cultivating Values & Developing Wellness** **Balanced Lifestyle** You & players define
Explain the benefits

5% **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

60% **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

15% **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

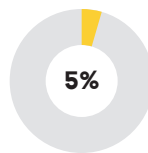
Defense 3 man shell defense.

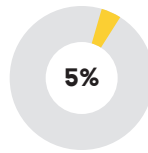
15% **Competing** **Competitive Games** 3 on 3 half court
Start by passing and cutting through or screening away
Short 4 on 4 game

PERCENTAGE OF PRACTICE TIME

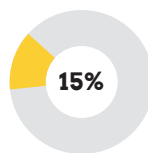
PRACTICE 3

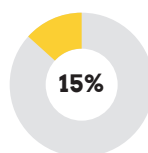
STARTER LEVEL

 5%	Cultivating Values & Developing Wellness	Positivity	Have players define Give examples	Believe in yourself We can do it. We believe
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 5%	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
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 60%	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	

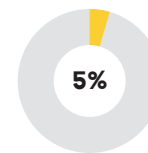
 15%	Team Concepts	Offense	V-cut: Teach the proper footwork and timing to get open for the ball on the wing. Square up & rip through Review offense	
		Defense	Teach how to deny: Put a hand in the passing lane Shell defense	

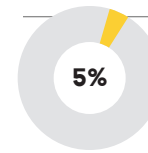
 15%	Competing	Competitive Games	3 on 3 no dribbling: No dribbles will encourage passing & cutting Quick 5 on 5	
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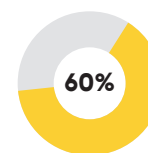
PERCENTAGE OF PRACTICE TIME

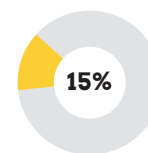
PRACTICE 4

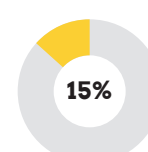
STARTER LEVEL

 5%	Cultivating Values & Developing Wellness	Nutrition	Food is energy Impact of eating enough Impact of eating good foods Importance of hydration	
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 5%	Warm-Up & Injury Prevention	Leadership Warm-Up	Follow the leader warm-up Have each player lead 1 warm-up drill of their choice	
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 60%	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	

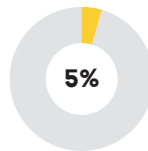
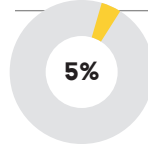
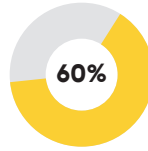
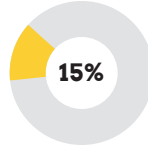
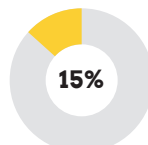
 15%	Team Concepts	Offense	Teach ball screens: Emphasize good timing & shoulder to shoulder Work on offense	
		Defense	Teach close outs: Emphasize breaking down early, having their hand up and keeping their butt down 4 on 4 shell	

 15%	Competing	Competitive Games	3 on 3 pass and screen away 3 on 3 pass and ball screen Quick 5 on 5 game	
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PERCENTAGE OF PRACTICE TIME

PRACTICE 5

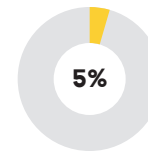
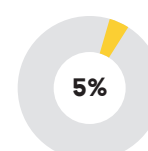
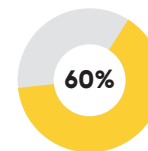
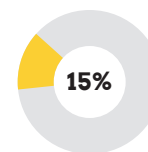
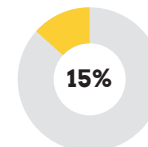
STARTER LEVEL

	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
	Warm-Up & Injury Prevention	Basketball IQ Warm-Up	Run to That Line Advanced Interactive Game Demonstrate and explain the purpose
	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
	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
	Competing	Competitive Games	3on3 Pass & Ball Screen Implement minimum pass rule 5 on 5

PERCENTAGE OF PRACTICE TIME

PRACTICE 6

STARTER LEVEL

	Cultivating Values & Developing Wellness	Balanced Lifestyle	You & players define Explain the benefits
	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
	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
	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
	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

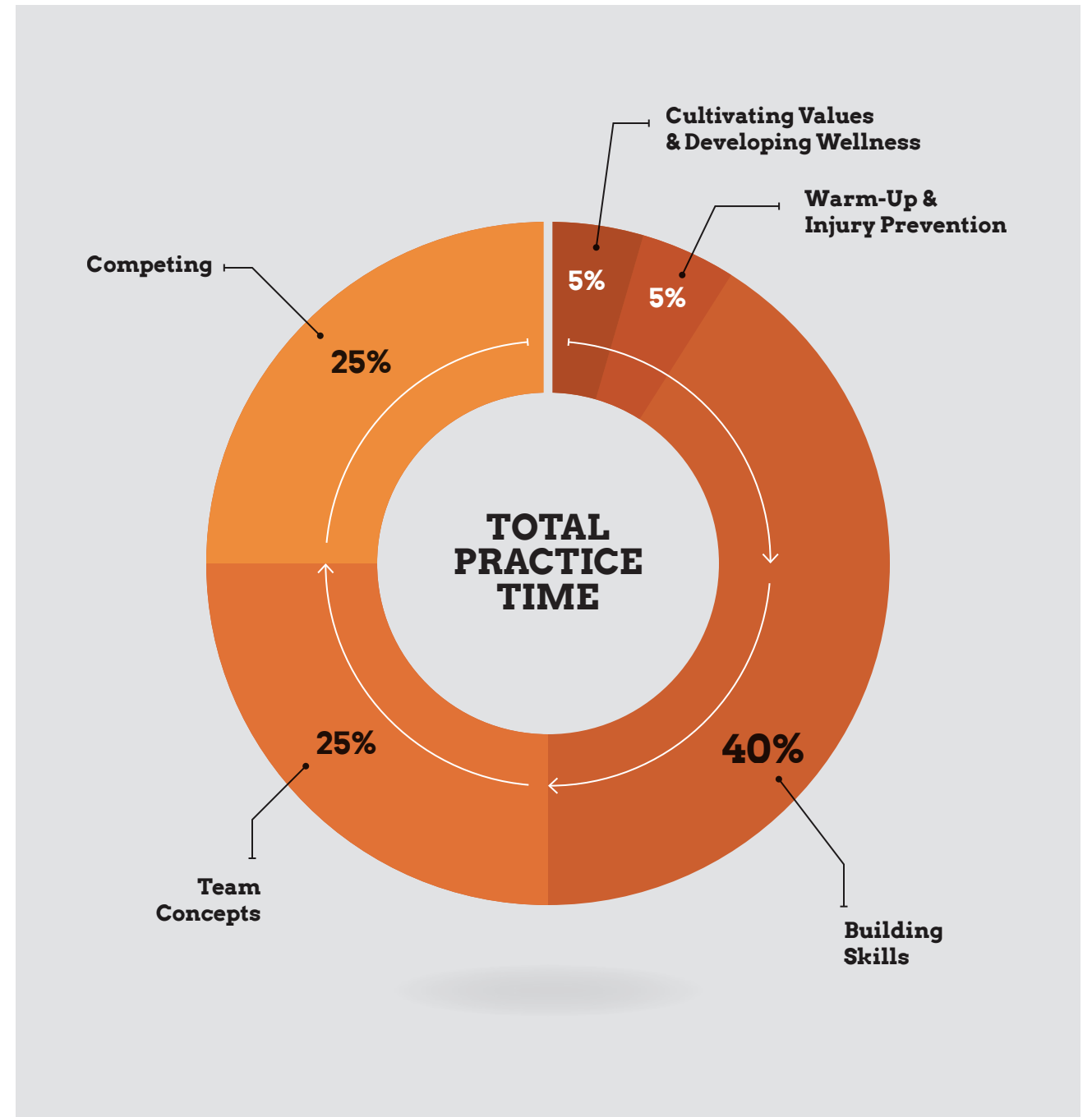
At the conclusion of the All-Star Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

- | | |
|---|---|
| <ul style="list-style-type: none"> ✓ Ball Handling <input type="checkbox"/> Behind the back dribble <input type="checkbox"/> Between the legs dribble <input type="checkbox"/> Dribble 1 ball, catch & pass a 2nd ball <input type="checkbox"/> Stationary 1-hand control pass <input type="checkbox"/> Moving 1-hand control pass <input type="checkbox"/> Creative dribbling <input type="checkbox"/> Pull back dribble <input type="checkbox"/> Stationary 2 ball dribble with contact <input type="checkbox"/> 2 Ball creative dribbling <hr/> <ul style="list-style-type: none"> ✓ Passing <input type="checkbox"/> Backdoor pass <input type="checkbox"/> 1-Hand ball control passing <input type="checkbox"/> Post entry pass <input type="checkbox"/> Skip pass <hr/> <ul style="list-style-type: none"> ✓ Shooting <input type="checkbox"/> Step-back shot <input type="checkbox"/> Screens off the ball shots (curl, straight, out) <input type="checkbox"/> Screens on the ball shots (pull-up, stop behind, split) <input type="checkbox"/> Reverse lay-up <input type="checkbox"/> Extended lay-up <input type="checkbox"/> Spin to shot <input type="checkbox"/> Transition catch and shoot <input type="checkbox"/> Post moves (up & under, hook) | <ul style="list-style-type: none"> ✓ Footwork & Conditioning <input type="checkbox"/> Run & turn forward & backward <input type="checkbox"/> Crab dribble <hr/> <ul style="list-style-type: none"> ✓ Rebounding <input type="checkbox"/> Live rebounding drills with contact <input type="checkbox"/> Tag on perimeter <hr/> <ul style="list-style-type: none"> ✓ Offense <input type="checkbox"/> L-cut <input type="checkbox"/> Baseline drive fill the corner <input type="checkbox"/> Backdoor cut <input type="checkbox"/> Post pass action (cut, relocate, screen) <input type="checkbox"/> Post player spacing on drives <input type="checkbox"/> Basic set plays <input type="checkbox"/> Transition offense <input type="checkbox"/> Motion offense <hr/> <ul style="list-style-type: none"> ✓ Defense <input type="checkbox"/> Post defense (before the catch, after the catch, after the dribble) <input type="checkbox"/> Defending ball screens <input type="checkbox"/> Defending away screens <input type="checkbox"/> Help the helper <input type="checkbox"/> Full court man to man and zone <hr/> <ul style="list-style-type: none"> ✓ Other <input type="checkbox"/> Advanced rules <input type="checkbox"/> Special situations |
|---|---|

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

5% **Cultivating Values & Developing Wellness** **Leadership** Have players attempt to define Give examples & Identify positive examples at the end of practice

5% **Warm-Up & Injury Prevention** **Active Stretch**

Walking quad-skip: Do a dynamic stretch to 1/2 court-do an active movement back	Lateral groin stretch- butt kicks
Walking hamstring-jog forward	Lunge-high knees
Toe walk-jog backwards	Heel walk-later push
	Walking arm stretch-karioka

40% **Building Skills**

Ball-Handling Stationary 2 ball dribble: Same time & alternate
Zig zag between the legs: Add speed when possible
Zig zag behind the back

Passing Backdoor pass: Timing & use 1 hand
Full court 5 man weave

Shooting Catch and shoot
1 dribble step back shot
2 dribble jumpstop shot

Rebounding Backboard toss-rebound, keep it high, finish: Offensive rebound to quick putback
Backboard toss-rebound, chin it, pivot, outlet: defensive rebound to outlet

Footwork & Conditioning Lane slides

25% **Team Concepts**

Offense Backdoor cut: Good timing, set it up, plant and go
Extra pass

Defense Close out, trace ball, active hands
5 on 5 shell: Teach players the importance of having active hands and getting deflections

25% **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 2

ALL-STAR LEVEL

5% **Cultivating Values & Developing Wellness** **Time Management** Have players try to define Teach them how to prioritize Explain how to budget time Share the benefits

5% **Warm-Up & Injury Prevention** **Active Stretch**

Do a dynamic stretch to 1/2 court-do an active movement back	Ankle rotations-jog forward & turn backwards
Walking TFL stretch, light foot taps	Stance resistance- butt kicks
Walking shoulder swings: Light foot taps 3 & change directions	Planks-igh knees

40% **Building Skills**

Ball-Handling Moving 2 ball dribble
Dribble 1 ball, catch and pass a 2nd ball

Passing: Partners Between the leg wrap to right hand pass
Between the leg wrap to left hand pass
In-out control dribble to one hand pass.

Shooting Reading a down screen
Curl cut shot
Straight cut shot
Out cut shot

Rebounding 5 second box out drill

Footwork & Conditioning 5 spot close out & slide back

25% **Team Concepts**

Offense L-cut to shot
Drive baseline & fill the corner shot
Motion offense

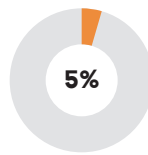
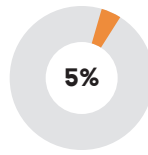
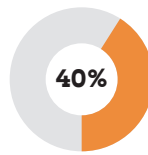
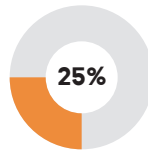
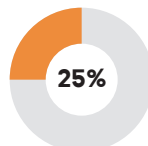
Defense Defending away screens
Defending ball screens

25% **Competing** **Competitive Games** 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

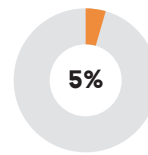

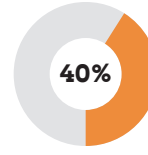
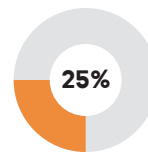
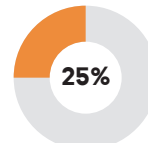
ALL-STAR LEVEL

	Cultivating Values & Developing Wellness	Humility	Have players try to define Provide a quote about humility
	Warm-Up & Injury Prevention	Dynamic Warm-up	Jog down & back Backwards lunge 1 Foot hops 3 vertical jumps sprint out 1 foot forward bound
	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
	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
	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

	Cultivating Values & Developing Wellness	Rest & Recovery	Define rest Explain the types of recovery Teach the benefits
	Warm-Up & Injury Prevention	Active Stretch	Imaginary Hurdle Walk Forward & Backward Chop While Slowly Moving Laterally Circle Tag
	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
	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
	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

5% **Cultivating Values & Developing Wellness** **Humility Part 2** Why should we be humble
Discuss example of confident vs. cocky

5% **Warm-Up & Injury Prevention** **Leadership Warm-Up** Have a player(s) lead

40% **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

25% **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

25% **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

5% **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

5% **Warm-Up & Injury Prevention** **Dynamic Warm-Up** Do a dynamic stretch to 1/2 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

40% **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

25% **Team Concepts** **Offense** Dummy offense

Defense Who is the loudest: Defensive team calls out their positioning loudly as the offense reverses the ball. Switch

25% **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



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

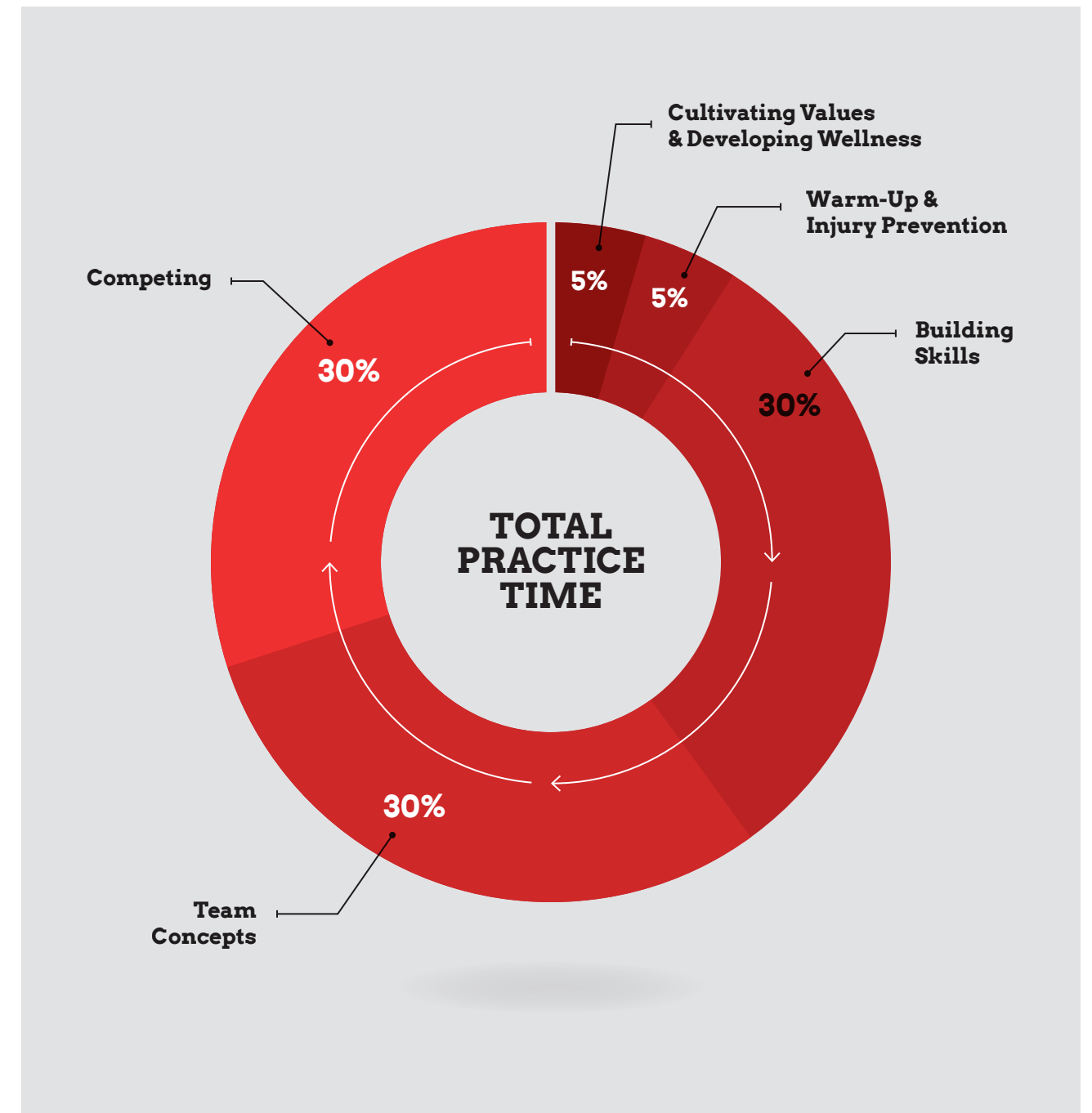
At the conclusion of the MVP Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<p>✓ Ball Handling</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extensive combination moves <input type="checkbox"/> 2 Ball advanced dribbling <input type="checkbox"/> Attacking traps <input type="checkbox"/> Scissors dribble <input type="checkbox"/> Reading the hand over/under crossover 	<p>✓ Offense</p> <ul style="list-style-type: none"> <input type="checkbox"/> Re-post <input type="checkbox"/> Sealing <input type="checkbox"/> Taking the defenders space <input type="checkbox"/> Attacking a trap <input type="checkbox"/> Get hand on top drive <input type="checkbox"/> Shoulder shimmy <input type="checkbox"/> Organizing the team <input type="checkbox"/> Balancing the floor <input type="checkbox"/> Advanced ball screens <input type="checkbox"/> Advanced schemes <input type="checkbox"/> Offensive alignments <input type="checkbox"/> Special situations
<p>✓ Passing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baseball pass <input type="checkbox"/> 1-Hand pass <input type="checkbox"/> Behind the back pass <input type="checkbox"/> High-low passing <input type="checkbox"/> Pocket passing <input type="checkbox"/> Lob passing 	<p>✓ Defense</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dictate & keep the offense alert <input type="checkbox"/> Shot blocking (on the ball, help, open court) <input type="checkbox"/> Advanced screening <input type="checkbox"/> Advanced schemes <input type="checkbox"/> Transition <input type="checkbox"/> Special situations
<p>✓ Shooting</p> <ul style="list-style-type: none"> <input type="checkbox"/> Advanced lay-up finishes <input type="checkbox"/> Floaters <input type="checkbox"/> Advanced post moves <input type="checkbox"/> Advanced dribble moves to shot 	
<p>✓ Rebounding</p> <ul style="list-style-type: none"> <input type="checkbox"/> Team contact drills 	

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	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

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	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

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

Big: 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

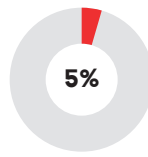
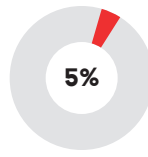
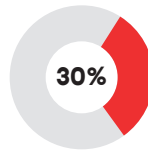
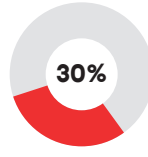
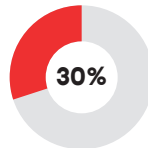
Defense Trapping
Team shell defense

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

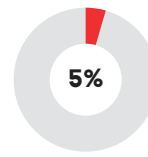

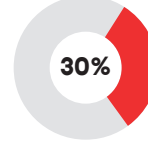


MVP LEVEL

	Cultivating Values & Developing Wellness	Receptiveness	Discuss what it means to be receptive Discuss why it's hard to be receptive
	Warm-Up & Injury Prevention	Leadership Warm-up	Follow the leader warm-up: Pick a player(s) to lead
	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
	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
	Competing	Competitive Games	Short full court press games

PERCENTAGE OF PRACTICE TIME

PRACTICE 4

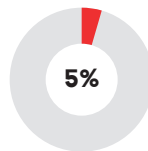
MVP LEVEL


	Cultivating Values & Developing Wellness	Healthy Relationships	Define what is a healthy relationship What does a healthy relationship look like What does an unhealthy relationship look like
	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
	Building Skills	Ball-Handling	Scissors Read hand-over/under cross Get hand on top
		Passing	Outlet pass, full court dribble, jump stop bounce pass lay-up
		Shooting	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
		Footwork & Conditioning	Player lead defensive slides
	Team Concepts	Offense	Teach situations from pushed down ball screen Dribble hand-off series
		Defense	Shot blocking-help side
	Competing	Competitive Games	Short competitive 5 on 5 games

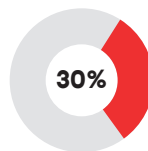
PERCENTAGE OF PRACTICE TIME

PRACTICE 5


MVP LEVEL

 <p>5%</p>	<p>Cultivating Values & Developing Wellness</p>	<p>Cheering For Teammates</p>	<p>Discuss the importance of genuinely cheering for teammates</p>
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 <p>5%</p>	<p>Warm-Up & Injury Prevention</p>	<p>Active Stretch with a Ball</p>	<p>All to be done while dribbling a ball</p> <ul style="list-style-type: none"> Walking hamstring Walking quad Skips Knee in to a "T" Open up the chest 	<ul style="list-style-type: none"> Jog Shoulder throw downs Dribble drop & touch Lateral in out turn Right knee up & down, with right arm pound dribble 2 dribbles then chop
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 <p>30%</p>	<p>Building Skills</p>	<p>Ball-Handling</p>	<p>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.</p> <p>Early cross jabs</p>
		<p>Passing</p>	<p>Bigs: Hi low passing</p> <p>Guards: Pick & roll pocket pass</p>
		<p>Shooting</p>	<p>Bigs: Reverse pivot face up series</p> <p>Guards: Between push other direction shot</p> <p>Pick & roll pocket pass</p>

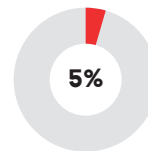
 <p>30%</p>	<p>Team Concepts</p>	<p>Offense</p>	<p>Bigs seal: Teach the post players how to seal their defender based on their defensive positioning</p> <p>3 man screen the screener</p>
		<p>Defense</p>	<p>Post cross screen</p> <p>Shot blocking-open court</p>

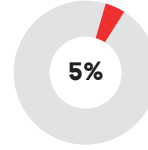
 <p>30%</p>	<p>Competing</p>	<p>Competitive Games</p>	<p>Situationals</p> <p>Under 10 seconds: Prepare your team for last second games</p> <p>5 on 5</p>
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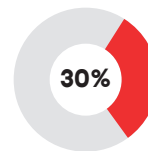
PERCENTAGE OF PRACTICE TIME

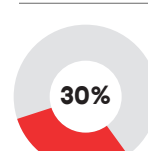
PRACTICE 6

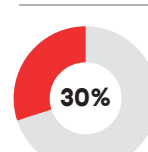
MVP LEVEL

 <p>5%</p>	<p>Cultivating Values & Developing Wellness</p>	<p>Receptiveness Part 2</p>	<p>Being coachable</p> <p>Give NBA quote & examples</p>
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 <p>5%</p>	<p>Warm-Up & Injury Prevention</p>	<p>Leadership Warm-up</p>	<p>Follow the leader warm-up:</p> <p>Pick a player(s) to lead</p>
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 <p>30%</p>	<p>Building Skills</p>	<p>Ball-Handling</p>	<p>2 ball creative: The more comfortable players are with dribbling 2 balls, the more comfortable and natural they will feel with 1 ball</p> <p>2 ball to shot</p>
		<p>Passing</p>	<p>Lob passing</p> <p>Behind the back passing</p>
		<p>Shooting</p>	<p>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</p> <p>Post entry screen & shot</p> <p>Guards-step spin stop shot</p> <p>Open stepback</p>
		<p>Footwork & Conditioning</p>	<p>Jab stride pull-back, in & out cross to finish</p>

 <p>30%</p>	<p>Team Concepts</p>	<p>Offense</p>	<p>Special situations</p> <p>Less than 10 seconds ball Under, side & full Court</p>
		<p>Defense</p>	<p>Special situations: Make sure your players know what plays to run if you don't have timeouts</p> <p>Less than 10 seconds ball under, side & full court</p>

 <p>30%</p>	<p>Competing</p>	<p>Competitive Games</p>	<p>5 on 5 games</p>
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jr.  nba