



# Curriculum





Always Fun  
Building Skills  
Cultivating Values  
Developing Mental & Physical Wellness



# Contents

>	Jr. NBA/Jr. WNBA Overview	04
>	Jr. NBA/Jr. WNBA Philosophy	05
>	Jr. NBA/Jr. WNBA Pathway	09
>	Jr. NBA/Jr. WNBA Curriculum Features	10
✓	Jr. NBA/Jr. WNBA Coaching Tips	12
	> Communication Tips	19
	> Practice Tips	21
	> Integrate Team Competition & Challenges	26
>	NBA & USA Basketball Youth Guidelines	29



# Jr. NBA/Jr. WNBA Overview

The Jr. NBA/Jr. WNBA is the official youth basketball participation program of the NBA. The Jr. NBA/Jr. WNBA helps to encourage and support youth basketball participation and improve the overall youth basketball experience. The Jr. NBA/Jr. WNBA aims to develop a lifelong passion for the game of basketball for boys and girls by teaching them the fundamentals of the sport while instilling core values including teamwork, respect and sportsmanship.

- > **THE JR. NBA/JR. WNBA IS COMMITTED** to creating a safe space for all participants to learn the fundamentals and core values of basketball. Fostering a culture of inclusivity, equity, and respect is an integral aspect of all Jr. NBA/Jr. WNBA events and programs.



# Jr. NBA/Jr. WNBA Philosophy

The Jr. NBA/Jr. WNBA 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/Jr. WNBA'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/Jr. WNBA believes this philosophy leads to developing complete and well-rounded basketball players and people.

The Jr. NBA/Jr. WNBA philosophy manifests itself in the curriculum through the ABCD's of the Jr. NBA/Jr. WNBA. The ABCD's of the Jr. NBA/Jr. WNBA are the foundation of the curriculum and the base for the Jr. NBA/Jr. WNBA's holistic approach. Each element of the ABCD's of the Jr. NBA/Jr. WNBA is equally important and works with the other components for holistic development.

## **ALWAYS FUN**

We love the game of basketball because at the core, It's FUN! Fun directly leads to fostering a lifelong love of the game. Basketball should be fun at every level. As players make progress in their development, the way they experience fun will also evolve. Whether it's encouraging a first-time player as they learn to dribble, or helping a young player set goals, the focus should always be oriented around fun.

Continued

### The ABCD's of the Jr. NBA/Jr. WNBA

**Always Fun**

**Building Skills**

**Cultivating Values**

**Developing  
Mental & Physical  
Wellness**

### The 7 Ways that Jr. NBA/Jr. WNBA 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/Jr. WNBA recognizes that skill development is a process that is especially important to youth players. The Jr. NBA/Jr. WNBA uses a development list comprised of skills and concepts that players are exposed to while moving through the curriculum levels.

New skills, concepts and loads are added in as Jr. NBA/Jr. WNBA players advance through the curriculum. This approach helps players gain new skills while challenging their existing skill set.

## **CULTIVATING VALUES**

The game of basketball provides everyone involved the opportunity to learn valuable lessons on and off the court. The lessons learned in the Jr. NBA/Jr. WNBA curriculum will be with our players for a lifetime. Therefore, the Jr. NBA/Jr. WNBA makes it a priority to cultivate these core values through all programming.

A key element of the Jr. NBA/Jr. WNBA philosophy is to incorporate a mental performance or character-building message into every practice. Values are also taught in unscripted situations and we encourage coaches to embrace those opportunities naturally. The Jr. NBA/Jr. WNBA mental performance and 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 MENTAL & PHYSICAL WELLNESS

One of the best parts of the game of basketball is that it promotes wellness across many dimensions of life. The Jr. NBA/Jr. WNBA wants to educate and encourage young players to be healthy mentally and physically.

The Jr. NBA/Jr. WNBA believes that developing as a complete person is more important than exclusively focusing on basketball development. Throughout the curriculum, there are several themes to promote complete development, such as mental and physical wellness, nutrition, and time management.

### Aspects of Wellness

**Active Lifestyle**

**Time  
Management**

**Injury  
Prevention**

**Nutrition**

**Rest & Recovery**

**Healthy  
Relationships**

**Balanced Lifestyle**







# Jr. NBA/Jr. WNBA Pathway

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

The Jr. NBA/Jr. WNBA Pathway is based on player skill proficiency as opposed to age. The pathway is a developmentally-based progression that teaches new skills and enhances current skills as players advance through the curriculum.

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The Jr. NBA/Jr. WNBA Pathway is divided into four levels.



At each of the four levels, there are unique methods, messages, skills, and drills that incorporate and teach the ABCD's of the Jr. NBA/Jr. WNBA.



# Jr. NBA/Jr. WNBA Curriculum Features

## HOW IT WORKS

The Jr. NBA/Jr. WNBA curriculum comes to life in a series of 12 practice plans in each of the four levels. Each level starts with a development list that identifies the skills and concepts that players will learn and develop throughout the lessons. Skills are taught by introducing game-like situations such as defense, contact, and decision-making to ensure player's skills transfer to competition.

## WHAT LEVEL IS APPROPRIATE?

Jr. NBA/Jr. WNBA coaches can reference the table below to determine which level of the curriculum is the best fit for a team.

**ROOKIE****Introductory level – little to no basketball experience****STARTER****Beginner level – basic basketball skills and knowledge****ALL-STAR****Intermediate level – familiar with team concepts****MVP****Advanced level – more experienced teams and players**

Cross-reference the above table with the development list provided at the start of each level of the curriculum and the average skill of the players on the team. Coaches can use loads to challenge players within a level and individual players within a team.

## CURRICULUM UPDATES

As the game of basketball evolves so do the strategies and skills for coaching. The Jr. NBA/Jr. WNBA has made several enhancements throughout the Rookie level of the curriculum, with the addition of the elements below. Find more details in the "Coaching Tips" section.

## CURRICULUM UPDATES

- **Games Approach:** Practices have been updated to include fun games that simultaneously allow for skill development.
- **Small-Sided Games:** More small-sided competitions (1v1, 2v2, 3v3) have been added to the curriculum to ensure players learn through play.
- **Random Starts:** As opposed to starting from a stationary position, many drills now include players starting out of unpredictable motions or an action.
- **Loading and Deloading:** Several activities have been updated to feature modifications to increase or decrease the difficulty for individuals or the team.
- **Decision-Making:** Activities have been updated to include a focus on empowering players to develop decision-making skills.





# Jr. NBA/Jr. WNBA Coaching Tips

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## USE GAMES TO TEACH

### A Games Based Approach

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A games based approach to coaching basketball means using fun and competitive games to get players moving while teaching and learning fundamental skills. Many of the games included in the Jr. NBA/Jr. WNBA curriculum incorporate the same skills and constraints that players will experience in a real basketball game. These games keep players engaged, using their imagination, and having fun while learning, building, and developing skills.

A games based approach to coaching can mean adjusting drills or activities to include competitive elements where players or teams are competing against time, a certain set score, themselves, or other teams and players. Coaches can adjust the rules or scoring of games and drills to emphasize specific skills, concepts, or elements of the game.

Another example of a games based approach is using fun warmup or skills-based games to teach transferable skills or utilizing small-sided gameplay, like 3v3 or 2v2, to develop and practice concepts in a live competitive setting.



## ADJUST COMPETITION TO INCREASE REPETITIONS

### Small-Sided Games

Small-Sided Games are competitions that feature various combinations of offensive and defensive players and/or occur in a restricted area of the court. To help make practice more engaging and to increase the transfer of skills, consider the drill and activity adjustments below.

DRILL ADJUSTMENTS	EXAMPLES
Create Advantages or Disadvantages	2v3, 2v1, 3v4
Adjust number of players	1v1, 2v2, 3v3
Skill Emphasis	Teams must complete 3 passes before shooting
Modify court space	Quarter-court, inside the 3-point line
Adjust scoring rules	Extra points awarded for a layup Minus points for offensive rebounds
Modify speed of play	Starting slow to teach new concepts and increasing speed as players increase understanding

Small-sided games break the game down into segments, making it easier for players to learn and increase repetitions. They create more space on the floor, allowing coaches to emphasize basketball concepts, such as give and go, backdoor cuts, pick and roll/pop, spacing, general gameplay and communication.

## VARY THE WAY DRILLS AND GAMES START

### Random Starts

Starting a drill with a **fixed start** is when players begin an activity in a line or at a predetermined location on the court. Fixed starts are common and can be useful because they are easy to understand.

A **random start** is more similar to a game, in that the way drills begin can vary and can be unpredictable. Random starts allow players to execute and retain skills in more game-specific situations. You can vary who starts, where you start or how the drill starts to create the unpredictability.

RANDOM START ADJUSTMENTS	EXAMPLES
<b>Who or How the drill starts</b>	The player or team that will start the drill is unknown or how the drill starts varies. (call numbers, successful made shot)
<b>Where the drills start</b>	The location on the floor that the drill begins varies (location of the ball, completion of action)

For example, the cone dribbling drill (Rookie Practice 7) could be modified with the following random starts:

**Who or how the drill starts:** The drill starts with two players gripping the ball facing each-other. Whoever rips the ball away from the other starts the drill. The other player will then compete with the next person in line until there is no other teammate to compete.

**Where the drill starts:** Players will start by dribbling around the court trying to tag each other until they hear the whistle. Once they hear the whistle the players will speed dribble to the nearest set of cones and start the drill. When they hear another whistle, they will begin dribbling around the court tagging each other again.

## MODIFY ACTIVITIES TO MAKE THEM HARDER OR EASIER

### Loading and Deloading

Loading and deloading keep drills and games fresh and developmentally appropriate. Loads can help coaches emphasize specific concepts to focus on in practice sessions.

Loading means to add constraints, rules, or progressions to a particular drill or game, making it more challenging or forcing players to use skills in a different way. Deloading means making drills or games easier by removing constraints, rules or progressions.

**Types of loads:** There are a variety of ways to load and deload drills and activities for individuals (specific player) or the entire team. Reference the table for different loads that have been integrated in the practice plans.

TYPE OF LOAD	ADDING OR REMOVING FROM A DRILL
<b>Competitive</b>	A competitive element (time, score)
<b>Physical</b>	A physical element (push-up, squat)
<b>Social</b>	A social element (high-fives, questions)
<b>Tactical</b>	A tactical element (offensive/defensive system components or game situations)
<b>Technical</b>	A technical element (crossover, reverse lay-up)

Coaches are encouraged to use, combine and be creative with individual and team loads in Jr. NBA/Jr. WNBA practices to help support and individualize player development.

**Individual loads:** Use individual loads when a specific player(s) needs to be further challenged or supported in development within a drill(s).

For example, the toss and catch drill (Rookie Practice 2) can have the following loads or deloads:

- **Competitive Load:** Group advanced players and challenge them to be the first to complete 10 successful toss and catches
- **Physical Load:** Add a squat before every toss and catch
- **Technical Load:** Advanced players must toss the ball at a specific height before catching or clap before catching
- **Technical Deload:** Beginner players can do lower tosses to eye-level before catching

**Team loads:** Use team loads to challenge the entire team with different rules or constraints in a drill or game.

For example, a 3v3 competitive drill such as the scramble game (Rookie Practice 8) or 3 on 3 numbers game (Rookie Practice 11) could have the following loads or deloads:

- **Tactical Load:** Incorporate an action from your offensive set. For example, if one of your offensive sets includes a top to wing screen, start each possession with that screen. A second tactical load could be including an 8-10 second shot clock.
- **Social Load:** After every possession, each team must huddle up for 5 seconds to communicate the successes of their possession.
- **Technical Deload:** The offense scores by getting the basketball into the key or just hitting the rim on a shot attempt.



## INTEGRATE DECISIONS THROUGHOUT THE SESSION

### Decision-Making

Decision-making is integrated throughout the Jr. NBA/Jr. WNBA curriculum. Practices include several drills and games in each practice that give players the opportunity to make game-like decisions. In order to help skills translate into competition, practices should reflect the variety of decisions made and spontaneity of basketball games.

Differentiating from traditional skill development, decision-making based drills and games often include live defense or other reads and cues. The spontaneity and randomness in decision-making drills provides a dynamic learning environment that is fun and keeps players engaged physically and mentally. It is important for players to read (see, feel, and understand) situations so that they can make the correct decisions (pass, crossover, shoot), and act to apply those skills properly at the right time.

Teaching these three elements will help players understand how to make the correct basketball play at the appropriate moment.

1. **Read:** Players use their eyes, ears, and touch to observe the situation in front of them
2. **Decide:** Players decide the best action based on their read
3. **Act:** Players execute a specific basketball action

As players develop their ability to read, decide and act, introduce additional decisions in order to simulate a game and further player development.

## DECISION MAKING

Continued

A **primary decision** is the first decision an offensive or defensive player makes within a particular possession. A defender may decide to attempt a steal because they are cued by an unprotected ball. An offensive player could make the decision to use a crossover dribble to beat their defender because they react to different defensive cues, such as an off-balance defender.

The **secondary decision** can occur after making this primary decision and new cues, decisions and action will be presented. The secondary decision cues may include seeing an open route to the basket, a help defender, or an open teammate for a pass and can be followed by additional decisions.



# Communication Tips

## THE RIGHT MESSAGE AT THE RIGHT TIME

Communication is critical to youth development. Good communication will improve teaching and the transfer of knowledge. Coaches should be thoughtful and intentional with the timing and content of a message. Consider these questions for more impactful communication:

<b>Who</b> are you communicating to?	<ul style="list-style-type: none"> <li>&gt; Understand your players' personality types</li> <li>&gt; Tailor your communication style accordingly</li> <li>&gt; Use different motivation techniques</li> </ul>
<b>How</b> are you communicating?	<ul style="list-style-type: none"> <li>&gt; Make eye contact</li> <li>&gt; Be genuine</li> <li>&gt; Use humor when appropriate</li> <li>&gt; Use non-verbal communication (high-fives, thumbs up, clapping)</li> </ul>
<b>What</b> is the right message?	<ul style="list-style-type: none"> <li>&gt; Use positive statements</li> <li>&gt; Limit communication to 3 key points</li> <li>&gt; Be consistent with messages</li> </ul>
<b>When</b> is the right time?	<ul style="list-style-type: none"> <li>&gt; In the moment (during play)</li> <li>&gt; In the huddle (at a break)</li> <li>&gt; After practice/game</li> <li>&gt; In front of team</li> <li>&gt; Individual meeting</li> </ul>

## DIVERSIFY METHODS OF FEEDBACK

Implement the following methods of feedback during practice. Remember to diversify feedback with questions to prompt athlete reflection and self-analysis:

<b>Recognition</b>	> Appreciation for actions
<b>Compliments</b>	> Building confidence
<b>Evaluation</b>	> Analyzing and understanding skills
<b>Coaching</b>	> Teaching and correcting for improvement

## COACH WITH CUE WORDS

Use cue words to help players better understand your feedback, especially during live action. When developing cue words or sharing any feedback, consider the three C's.

**C= Clear.** Choose simple words pointing to an exact action that has been explained/defined

**C= Concise.** Choose words or phrases that are short and to the point

**C= Consistent.** Repetition of the cue word or feedback builds recognition and understanding

SAMPLE CUE WORDS	DESCRIPTION
"Cookie jar"	A reminder to players to snap their wrist and hold their follow through after shooting
"Ball. You. Player."	Check your defensive position between where the ball is located and the player you are guarding
"Next play"	Focus on the current play as opposed to the actions that have just occurred





# Practice Tips

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## CONSISTENT START TO PRACTICE

Signal the start of practice by selecting a particular place to meet the team such as half-court, the baseline, or another part of the court. These quick meetings are great ways for coaches to get to know players, discuss values, ask questions, and go over the practice plan.

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## LIMIT LINES AND MAXIMIZE SPACE AND EQUIPMENT

Use all available space, baskets and basketballs. Drills with long lines lead to players standing and waiting and kids want to PLAY! Reducing the amount of players in a line will keep them engaged and will allow for more time with the ball in their hands.

For example when leading a shooting drill, rather than one line for the whole team, divide players into as many lines as possible. Adding a passing line and a rebounding line can also assist in reducing wait times when limited by fewer basketballs.

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## TRANSITIONING BETWEEN DRILLS QUICKLY

One very important part of practice is the transition from drill to drill. Be concise with the drill set up and demonstrations to maximize activity time. If you need time to prepare for the next drill, there are numerous transitions that can be executed, including the below examples.

- 
- > **Take a quick water break with a set time limit**
  - > **Have players complete a layup or shoot free throws**
  - > **Integrate a physical activity such as jogging to touch all four walls**
- 

Upon their return, the players and coaches are ready for the next drill. Minimize talking, show your demo and get into the activity!



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**INVOLVE ASSISTANTS, VOLUNTEERS, PARENTS, OR ATHLETES**

There are several ways that assistant coaches, volunteers, parents, or players can assist in running practice sessions. Prior to practice meet with assistants, review the practice plan, and assign roles.

**ASSISTANTS CAN:**

- **Act as facilitators in drills and games by passing in a shooting drill or defending in a ball-handling drill.**
- **Lead a station on another area of the court while the head coach leads their own station**
- **Be officials or scorekeepers during small-sided games or competitions**
- **Tend to injured players, give positive feedback, use cue words or answer questions that come up while the head coach continues practice**

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**INCORPORATE WATER INTO PRACTICE**

Hydration is essential in basketball and can be creatively built into practice. Asking players to bring personally identified water bottles can help with safety and access to water. To keep practice flowing, add a timer to water breaks. In stations, include a rest station that incorporates water, or allow players to get water while waiting in a line or at a nearby station.

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**INCORPORATE THE "WHY" WHEN TEACHING SKILLS**

The Jr. NBA/Jr. WNBA activities have a "why" that connects the skill taught to the greater context of the game. Explaining the "why" will help players better understand the skill. For example, when working on a pivoting drill, show and explain that a player would use pivoting when there is defensive pressure and pivoting will create space to improve decision-making.

### USE CALL- AND-RESPONSE

When working with a group of players, using a call and response can signal that a coach is ready to give instruction, provide feedback, or move to another drill.

#### SOME CALL AND RESPONSES ARE:

- **Use the name of an NBA team: Coach says “Brooklyn!” and the players respond “Nets!”**
- **Use a popular player’s name: Coach says “Steph” and the players say “Curry!”**
- **Coach blows the whistle twice and the players clap twice**

It is also helpful to explain drills before handing out basketballs to maximize player’s attention. If balls have been distributed use a call and response to help players focus.

### TEACH RESPECT FOR OFFICIALS IN PRACTICE

Teaching players to respect officials starts in practice. The Jr. NBA/Jr. WNBA curriculum features many small-sided games and competitions that are often officiated by a coach or assistant coach. Teach players to respect the officials and use positive body language and communication.

### END PRACTICE POSITIVELY

At the end of a practice session bring players together in the same space as the meeting at the start of the practice. End on a positive note by highlighting specific players or moments that were impressive during the practice. Debrief with the team on what skills and concepts were learned during the session and ask questions to check for understanding.

# Practice Tips - Modifying Practice

There may be times you have limited space, equipment, or number of players and need to modify practice. Below are solutions for common practice limitations.

## LIMITED COURT SPACE

On occasion, access to a full basketball court (or any court) is limited. Making adjustments will allow for smaller groups of players to work on different skills at the same time, play simultaneously, or give players more repetitions and less time waiting in lines.

### ON A HALF-COURT:

- > **Replace full court or transition drills with skill development drills**
- > **Work on half-court offense or half-court defense**
- > **Execute stations or small-sided games**
- > **Split into two quarter courts and work on both sides of the basket**
- > **Use multiple small spaces on a court**

Not every skill requires a basket. If a basketball court is not available, utilize classrooms or any alternative spaces. Use the sideline, end line or classrooms to work on ball handling, passing, footwork, shooting mechanics, physical activities, or offensive and defensive concepts

## LIMITED EQUIPMENT

Coaches may have to adjust their practice plans if faced with insufficient basketballs, cones, or baskets. When basketballs are limited, have players share or focus on drills that do not require balls such as defense, footwork, shooting technique, and communication.





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**LIMITED  
EQUIPMENT**

Continued

If cones or other floor markers are unavailable, use items such as water bottles, shoes, chairs, or trash cans. If a practice space is missing baskets, use trash cans, chairs, or even draw circles on the wall. Another solution is to adjust practice plans to focus on skills that do not involve shooting at a basket.

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**UNEXPECTED  
NUMBER OF  
PLAYERS**

With fewer players than expected, be creative, focus on skill development and small-sided games such as 3-on-3, 2-on-2, or the numbers game. If you have an odd number of players, work on advantage situations such as 3-on-2 or 2-on-1 or make quick substitutions to ensure equal playing time. Practices with fewer players can target individual needs increase repetitions.

Find productivity with a large number of players by dividing into smaller groups and utilizing stations. Not every station requires a basket or a ball, so spread out and practice non-shooting skills in spaces that do not have a basket.

# Integrate Team Competition & Challenges

Outside of scheduled team games, coaches can include intra-team competitions, tournaments, and challenges in practices to add fun and excitement. Coaches can add these special situations at the end of each practice, or even choose a few full practice sessions to turn into “game days.”

## MINI-SEASON

Coaches can create consistent teams and run a mini 3v3 or 2v2 “season” with games during the last 10-15 minutes of each practice. Coaches can create consistent teams and build out a schedule of weekly games, culminating in a final tournament.

For example, if there are 12 players on a team, create four teams of three players and each week teams will play one game at the end of a practice session.

After a set number of weeks of games, host a final tournament using a bracket:

**Game 1** > Seed 1 vs. Seed 4

**Game 2** > Seed 2 vs. Seed 3

**Finals** > Winners of Game 1 and Game 2

**Consolation** > Losers of Game 1 and Game 2

To make it fun and engaging, promote upcoming matchups and track standings each week to get your players excited to play. Assign each team an NBA or WNBA team name.



## GAME DAY

Identify a practice(s) to run small-sided games in a tournament format. To build excitement, designate these as “Game Day.”

## SAMPLE 3V3 GAME DAY

For a 12-player team on a court with 2 baskets

TIME	ACTIVITY
5 min	Team meeting to review value, explain competition rules and format
5 min	Make 4 teams of 3 players each and assign each team an NBA team name (Lakers, Clippers, Warriors, Kings)
5 min	Warmups
8 min	Game Session 1 Lakers vs. Clippers (court 1) Warriors vs. Kings (court 2)
8 min	Game Session 2 Lakers vs. Warriors (court 1) Kings vs. Clippers (court 2)
8 min	Game Session 3 Lakers vs. Kings (court 1) Clippers vs. Warriors (court 2)
AFTER GAME SESSIONS 1-3, RANK TEAMS BASED OFF THEIR RECORDS	
8 min	Semifinals #1 vs. #4 (court 1) #2 vs. #3 (court 2)
8 min	Championship game



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## LADDER TOURNAMENTS

A ladder tournament is a fun, competitive 1v1, 2v2 or 3v3 activity that can take place in one or across a series of practices. The advantages of running a ladder tournament is that teams are able to challenge other teams on their own, which doesn't require coach coordination. Teams will naturally play against even competition levels which will result in competitive games.

Coaches randomly assign a numbered ranking to each of the teams. Display rankings in a space where players can see and adjust as games are played. Teams can challenge a team one or two ranks above them on the ladder. Should the lower ranked team win, they move up the ladder one spot. If the lower ranked team loses, all rankings stay. Be sure to clarify the rules of play and determine length of weeks of the tournament to solidify final results and the winner of the ladder.

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## SKILLS CHALLENGES

Beyond team competitions, coaches can use an entire practice to engage in fun skills challenges. These challenges may include any of the shooting games in the curriculum or additional activities such as: **Jr. NBA/Jr. WNBA Hot Shot.**

Each player on the team gets 30 seconds to make as many shots as possible from the 5 locations listed below.

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**Top of the Key** > Worth 3 points

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**Left and Right Elbow** > Worth 2 points

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**Left and Right Block** > Worth 1 point

Players can receive a bonus if they attempt a shot from all 5 locations. Coaches can modify the shot locations, time, or scoring system as needed.



# NBA & USA Basketball Youth Guidelines

The NBA and USA Basketball have partnered to develop guidelines designed to promote a positive and healthy youth basketball experience. These guidelines prioritize the health and well-being of young athletes while enhancing enjoyment, participation, and development in the game. Please see the guidelines that follow.

## RECOMMENDED PARTICIPATION GUIDELINES

AGE	GAME LENGTH	GAMES PER WEEK	PRACTICE LENGTH	# OF PRACTICES PER WEEK
Ages 7-8	20-28 minutes	1	30-60 minutes	1
Ages 9-11	24-32 minutes	1 to 2	45-75 minutes	2
Ages 12-14	28-32 minutes	2	60-90 minutes	2 to 4
Grades 9-12	32-40 minutes	2 to 3	90-120 minutes	3 to 4

## MAXIMUM PARTICIPATION GUIDELINES

AGE	# OF GAMES/DAY	# OF HOURS PER WEEK IN ORGANIZED BASKETBALL
Ages 7-8	1	3 hours
Ages 9-11	2*	5 hours
Ages 12-14	2*	10 hours**
Grades 9-12	2*	14 hours**





## MAXIMUM PARTICIPATION GUIDELINES

(Continued)

The maximum participation guidelines outlined above are intended to serve as limits on a young athlete's participation in organized basketball. It is possible that participation in organized basketball within the maximum limits but in excess of the recommendations is also not advisable from a health and wellness standpoint; however, this issue requires further study.

*\* Youth basketball players, parents and coaches should demonstrate caution in scheduling or participating in more than one game per day, especially on consecutive days. If young athletes participate in an event or tournament in which more than one game is played per day on consecutive days, players should have additional time off from sports activities following the event to allow for recovery.*

*\*\* It is recommended that young athletes in these age ranges who are approaching these maximum hour limits not participate in another organized sport concurrently.*

## REST GUIDELINES

AGE	MIN. # OF REST DAYS PER WEEK	MAX. MONTHS PER YEAR IN ORGANIZED BASKETBALL	RECOMMENDED HOURS OF SLEEP PER NIGHT
Ages 7-8	2	4 months	9-12 hours
Ages 9-11	2	5 months	9-12 hours
Ages 12-14	1	7 months	8-10 hours*
Grades 9-12	1	9-10 months	8-10 hours

*\* For 12 year olds, 9-12 hours of sleep is recommended.*

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**THE NBA  
RECOMMENDS**


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**⊗ Delay specialization in basketball until at least age 14.**


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Playing multiple sports helps kids make new friends and develop new skills. Medical and scientific experts recommend early sports sampling and delaying single-sport specialization until mid to late adolescence. Playing multiple sports should not be viewed as falling behind, but rather as building the foundation for future success. Research shows that early sport specialization is NOT necessary to produce elite-level performance.

Sports sampling, which is characterized by participation in multiple sports during childhood, provides a young athlete the chance to find a sport that may ultimately fit him or her best. There are several demonstrated benefits of sports sampling:

- **Prolonged engagement in sports**
- **More enjoyable and positive early sports experiences**
- **Healthy physical, psychological, and social development**
- **Transfer of skill acquired from multiple sports to primary sport if specialization occurs**

Current research does not support the view that early single-sport specialization is either necessary or sufficient to produce elite performance at advanced levels of competition. In fact, early single-sport specialization in basketball and other team sports may be detrimental to long-term elite performance.

Athletes that reach the highest level of achievement have been shown to be more likely to have played multiple sports at a young age compared to athletes that reach relatively lower levels of achievement. With respect to basketball and other similar ball sports, world-class athletes often delayed single-sport specialization until age 16 or later.

# Rookie





# Rookie Level ABCD's

At the Rookie level, the game is all about fun, being active and learning basic fundamental skills. This level is for players with little to no basketball experience and it should be positive and build a love for the game. The Rookie level emphasizes small-sided games such as 1v1, 2v2, 3v3 to allow for more repetitions and improved skill development. The goal of the Rookie level is to use games-based activities to 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 their 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, a games-based approach makes basketball fun to learn and play.

## BUILDING SKILLS

### See Development List



Players at the Rookie level enjoy and play basketball because it is fun. While they are enjoying the game and having fun they are also able to acquire the basic fundamentals. Some of the fundamentals that are introduced include having a good athletic stance, running, jumping, stopping, balance, ball-handling, passing, and shooting. These movements and skills can be found in the development lists and will lay the foundation for skills later in the pathway.

## CORE VALUES

### Sportsmanship & Fairness

### Confidence

### Respect



Players at this level may be very aware of their feelings and the feelings of others. In their first introduction to basketball, some players have the tendency to be individualistic or shy, while others see the game as an opportunity to spend time with friends. Therefore, it is important to emphasize sportsmanship & fairness, instill confidence, and teach players to respect each other. By incorporating these messages, players will grow in their social understanding and sport etiquette.

## DEVELOPING MENTAL & PHYSICAL WELLNESS

### Active Lifestyle

### Positive Outlook



In this level, Jr. NBA/ Jr. WNBA players are encouraged to lead an active lifestyle and maintain a positive outlook. Getting exercise from multiple sports and activities creates healthy habits and positive thinking in all areas of life. Being active also translates to better productivity in school and overall mental and physical health. This foundation of being active and positive develops a base athletic development in basketball and beyond. Encourage players to be active and positive!



# Development List

During the Rookie level the athletes will be exposed to the skills and concepts below. Players will progress at different speeds or excel at different skills. Loading or deloading for individual players or for the team can be implemented to make practice developmentally appropriate.

## ✓ Ball Handling

(To be done with right and left hand)

- ☐ Stationary Dribble Low, Middle & High
- ☐ Stationary Crossover
- ☐ Dribbling at Different Speeds
- ☐ Dribbling in Different Directions
- ☐ Crossover at Different Speeds

## ✓ Passing

- ☐ Catching
- ☐ Hitting a Target
- ☐ Stationary Chest, Push & Bounce Pass
- ☐ Pivoting & Pass
- ☐ Passing to Moving Players
- ☐ Passing on the Move
- ☐ Recognizing Open Players

## ✓ Shooting

- ☐ Form Shooting
- ☐ Using the Backboard
- ☐ Jump Stop Lay-Ups (both sides)
- ☐ Traditional Lay-Ups (both sides)
- ☐ Jump Stop Shooting
- ☐ 1-2 Step Shooting (both feet)

## ✓ Rebounding

- ☐ Jumping, Catching & Landing

## ✓ Footwork & Movement

- ☐ Athletic Stance & Triple Threat
- ☐ Running at Different Speeds
- ☐ Running in Different Direction
- ☐ Body Control & Balance
- ☐ Two Foot Jump Stop
- ☐ Pivoting
- ☐ Skipping & Jumping
- ☐ Pushing Off & Exploding

## ✓ Offense

- ☐ Pass & Cut
- ☐ Ball Reversal
- ☐ Drive & Kick Pass
- ☐ Give & Go

## ✓ Defense

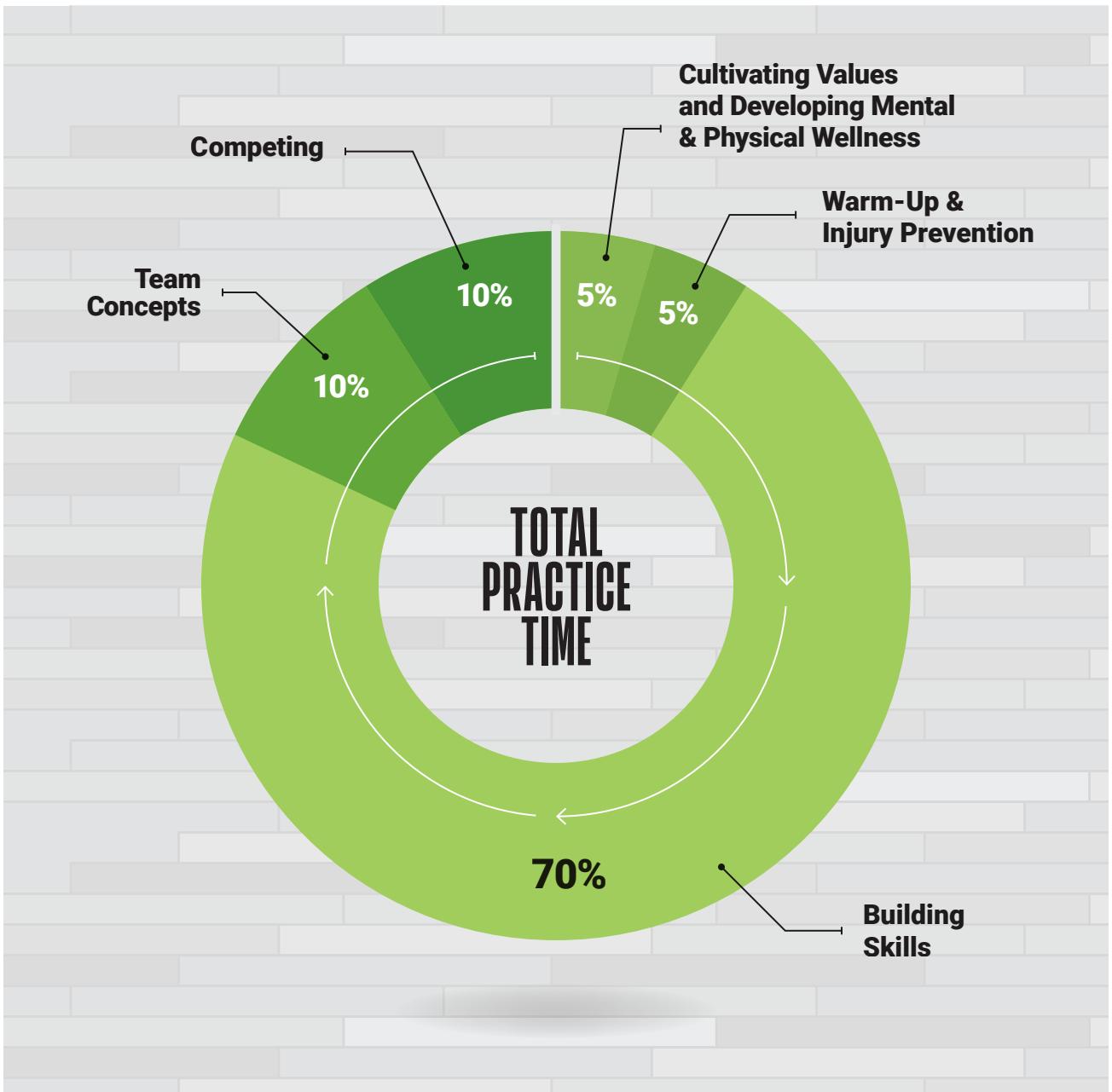
- ☐ Defensive Stance
- ☐ Defensive Slide
- ☐ Staying Between Player & Basket
- ☐ Tracing & Pressuring the Ball

## ✓ Other

- ☐ Understanding the Court Lines
- ☐ Introduction to Rules
  - Travel
  - Double Dribble
  - Out of Bounds
  - Scoring
  - Fouls

# Practice Plans

The chart below indicates approximate amounts of time to be spent on each portion of practice. The twelve practice plans to follow are samples that reinforce Rookie level principles. Use the Jr. NBA/Jr. WNBA Coaching Tips from page 12 to get the most out of each of your practices.



These percentages serve as approximate recommendations on how to allocate practice time and are referenced throughout the practice plans.





# Practice 1 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HAVE FUN!	The game of basketball is fun! Encourage the players to enjoy the game and their teammates!	5%
Warm-Up	THE ESCAPE GAME (3 x each partner)	The players will partner up and “escape” from each other in this fun warm-up game.	5%
Building Skills	TEACH: Ball-Handling		70%
	HOT BALL (TAPS) (2 x 30 seconds)	Gain familiarity with the ball and warm-up the fingers and hands.	
	AROUND THE WORLD WRAPS (1x10 reps/way)	Challenge the players to wrap the ball quickly around their body.	
	TEACH: Passing		
	STATIONARY WALL PASS (3 x 10)	Find a target on the wall and practice hitting it with the perfect pass!	
	TEACH: Shooting		
	PARTNER SHOOTING GAME (2 x 5 each)	Focus on perfect form and visualization.	
	PICK YOUR SHOT GAME (1 game)	Have some fun shooting just like practiced!	
	TEACH: Footwork & Conditioning		
	JUMP-STOP GAME No ball (2 x down & back)	Use this game to work on the fundamentals of the jump stop; balance and body control.	
Team Concepts	TEAMWORK CARRY DRILL (1 - 2 games)	This is a great drill to encourage teamwork!	10%
Competing	WHAT’S YOUR NUMBER GAME (1 game)	Have fun with this game that incorporates all that you’ve worked on!	10%
Compliment Session	COMPLIMENT SESSION	In small groups have the players debreif and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 2 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	ACTIVE LIFESTYLE	Discuss with the players the positive implications of being active.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the geography of the court while warming up.	5%
Building Skills	TEACH: Ball-Handling		70%
	TOSS & CATCH (1 x 45 sec.)	Keep this hand-eye coordination drill fun!	
	DRIBBLING FUNDAMENTAL SKILL	Teach dribbling the ball by using the fingertips of one hand to repeatedly bounce the ball off the floor.	
	STATIONARY DRIBBLE: LOW & MIDDLE (2 x 30 seconds each hand low & middle)	Work on using the fingertips while making low/middle dribbles.	
	UP OR DOWN GAME (2 games)	Play a fun dribbling game to help develop dribbling skills.	
	TEACH: Passing		
	GATES PASSING GAME (2 games)	Passing with a partner helps both passing and receiving.	
	TEACH: Footwork & Conditioning		
	FUNDAMENTALS OF THE TRIPLE THREAT	The triple threat stance is an athletic stance that allows an offensive player with the ball to 1-shoot, 2-pass, or 3-dribble.	
	1.2.3. TRIPLE THREAT (2 x 1 minute)	Have the players use this simple drill to get used to the triple threat position.	
RED LIGHT (1-2 games)	This is a fun interactive game that involves dribbling and triple threat footwork.		
Team Concepts	SHOOTING LINE GAME (2 games to 8 makes)	Have some fun shooting just like practiced!	10%
Competing	ADVANTAGE NUMBERS GAME (1 game)	This is a fun, competitive small-sided game.	10%
Compliment Session	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 3 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	CONFIDENCE	Have the players define confidence and discuss how to build it.	5%
Warm-Up	RUNNING STOP DRILL (1 x 3 minutes)	Work on listening, stopping quickly, and being balanced!	5%
Building Skills	TEACH: Ball-Handling		70%
	SMACKS (1 x 20 sec.)	Gain comfort and familiarity with the ball by smacking it.	
	TAPS (1 x 30 sec.)	Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball.	
	STATIONARY CROSSOVER LOW, MIDDLE, HIGH (3 x 20 seconds each)	Push the ball back and forth from hand to hand to improve coordination and ball control.	
	FOUR CORNERS GAME (2 games)	This exciting game gets players moving and dribbling!	
	TEACH: Passing		
	MAKE THE CONNECTION DRILL (3 minutes)	Ensure that the players make eye contact before passing and show their hands as a target before catching.	
	STATIONARY WALL PASSING (3 x 10 passes)	Find a target on the wall and practice hitting it with the perfect pass!	
	TEACH: Shooting		
	PERFECT SHOT NO BASKET DRILL (3 x 8 attempts)	This is a fun shooting drill that challenges the players to be perfect!	
	PICK YOUR SHOT GAME (2 games)	Have some fun shooting just like practiced!	
Team Concepts	TEAMWORK CARRY DRILL (2 games)	This is a fun team building exercise that teaches players to work together.	10%
Competing	COACH SAYS (1 game)	This a fun game for defense and listening!	10%
	ADVANTAGE NUMBERS GAME (1 game)	This is a fun, competitive small-sided game.	
Compliment Session	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP 1	Have players talk about sportsmanship and provide examples of good and bad sportsmanship.	5%
Warm-Up	SKIP TAG (1 game)	A fun warm-up game to prepare the players to practice.	5%
Building Skills	TEACH: Ball-Handling		70%
	STATIONARY DRIBBLE LOW/ MIDDLE (2 x 30 seconds each hand)	Work on using the fingertips while making low/middle dribbles.	
	UP OR DOWN GAME (2 games)	Play a fun dribbling game to help develop dribbling skills.	
	DRIBBLE KNOCKOUT (2 games)	Have fun with this competitive dribbling game!	
	TEACH: Footwork & Conditioning		
	PIVOTING	Teach the players the fundamental skill of pivoting.	
	FORWARD PIVOT BASIC (4 x each foot)	Help the players gain comfort, confidence, and balance while pivoting.	
	COACH SAYS PIVOT (1-2 games)	Use this fun game to work on pivoting.	
	TEACH: Shooting		
	LAY-UP HIGH FIVE DRILL (3 minutes each side)	A simple high five can teach the fundamentals of a lay-up!	
Team Concepts	LAY-UP SKIPS DRILL (2 x down and back)	Help the players gain comfort with the proper lay-up form before moving to a ball and a basket.	10%
	1-2 STEP LAY-UPS (3 x 1 min each)	Break down the proper lay-up form as the players put it into action.	
	FUNDAMENTALS OF CUTTING	A cut is an offensive movement that a player makes to get open for the ball. There are several of types of cuts to learn.	
Competing	PASS & CUT DRILL (2-3 minutes each way)	Work on passing, cutting, and finishing with a lay-up.	10%
	WINDOWS DEFENSIVE SLIDE GAME (4 minutes)	Work on the defensive movement of pushing to stay in front of an offensive player.	
	ADVANTAGE NUMBERS GAME (1 game)	This is a fun, competitive small-sided game.	
Compliment Session	COACH, WHAT TIME IS IT? (1-2 games)	Enjoy a fun game that will put a smile on everyone’s face.	10%
	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 5 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP 2	Is good sportsmanship just about shaking hands after the game?	5%
Warm-Up	FREEZE TAG ( 2 minutes)	Warm-up with a fun game of freeze tag.	5%
Building Skills	TEACH: Ball-Handling		70%
	ONE HAND MOVING ROLLS (1 x each hand to half court & back)	Roll the ball up the court while maintaining contact with 1 hand.	
	LOW, MIDDLE, HIGH DRIBBLE (2 x 20 seconds each level & each hand)	Work on fingertip, control, and pound dribbles.	
	PAC-MAN DRIBBLING (2 games)	Improve ball-handling in this fun tag game.	
	TEACH: Passing		
	PARTNER PASS OR SHOOT DRILL (4 minutes)	Passing with a partner helps both passing and receiving.	
	BASKETBALL TENNIS (2 x 2 minutes)	This fun game works on both passing and catching with a partner.	
	TEACH: Shooting		
	1-STEP FORM DRILL (1 x 2 minutes)	Work on perfect execution of the basics of shooting.	
	MAKE FOR A CONE GAME (games of 3 minutes)	When a team makes a shot, they will take a cone from the other team.	
	TEACH: Rebounding		
	SELF-TOSS REBOUND DRILL (3 x 8)	The players will use two hands to toss the ball into the air, move towards it, and jump and catch it at their peak.	
Team Concept	GIVE & GO DRILL (2 minutes each side)	This basic basketball movement will help the players understand moving without the ball.	10%
Competing	COACH ASSISTED 2V2 SMALL-SIDED GAME (16 x 30 seconds)	Players use the give and go passing to play 2v2 in the quarter court.	10%
Compliment Session	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	FAIRNESS 1	Explain the basic rules and why we have them.	5%
Warm-Up	NBA TAG GAME (2 games)	Players join an NBA team and use changes of speed and direction to avoid being tagged.	5%
Building Skills	TEACH: Ball-Handling		70%
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that will help the players keep their eyes up and work on a variety of ball-handling moves.	
	TRANSFER THE TREASURE (2 games)	Use this fun game to work on change of speed and change of direction while dribbling.	
	SWIPERS GAME (1 game)	This is a fun game that allows the players to work on their ball-handling in a game speed environment.	
	TEACH: Passing		
	PASS TAG (2 games)	This tag game works on teamwork and passing in tight spaces.	
	TEACH: Shooting		
	BLOCK TO BLOCK SHOOTING DRILL (2 x 30 seconds)	Have the players work on using the backboard and hitting the square.	
	1-2 STEP LAY-UPS (3 x 1 min each)	Break down the proper lay-up form as the players put it into action.	
	MAKE FOR A CONE GAME (3 games of 3 minutes each)	Making a shot allows you to take a cone from the other team	
Team Concepts	TEACH: Footwork & Conditioning		10%
	ZIG-ZAG V JUMPS (2 x each player)	Make sure the players have good body control and balance as they jump.	
	DEFENSE, I LOVE IT DRILL (2 x 30 seconds)	Make sure the players have both a good defensive stance and a lot of energy!	
Competing	WINDOWS DEFENSIVE SLIDE GAME (4 minutes)	Work on the defensive movement of pushing to stay in front of an offensive player.	10%
	DEFENSE WINS CHAMPIONSHIPS! (games to 5)	This 2v2 small-sided game emphasizes and rewards defense!	
Compliment Session	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.







THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	FAIRNESS 2	Is it fair if you hold a player on defense while the ref isn't looking?	5%
Warm-Up	LIONS & TIGERS GAME	Work on listening, changing speeds, stopping quickly and being balanced!	5%
Building Skills	TEACH: Ball-Handling		70%
	LOW, MIDDLE, HIGH DRIBBLE (3 x 20 sec each level & each hand)	Controlled dribbling is essential to the development of all youth players.	
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	SWIPERS GAME (1 game)	This is a fun game that allows the players to work on their ball-handling in a game speed environment.	
	TEACH: Passing		
	EXTRA PASS DRILL (2 minutes)	This passing and shooting game helps players make quick decisions.	
	CONE KNOCKDOWN GAME (1 game)	Work on hitting a target in this fun game!	
	TEACH: Footwork & Conditioning		
	REVERSE PIVOT DRILL (4 x each foot)	Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting.	
	5 PASS KNOCKOUT (5 minutes)	The players use their pivoting and cutting to pass the ball and collect points.	
	TEACH: Rebounding		
	SELF-TOSS REBOUND DRILL (3 x 8)	The players will use two hands to toss the ball into the air, move towards it, and jump and catch it at their peak.	
	TEACH: Shooting		
	FREQUENT FLYERS (2 games)	Players will try to score from all locations in this fun game.	
	WRAP BATTLE (1 x 3 min)	Enjoy this competitive shooting game!	
Team Concepts	REVERSE THE BALL DRILL (games to 8)	This is a great competitive way to work on reversing the ball quickly.	10%
Competing	2 ON 2 NUMBERS GAME (games to 3)	Use this competitive game to work on both offense and defense.	10%
Compliment Session	COMPLIMENT SESSION	n small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 8 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: COACHES	Have the players define respect and discuss what it means to respect their coach.	5%
Warm-Up	NBA TAG GAME (2 games)	Players join an NBA team and use changes of speed and direction to avoid being tagged.	5%
Building Skills	TEACH: Ball-Handling		70%
	DRIBBLE BALANCE (3 x 20 seconds each leg)	Work on ball-handling while maintaining good balance and stability.	
	SNAKE DRIBBLING (2 games)	This is a fun game that helps the players keep their eyes up while working on a variety of ball-handling moves.	
	CAPTURE THE CONES GAME (2 x 4 minutes)	This is a fun team game that will reinforce basic ball-handling skills.	
	TEACH: Footwork & Conditioning		
	RED LIGHT (1-2 games)	This is a fun interactive game that involves dribbling and triple threat footwork.	
	TEACH: Passing		
	OPEN & DECIDE DRILL (3 minutes)	This drill teaches the players to read the situation, make a quick decision, and make a good pass to their teammate.	
	TEACH: Shooting		
	LAY-UP BOWLING (1-2 games)	This game emphasizes the importance of making lay-ups.	
	FREQUENT FLYERS (2 games)	Enjoy this competitive shooting game!	
Team Concepts	TRACING THE BALL BREAKDOWN DRILL (2 x 1 min)	Keep the intensity up for this drill by encouraging the players to talk and trace the ball with active hands.	10%
Competing	SCRAMBLE GAME (game to 5)	The offense gets an advantage in this half-court small-sided game.	10%
Compliment Session	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 9 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: TEAMMATES	Discuss how we respect our teammates.	5%
Warm-Up	OVER/UNDER RELAY (1 game)	This is a fun team game aimed to encourage the players to work together.	5%
Building Skills	TEACH: Ball-Handling		70%
	DRIBBLE BALANCE PUSH (2 x down and back)	Have the players maintain their balance and push off their outside leg.	
	TIC-TAC-TOE DRIBBLING GAME (2-3 games)	Players work on dribbling and making quick decisions in this game.	
	TEACH: Passing		
	WHO IS READY DRILL (2 minutes)	This drill helps offensive players recognize when a teammate is ready to receive a pass.	
	KEEP AWAY GAME (30 sec each)	Work on movement, teamwork, passing, and defense.	
	PASS IT DOWN THE LINE GAME (1 min/group )	This drill will help players pass and catch on the run.	
	TEACH: Rebounding		
	TOSS & GET IT DRILL (2 minutes each side)	Work on seeing the ball come off the backboard, timing it, grabbing it, and chinning it securely.	
	TEACH: Shooting		
	CHASE LAY-UPS (3 minutes)	Work on making lay-ups with a live defender.	
	WRAP BATTLE (1 x 3 min)	Players race to put up a shot in this competitive shooting game!	
Team Concepts	REVERSE THE BALL DRILL (games to 8)	This is a great competitive way to work on reversing the ball quickly.	10%
	COACH SAYS (1 game)	Work on defense and listening!	
Competing	SCRAMBLE GAME (game to 5)	The offense gets an advantage in this half-court small-sided game.	10%
Compliment Session	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 10 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: OPPONENTS	Discuss how to respect the opponent.	5%
Warm-Up	THE ESCAPE GAME (3 x each)	The players will partner up and “escape” from each other in this fun warm-up game.	5%
Building Skills	TEACH: Ball-Handling		70%
	UP OR DOWN GAME (2-4 games)	Play a fun game to practice dribbling at different heights and moving while dribbling.	
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	CAPTURE THE CONES GAME (games of 3 min)	This is another great team ball-handling game that will reinforce the skills previously learned.	
	TEACH: Footwork & Conditioning		
	OPEN & DECIDE DRILL (3 minutes)	This drill teaches the players to read the situation, make a quick decision, and make a good pass to their teammate.	
	LAND, AIR, SEA (2 games)	Like Simon Says, listen to the coach and do the right action!	
	TEACH: Shooting		
	ROCK, PAPER, SCISSORS GAME (2 games)	Work on speed layups with a chaser when you win rock, paper, scissors.	
Team Concepts	DRIVE & KICK COMPETITION DRILL (games to 10)	Have the players compete while working on the drive and kick concept.	10%
Competing	MAKE FOR A CONE GAME (1 x 3 minutes)	Make a shot and take a cone from the other team!	10%
	2V2 SURPRISE (game to 3)	Use this fun 2 on 2 game to encourage players to work together on offense and defense.	
Compliment Session	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 11 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: REFS	Discuss how to respect the refs.	5%
Warm-Up	FREEZE TAG (2 minutes)	Warm-up with a fun game of freeze tag.	5%
Building Skills	TEACH: Ball-Handling		70%
	MASCOT TAG (2 min)	Work on speed dribbling in this dribbling game!	
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that will help the players keep their eyes up and work on a variety of ball-handling moves.	
	TEACH: Shooting		
	BLOCK TO BLOCK SHOOTING DRILL (2 x 30 seconds)	Have the players work on using the backboard and hitting the square.	
	AROUND THE WORLD (1 game)	Divide the players into teams as they shoot in all spots “around the world.”	
	DRIBBLE, JUMP STOP & PASS (2 minutes each side)	Work on dribbling, jump stops, passing, and lay-ups.	
	TEACH: Rebounding		
	TOSS & GET IT DRILL (2 minutes each side)	Work on seeing the ball come off the backboard, timing it, going to grab it, and chinning it securely.	
	TEACH: Footwork & Conditioning		
	DRIBBLE RELAYS (2 games)	Create teams and compete in fun relay races.	
Team Concepts	FOLLOW THE LEADER SLIDES (1 x 10 seconds each player)	Have all the players follow the lead of a player at the front doing defensive movements.	10%
	PASS & CUT DRILL (3 minutes each way)	Emphasize a good pass and a quick cut looking for the ball.	
Competing	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	10%
Compliment Session	COMPLIMENT SESSION	n small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 12 of 12

ROOKIE LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: PARENTS	Discuss how to show respect for parents.	5%
Warm-Up	FOUR CORNERS GAME (2 games)	This exciting game gets players moving and dribbling!	5%
Building Skills	TEACH: Ball-Handling		70%
	5-5-5 CREATIVE DRIBBLE (4 x)	Allow the players to be creative with the ball.	
	DRIBBLE KNOCKOUT (2 games)	Practice dribbling in a crowd in this competitive dribbling game!	
	TEACH: Shooting		
	FREQUENT FLYERS (2 games)	Enjoy this competitive shooting game!	
	LAY-UP BOWLING (2 games)	This creative game emphasizes the importance of making lay-ups.	
	TEACH: Passing		
	BASKETBALL TENNIS (2 x 2 minutes)	This fun game works on both passing and catching with a partner.	
	CONE KNOCKDOWN GAME (1 game)	Work on hitting a target in this fun game!	
Competing	3V3 CHAMPIONS COURT (games to 3)	Use this fun 3 on 3 game to encourage players to work together on offense and defense.	10%
Compliment Session	COMPLIMENT SESSION	In small groups have the players debrief and share about the positive actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





# 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.



# Skill Checklist

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

## ✓ Ball Handling

- ☐ Advanced Stationary Control Series
- ☐ Jog Dribble to 1 Foot Stop & Push
- ☐ Cone Dribbling
- ☐ 1-Hand Side to Side Dribble
- ☐ Stationary Front-Back Control Dribble
- ☐ Spin Move
- ☐ Retreat Dribble
- ☐ Stationary 2 Ball Dribble Same Time
- ☐ Stationary 2 Ball Dribble Alternate
- ☐ Seated Dribbling
- ☐ Quick Change Dribbling
- ☐ Dribbling Through Stationary Defenders
- ☐ Pound Dribbling
- ☐ Running Crossover
- ☐ Finger Dribbling

## ✓ Passing

- ☐ Overhead Pass
- ☐ Outlet Pass
- ☐ Running Pass
- ☐ Pass Fakes

- ☐ Pass Off the Dribble
- ☐ Slide & Pass
- ☐ Kick Pass
- ☐ Dribble to Jump Stop Pass

## ✓ Shooting

- ☐ Weak Hand Lay-Ups
- ☐ Stepping Into the Shot with Both Feet
- ☐ Euro-Step Lay-Ups
- ☐ Drop Step Lay-Ups
- ☐ Dribble Move to Shot
- ☐ Free Throws
- ☐ Up & Under
- ☐ Catch & Shoot on the Move
- ☐ Shot Fake Shooting
- ☐ Using A Screen
- ☐ Speed Lay-Ups

## ✓ Footwork & Conditioning

- ☐ Jab Step
- ☐ Pivoting For Space
- ☐ Forward to Backward Run
- ☐ Side/Lateral Push
- ☐ Changing Speeds

## ✓ Rebounding

- ☐ Boxing Out

- ☐ Pursuing the Ball
- ☐ Protecting the Ball

## ✓ Offense

- ☐ Screening
- ☐ On the Ball Screens
- ☐ Off the Ball Screens
- ☐ Fast Break Spacing & Concepts
- ☐ Square Up and Rip Through
- ☐ Pass, Cut and Replace
- ☐ Fill The Corner
- ☐ The Pass Is Faster
- ☐ Receiving The Outlet
- ☐ Post Pass & Screen

## ✓ Defense

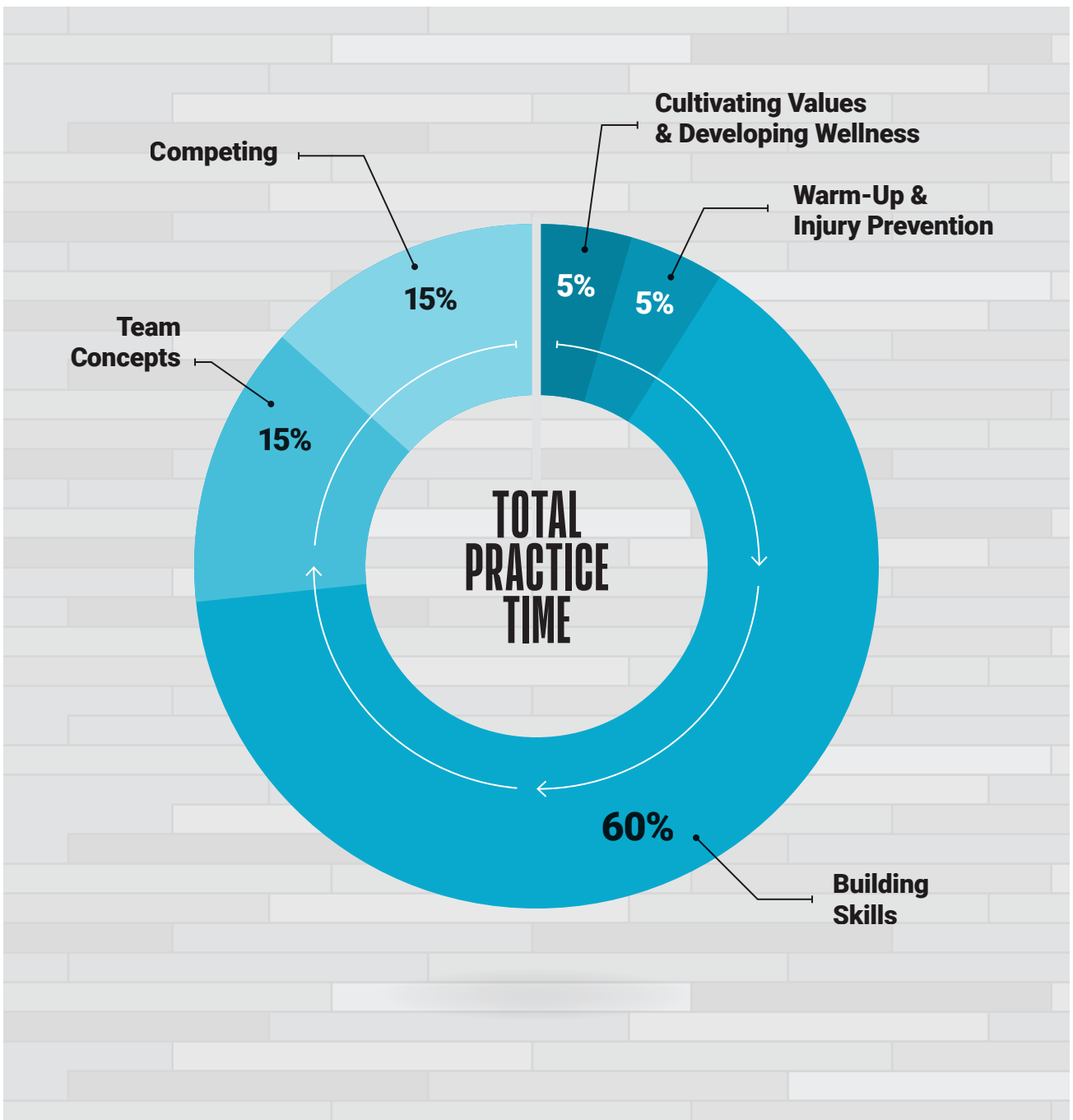
- ☐ On Ball Defense
- ☐ Half Court Man To Man
- ☐ Disadvantage Spacing & Concepts
- ☐ Closeout
- ☐ Closeout to Slide
- ☐ Drop Step Slide
- ☐ Turning the Ball

## ✓ Other

- ☐ Full Explanation of Rules

# Practice Plans

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





# Practice 1 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	TEAMWORK	Lead the players in a discussion about teamwork.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Incorporate teamwork and emphasize court markings in this fun warmup.	5%
Building Skills	Passing		60%
	DIAMOND PASSING (OVERHEAD PASSING) (4 x 1 min.)	Work on footwork and overhead passes in this activity.	
	Ball-Handling		
	STATIONARY CROSSOVER LOW, MIDDLE, HIGH (3 x 20 sec. each)	Push the ball back and forth from hand to hand to improve coordination and ball control.	
	CONE DRIBBLING (1 x 3 min. with variations)	Work on changing directions with the dribble.	
	CATCH THE RABBIT GAME (2-3 games)	This competitive activity works on speed dribbling and change of direction.	
	Shooting		
	FORM SHOOTING One Hand (2 x 10 shots )	The shot pocket originates from where a player would hold the ball with 1 hand.	
	DECISION 1 ON 1 (3 games)	Players decide to shoot a layup or a jump shot in this competitive activity.	
	SHOOT AND FOLLOW (3 x 2 mins)	Players are able to shoot multiple shots from various locations.	
Footwork & Conditioning		15%	
JUMP STOP GAME (2x)	Use this game to work on the fundamentals of the jump stop.		
Team Concepts	DEFENSE, I LOVE IT DRILL (2 x 5)	Have fun and bring energy to defense!	15%
	3-ON-2 ADVANTAGE (6 minutes)	This small-sided game works on making quick decisions and finding a great shot on offense.	
Competing	DRIBBLE RELAYS (2x)	Create teams and compete in fun relay races.	15%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 2 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>BALANCED LIFESTYLE</b>	Discuss why it's important to have a healthy balance of school, friends, family, and hobbies.	5%
<b>Warm-Up</b>	<b>TEAM TAG</b> (6 mins)	This warmup game gets practice started off with energy and fun!	5%
<b>Building Skills</b>	<b>Footwork &amp; Conditioning</b>		60%
	<b>1-2-3 TRIPLE THREAT</b> (1 x 90 seconds)	Work on reaction time and the triple threat stance.	
	<b>Ball-Handling</b>		
	<b>RETREAT DRIBBLE DRILL</b> (3 x 15 sec.)	Work on the fundamentals of the retreat dribble.	
	<b>SHIELD STEAL GAME</b> (4 mins)	Players practice ball-control under pressure in this game.	
	<b>Passing</b>		
	<b>2 ON 2 FULL COURT TRANSITION GAME</b> (8 mins)	Work on passing in game situations in this full-court game.	
	<b>Shooting</b>		
	<b>DROP STEP LAY-UP BREAKDOWN DRILL</b> (1 x 2 minutes each way)	Work on the correct footwork for the drop step lay-up.	
<b>Team Concepts</b>	<b>3-LINE LAYUPS ADD VARIATIONS</b> (3-5 mins)	Work on lay-ups and the euro step.	15%
	<b>2 ON 1 SHOOTING GAME</b> (6-7 mins)	Players work to get a great shot in this shooting game.	
	<b>PASS &amp; CUT DRILL</b> (3 mins each way)	Work on passing, cutting, and finishing with lay-ups.	
<b>Competing</b>	<b>CIRCLE READS</b> (3-5 mins)	Work on shooting and layups in this decision making game.	15%
	<b>3 ON 3 NUMBERS GAME</b> (games to 3)	Emphasize the offensive and defensive concepts learned through 3 on 3.	

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## Practice 3 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	FAIRNESS 1	Explain the basic rules and why we play fair.	5%
Warm-Up	FREEZE TAG (2 minutes)	Warm-up with a fun game of freeze tag.	5%
Building Skills	Ball-Handling		60%
	JAILBREAK (2 games)	Players practice finding gaps in the defense in this small-sided game.	
	TUCK BACK DRILL (2 x 6 each way)	Work on triple threat and protecting the ball.	
	ROOTED 1-ON-1 (2 mins)	Work on ball-handling and scoring moves in this small-sided game.	
	Passing		
	KICK PASS BREAKDOWN DRILL (1 minute each way)	Work on the proper kick pass form.	
	Shooting		
	MAKE FOR A CONE GAME (1 x 3 minutes)	When a team makes a shot, they take a cone from the other team.	
	FREE THROW GOLF (1 game)	Work on free throws in a fun competitive game.	
	Rebounding		
	2 ON 2 BOX OUTS (2-3 games)	Players work on boxing out and rebounding in a game-like setting.	
Team Concepts	2-PERSON CLOSEOUT DRILL (2 x 1 minute)	Work on guarding the ball and quickly going to help.	15%
Competing	4 ON 4 WITH CONSTRAINTS (games to 3)	Emphasize all the skills worked on in practice.	15%
	5 ON 5 (games to 3)	Keep this a half court game.	

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- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.







## Practice 4 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>ACTIVE LIFESTYLE</b>	Have the players define being active, and explain the benefits of playing multiple sports.	5%
<b>Warm-Up and Ball-Handling</b>	<b>BIB-TAG</b> (3 games)	Warmup and work on ball-handling with this fun game.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>PAC-MAN DRIBBLING</b> (2 games)	Improve ball-handling in this fun tag game	
	<b>Passing</b>		
	<b>KEEP AWAY GAME</b> (30 sec. each)	Work on movement, teamwork, passing, and defense.	
	<b>Shooting</b>		
	<b>SPIN STEP IN DRILL</b> (1 x 2 minutes each way)	Ensure that the players plant and turn on their inside foot.	
	<b>TRIANGLE DECISION SHOOTING</b> (4 minutes)	Players work on shooting off the dribble vs. live defense.	
<b>Team Concepts</b>	<b>SHOOTING LADDERS</b> (2 games)	Shooting teams compete to complete the most ladders in this game.	15%
	<b>PASS, CUT &amp; REPLACE DRILL</b> (2 minutes)	Work on good passes, cutting, and filling the open spot.	
	<b>CRISS CROSS GAME</b> (games to 3)	Players work on swinging the ball and attacking in this small-sided game.	
<b>Competing</b>	<b>CLOSE OUT 1-ON-1 DRILL</b> (4 minutes)	Work on good defensive close outs into 1 on 1.	15%
	<b>5 ON 5 WITH CONSTRAINTS</b> (3 minute games)	Playing with no dribbles will reinforce movement.	

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- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: COACHES	Discuss what it means to respect your coach.	5%
Warm-Up	THE ESCAPE GAME (3 x each partner)	The players will partner up and “escape” from each other in this fun warm-up game.	5%
Building Skills	Ball-Handling		60%
	5-5-5 CREATIVE DRIBBLE (1 minute)	Allow the players to be creative with the ball.	
	DRIBBLE KNOCKOUT CONTINUOUS (5 mins)	This fun game has players moving while dribbling and competing.	
	Passing		
	PASS FAKE BREAKDOWN DRILL (2 mins)	Work on good pass fakes.	
	PASS FAKE & DRIVE GAME (1 x 2 minutes each side)	Give a good pass fake to make a defender react, then drive.	
	FULL COURT TRANSITION OUTNUMBERED GAME (5 mins)	The offense has an advantage in this fast paced small-sided game.	
	Shooting		
	SHOT FAKE BREAKDOWN DRILL (2 mins)	Have the players work on the correct execution of a shot fake.	
	VARIATION SHOOTING (3-5 mins)	Players practice shooting from different angles and depths.	
	Rebounding		
	1 ON 1 BOX OUT GAME (2 mins)	Get the players accustomed to boxing out in this small-sided game.	
Team Concepts	USING A SCREEN 2 ON 1 GAME (5 mins)	Players work on reading screens and making quick decisions	15%
	TRACING THE BALL BREAKDOWN DRILL (2 x 1 min)	Work on tracing the ball with active hands.	
Competing	2 ON 2 NUMBERS GAME (games to 3 makes)	Use this fun 2 on 2 game to encourage both offense and defense.	15%
	5 ON 5 (games to 3 makes)	Encourage the players through their play.	

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- Be sure to take regular water breaks to help your players stay hydrated.

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## Practice 6 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: TEAMMATES	Lead a discussion around how to respect teammates.	5%
Warm-Up	LINE HOPS (1 x 20 seconds each)	1. One-leg balance hops 2. Dribble hops 3. Partner hops 4. Balance Battles	5%
Building Skills	Ball-Handling		60%
	SPIN DRIBBLE DRILL (3 min.)	Work on a hard last dribble into a quick spin move.	
	DRIBBLE FREEZE TAG (3 min.)	This is a fun game of tag while dribbling the ball!	
	JAIL BREAK (3 min.)	Players work on their dribble moves against live defense in this game.	
	Passing		
	PASS UNDER PRESSURE GAME (6 x 30 seconds)	Players make passes against live pressure in this game.	
	Shooting		
	1-STEP FORM DRILL (10 makes each side)	Make sure the players create a lot of space with their steps.	
	THE JAB & ATTACK DRILL (3 x each side)	Take a hard jab and a big attack step towards the basket.	
	JAB STEP WRAP BATTLE (3 min)	Enjoy this competitive layup and shooting game!	
	BLIND 1 ON 1 JUMP SHOTS (4 games)	The offense gets an advantage in this small-sided game.	
Team Concepts	SCRAMBLE GAME (game to 5)	The offense gets an advantage in this half-court small sided game.	15%
	DEFENDING THE 2-ON-1 DRILL (1 x 3-5 minutes)	Work on both 2 on 1 offense and defense.	
Competing	KNOCKOUT (1 game)	Have fun with this competitive shooting game.	15%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPECT: OPPONENTS</b>	Discuss how & why to respect your opponents.	5%
<b>Warm-Up</b>	<b>IQ WARM-UP</b> (5 lines)	Teach the players about the game as a part of the warm-up.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>TUCK BACK</b> (2 x 6 each way)	Teach the players to be in a strong stance with the ball.	
	<b>ON THE WHISTLE JUMP STOP</b> (2 minutes)	Have the players react to the whistle with a jump stop.	
	<b>DRIBBLE BALANCE PUSH</b> (2 x down and back)	Have the players maintain balance and push off their outside leg.	
	<b>1 ON 1 DRIBBLE BATTLE</b> (3 games)	Work on ball-handling in this competitive and active game.	
	<b>Passing</b>		
	<b>WHO IS READY</b> (2 minutes)	Help the players recognize when a teammate is ready.	
	<b>DRIBBLE &amp; PASS TO TARGET DRILL</b> (2 minutes each side)	Work on moving and hitting the target with a pass.	
	<b>Shooting</b>		
	<b>PERFECT SHOT NO BASKET DRILL</b> (3 x 8 attempts)	This is a fun shooting drill that challenges the players to shoot the perfect shot!	
	<b>BLIND 1 ON 1 JUMP SHOTS</b> (4 games)	The offense gets an advantage in this small-sided game.	
	<b>Rebounding</b>		15%
	<b>2 ON 2 BOX OUTS</b> (2-3 games)	Players work on boxing out and rebounding in a game-like setting.	
<b>Team Concepts</b>	<b>2 ON 1 FAST BREAK</b> (3 min)	Work on good timing, spacing, and decision making.	
<b>Competing</b>	<b>ON THE BLOCK 1 ON 1 GAME</b> (games to 3)	Have the players react and finish quickly with a live defender.	15%
	<b>ELBOWS 1 ON 1 GAME</b> (games to 5)	Help the players take good game shots with a live defender.	
	<b>3 ON 3 NUMBERS GAME</b> (games to 5)	Use 3 on 3 to work on team concepts.	

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- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 8 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: PARENTS	Discuss how to show respect for parents.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the geography of the court while getting warm.	5%
Building Skills	Ball-Handling		60%
	SIDE TO SIDE DRIBBLE LOW, MIDDLE, HIGH (3 sets each hand)	Work on controlling the ball by dribbling it back and forth.	
	SHADOW DRIBBLING (3 min)	Work on ball-handling in this follow the leader game.	
	CHANGE OF SPEED GAME (3 x down and back)	Changing speeds will make every player better.	
	ROOTED 1 ON 1 (2 min)	Work on ball-handling and scoring moves in this small-sided game.	
	Passing		
	DRIBBLE & PASS TO A TARGET DRILL (1 x 2 minutes)	Emphasize hitting a specific target with each pass.	
	OPEN & DECIDE (5 min)	Work on quick decision making.	
	Shooting		
	FORM SHOOTING – 2 HANDS (3 x 8)	Work on shooting with great form every time.	
	PARTNER STEP-IN SHOOTING DRILL (10 makes each)	Work with a partner to take good shooting reps.	
	BLOCK TO BLOCK SHOOTING DRILL (30 seconds each player)	Work on using the backboard to make shots.	
	CHASE LAY-UPS (3 min)	Work on making lay-ups with a live defender.	
Team Concepts	POST PASS & SCREEN DRILL (8 min)	Use pass fakes to make passes easier.	15%
Competing	POST 3 ON 3 GAME (games to 5 minutes)	Have fun with this small-sided game starting with a pass to the post.	15%
	5 ON 5 (games to 7)	Encourage the players to keep the ball moving!	

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- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 9 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>SPORTSMANSHIP</b>	Discuss how sportsmanship can translate off the court.	5%
<b>Warm-Up</b>	<b>TEAM TAG</b> (2 games)	This warmup game gets practice started off with energy and fun!	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>READ THE HAND DRILL</b> (10 total)	Players read the defense as they make their dribble move.	
	<b>1-ON-1 DRIBBLE BATTLE</b> (3 games)	Work on ball-handling in this competitive and active game.	
	<b>Passing</b>		
	<b>PASS &amp; CUT DECISION GAME</b> (10 min)	Players execute good passes and make game-like cutting decisions.	
	<b>OPEN &amp; DECIDE</b> (5 min)	Good decision making is essential in basketball!	
	<b>Shooting</b>		
	<b>VARIATION SHOOTING</b> (3-5 min)	Players practice shooting from different angles and depths.	
	<b>2 ON 1 SHOOTING GAME</b> (5 min)	Players work to get a great shot in this shooting game.	
<b>Team Concepts</b>	<b>Rebounding</b>		15%
	<b>TOSS &amp; GET IT DRILL</b> (2 minutes each side)	Emphasize good timing and rebounding with two hands.	
	<b>CONE KNOCKDOWN GAME</b> (1 game)	Work on moving the ball down court and hitting a target in this fun game.	
<b>Competing</b>	<b>2 ON 2 DRIVE AND KICK</b> (games to 3 baskets)	Play 2 on 2 out of a drive and kick.	15%
	<b>3 ON 3 CONTINUOUS</b> (games to 5)	Use 3 on 3 to develop team concepts.	

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- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 10 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>POSITIVITY</b>	How can having a positive attitude help your team?	5%
<b>Warm-Up</b>	<b>LINE HOPS</b> (1 x 20 seconds each)	1. One-leg balance hops 2. Dribble hops 3. Partner hops 4. Balance Battles	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>STUNT DRIVERS</b> (3 mins)	Players go head-to-head in a dribbling game	
	<b>DRIBBLE KNOCKOUT</b> (2 games)	Have fun with this competitive dribble game!	
	<b>Passing</b>		
	<b>WING OPEN AND DECIDE</b> (10 mins)	Work on passing and decision making in this activity.	
	<b>Shooting</b>		
	<b>2-BOUNCE SHOOTING GAME</b> (games to 5)	Hustle after rebounds to prevent two bounces.	
<b>Team Concepts</b>	<b>Footwork &amp; Conditioning</b>		15%
	<b>POWER BURST GAME</b> (2-3 games)	This game gets players changing speeds and direction while dribbling.	
	<b>ON THE BLOCK 1 ON 1 GAME</b> (games to 3)	Work on game like finishes from the block.	
<b>Competing</b>	<b>ELBOWS 1 ON 1 GAME</b> (games to 5)	Work on taking good shots starting from the elbow.	15%
	<b>2 ON 1 FAST BREAK GAME</b> (3 minutes)	This small-sided game starts with defense tracing the ball with active hands.	
	<b>TRACING THE BALL 2 ON 2 GAME</b> (4 mins)	Work on tracing the ball with active hands.	
	<b>2 ON 2 FROM CLOSE OUT</b> (games to 5)	Help the players understand the importance of the close out.	

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The percentages listed serve as approximate recommendations on how to allocate practice time.







# Practice 11 of 12

STARTER LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	NUTRITION	How does food affect how you play?	5%
Warm-Up	DYNAMIC WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> <li>In Out Turn</li> <li>Quick Feet</li> <li>Hip Up &amp; Over Touch</li> <li>Over the Hurdle Forward</li> <li>Over the Hurdle Backwards</li> <li>Jog to Sprint</li> </ul>	5%
Building	<b>Ball-Handling</b>  <b>SHIELD TAG</b> (3 min)  <b>Passing</b>  <b>WING OPEN AND DECIDE</b> (5 min)  <b>1 ON 1 + 1 PRESSURE PASSING GAME</b> (3 min)  <b>Shooting</b>  <b>PARTNER LAY-UPS</b> (4 minutes)  <b>FREQUENT FLYERS</b> (2 games)  <b>Rebounding</b>  <b>3-SECOND BOX OUT GAME</b> (2 minutes each side)	Work on controlling the dribble while running.   Stress the importance of good, quick decisions.  Players work on passing to an open teammate while being defended.  Work in pairs on specific finishes.  The offense has an advantage in this small-sided game.  Work on making contact and holding a good box out.	60%
Team Concepts	<b>PASS AND CUT DECISION GAME</b> (10 mins)  <b>2 ON 1 SHOOTING GAME</b> (5 mins)	Players execute good passes and make game-like cutting decisions.  Players work to get a great shot in this shooting game.	15%
Competing	<b>3 ON 3 NUMBERS GAME</b> (games to 5)  <b>5 ON 5</b> (games to 6)	Use 3 on 3 to emphasize team concepts.  Encourage team play and good decision making.	15%

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





# Practice 12 of 12

STARTER LEVEL

PERCENTAGE OF  
TOTAL PRACTICE  
TIME

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	CONFIDENCE	Practicing and working on your game makes you more confident.	5%
Warm-Up	BIB-TAG (3 games)	Warmup and work on ball-handling with this fun game.	5%
Building Skills	Ball-Handling		60%
	1-ON-1 DRIBBLE BATTLE (3 games)	Work on ball-handling in this competitive and active game.	
	JAILBREAK (2 games)	Players practice finding gaps in the defense in this small-sided game.	
	Passing		
	WHO IS READY DRILL (2 minutes)	Work on building decision making skills with the ball.	
	DRIBBLE & PASS TO TARGET DRILL (2 min. each side)	Work on being perfect with the pass.	
	Shooting		
	Let players pick which shooting game they would like to play in this section!		
	OPTION 1: JUMP STOP SHOOTING GAME (games to 6)	Players vote for which game to play first!	
	OPTION 2: MAKE FOR A CONE		
Competing	2-ON-1 FAST BREAK DRILL (3 min)	Work on making good decisions.	15%
	2 ON 2 NUMBERS GAME (games to 3)	Use this fun 2 on 2 game to teach offense and defense.	
	3 ON 3 NUMBERS GAME (games to 5)	Use 3 on 3 to emphasize team concepts.	
	5 ON 5 (games to 5)	Encourage team play and good decision making.	

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- Be sure to take regular water breaks to help your players stay hydrated.

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# All-Star





# All-Star Level ABCD's

At the All-Star level, Jr. NBA/Jr. WNBA 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.



# Skill Checklist

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

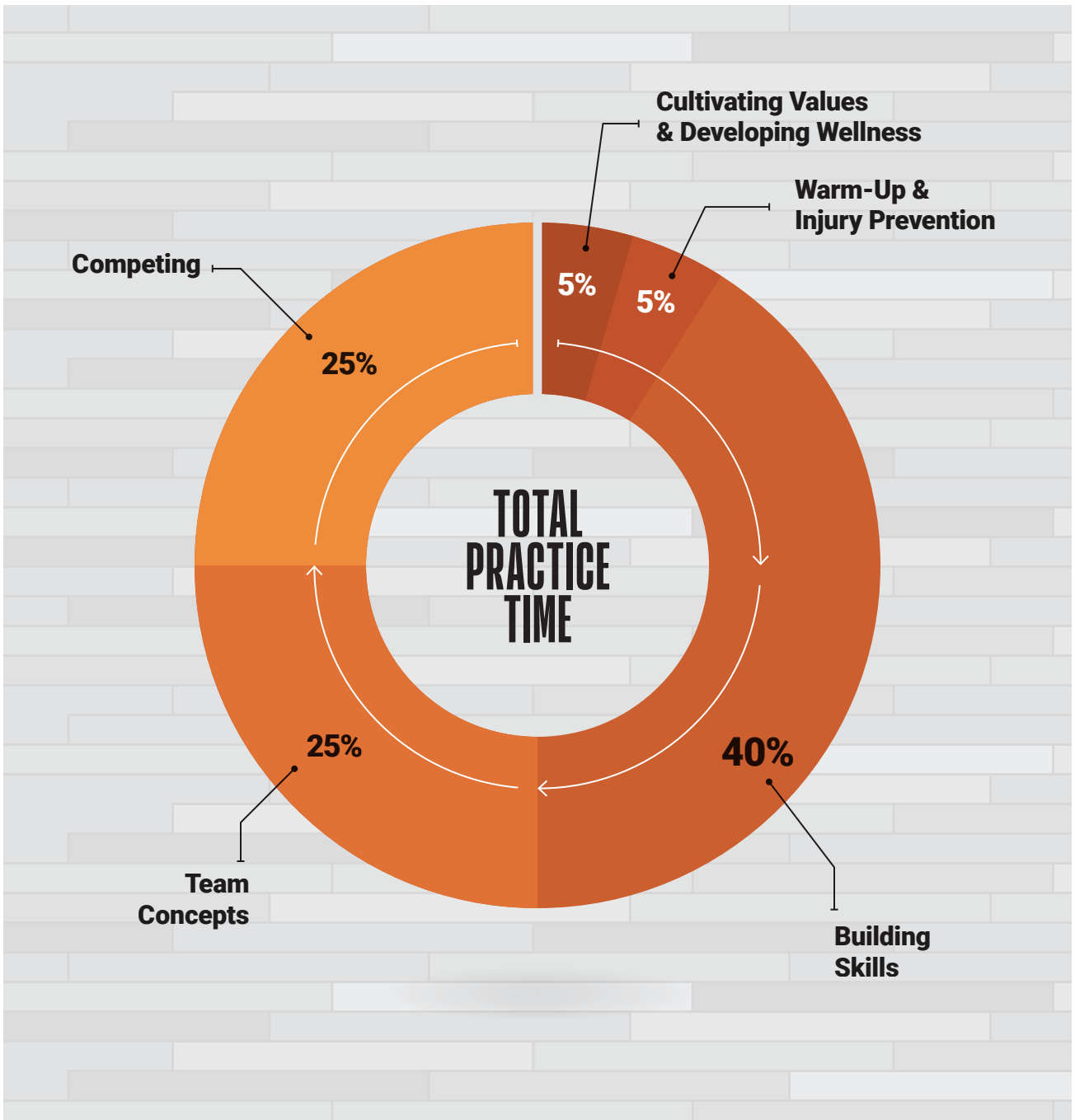
✓ <b>Ball Handling</b>
<input type="radio"/> Behind the Back Dribble
<input type="radio"/> Between the Legs Dribble
<input type="radio"/> Dribble 1 Ball, Catch & Pass A 2Nd Ball
<input type="radio"/> Stationary 1-Hand Control Pass
<input type="radio"/> Moving 1-Hand Control Pass
<input type="radio"/> Creative Dribbling
<input type="radio"/> Pull Back Dribble
<input type="radio"/> Stationary 2 Ball Dribble with Contact
<input type="radio"/> 2 Ball Creative Dribbling
✓ <b>Passing</b>
<input type="radio"/> Backdoor Pass
<input type="radio"/> 1-Hand Ball Control Passing
<input type="radio"/> Post Entry Pass
<input type="radio"/> Skip Pass
<input type="radio"/> Shovel Pass

✓ <b>Shooting</b>
<input type="radio"/> Step-Back Shot
<input type="radio"/> Reading Off Ball Screens for Shots
<input type="radio"/> Screens On the Ball Shots (Pull-Up, Stop Behind, Split)
<input type="radio"/> Reverse Lay-Up
<input type="radio"/> Extended Lay-Up
<input type="radio"/> Spin To Shot
<input type="radio"/> Transition Catch And Shoot
✓ <b>Footwork &amp; Conditioning</b>
<input type="radio"/> Run & Turn Forward & Backward
<input type="radio"/> Sprinting
<input type="radio"/> Backdoor Cut
<input type="radio"/> Quick Feet
<input type="radio"/> Explosion
✓ <b>Rebounding</b>
<input type="radio"/> Live Rebounding Drills with Contact
<input type="radio"/> Tag on Perimeter
✓ <b>Offense</b>
<input type="radio"/> L-Cut
<input type="radio"/> Baseline Drive Fill the Corner
<input type="radio"/> Reading Screens
<input type="radio"/> Post Pass Action (Cut, Relocate, Screen)

<input type="radio"/> Post Player Spacing on Drives
<input type="radio"/> Basic Set Plays
<input type="radio"/> Transition Offense
<input type="radio"/> Motion Offense
✓ <b>Defense</b>
<input type="radio"/> Post Defense (Before the Catch, After the Catch, After the Dribble)
<input type="radio"/> Defending Ball Screens
<input type="radio"/> Defending Away Screens
<input type="radio"/> Help the Helper
<input type="radio"/> Full Court Man To Man
<input type="radio"/> Shell Drill
<input type="radio"/> Denying
<input type="radio"/> Jumping to the Ball
<input type="radio"/> Transition Defense
<input type="radio"/> Taking Charges
✓ <b>Other</b>
<input type="radio"/> Advanced Rules
<input type="radio"/> Special Situations

# Practice Plans

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





# Practice 1 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SETTING GOALS	Teach the players the importance of long and short term goals.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each from baseline to half court or vice versa)	<div><div><ul style="list-style-type: none"><li>Leg Swings</li><li>Imaginary Dunks</li><li>Trunk Twists</li></ul></div><div><ul style="list-style-type: none"><li>Knee Hug</li><li>Backwards Run</li><li>Explosion Leap</li></ul></div></div>	5%
Building Skills	Ball-Handling & Passing		40%
	GUANTLET DRIBBLING (4 min.)	Improve ball control, on-ball defensive footwork, and decision-making in a small-sided game setting.	
	PARTNER DECISION DRIBBLING GAME (4 min.)	Improve ball-handling skills and decision-making in a game-like setting.	
	Passing		
	SKIP PASS DRILL (2-3 min. each way)	Make a good skip pass for a lay-up.	
	Shooting		
	TRIANGLE DECISION SHOOTING (4 min.)	Players work on shooting off the dribble vs. live defense.	
	CHAOS LAY-UPS (5 min.)	Improve finishing skills in a chaotic environment that simulates game conditions.	
Team Concepts	PASS, CUT & REPLACE (1 x 1-3 min.)	Work on good passes, cutting, and filling the open spot.	25%
Competing	3 ON 3 NO-DRIBBLE GAME	Enhance passing, pivoting, and screening skills under pressure.	25%
	3 ON 3 CONTINUOUS (games to 3 makes)	The game must start with a pass and cut, or pass and screen away.	
	5 ON 5 CONTROLLED (4 minute games)	If needed, stop the game and provide teaching points.	

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- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.







## Practice 2 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>ADVANCED RULES</b>	Explain some advanced rules such as the bonus, possession arrow, timeouts etc.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>The Bear Hold</li> <li>Ankling</li> <li>Carioca</li> <li>Pogo Jumps</li> <li>Leg Swings</li> <li>Calf Raises</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		40%
	<b>1 ON 1 HALF-COURT</b> (5 min.)	Work on dribbling against defenders from different angles.	
	<b>Footwork &amp; Conditioning</b>		
	<b>PIVOT 1 ON 1</b> (6 min.)	Improve pivoting technique, footwork, ball-handling, and scoring ability in a game-like setting.	
	<b>Passing</b>		
	<b>3 ON 1 TRANSITION</b> (5 min.)	Develop players' ability to create and finish scoring opportunities in fast-paced transition situations.	
	<b>Shooting</b>		25%
	<b>PROGRESSION SHOOTING COMPETITION</b> (1 x 8 makes each)	Work on making 8 shots from multiple spots on the floor.	
<b>Team Concepts</b>	<b>3-SECOND DENY 1 ON 1</b> (5-7 min.)	Work on denying the ball for 3 seconds!	25%
	<b>JUMP TO THE BALL DRILL</b> (4 x each side)	Pressure the ball, and on the pass, jump to the ball.	
<b>Competing</b>	<b>3 ON 3 DICTATED</b> (games to 3 makes)	Players must start with a pass and cut, or pass and ball screen	25%
	<b>5 ON 5 MINIMUM 4 PASSES</b> (games to 4 makes)	Every possession has to start with 4 passes.	

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## Practice 3 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	LEADERSHIP	How do players show good leadership?	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<div><div><ul style="list-style-type: none"><li>Bent Knee Side Plank</li><li>Forward Walking Lunge</li><li>Toes &amp; Chest</li><li>Stationary A-Skip</li></ul></div><div><ul style="list-style-type: none"><li>Split Squat Hold</li><li>Lateral Bound</li><li>Heels &amp; Shoulders</li><li>Power Skips</li></ul></div></div>	5%
Building Skills	Ball-Handling		40%
	1 ON 1 DRIBBLE BATTLE (3 games.)	Work on ball-handling in this competitive and active game.	
	1 ON 1+1 HALF-COURT (5-7 min.)	Work on dribbling against defenders from different angles.	
	Passing		
	POUND PASS 1 ON 1 (5-6 min.)	Work on controlled 1-handed passes into live 1 on 1.	
	Shooting		
	ANIMAL FINISHING GAME (5 min.)	Players develop a variety of finishing techniques under pressure.	
	3-PERSON SHOOTING (2 x 10 shots each)	With 1 shooter, 1 passer, 1 rebounder get good quick reps.	
Team Concepts	GET OPEN 1 ON 1 (3-4 min.)	Work on changing speeds and changing directions to get open.	25%
	3 ON 1 DRIVE & KICK REACTION (5 min.)	Improve penetration reactions, spacing, and passing decision-making in offensive sets.	
Competing	3 ON 3 HELP THE HELPER (games to 3)	The game starts after a drive and help the helper.	25%
	5 ON 5- DICTATED (games to 3)	Play these games with no dribbling to emphasize cutting.	
	5 ON 5 SITUATIONAL PLAY (3 x)	Help the players understand game and clock management.	

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## Practice 4 of 12

ALL-STAR LEVEL

PERCENTAGE OF  
TOTAL PRACTICE  
TIME

THEME	ACTIVITY	DETAILS	
<b>Values</b>	<b>HISTORY OF THE GAME/RULES</b>	Spend time teaching the history of the game and explaining some of the more advanced rules.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>Stand to Athletic Position</li> <li>Angle Balance</li> <li>Over the Hurdle Forward</li> <li>Lateral Squat Hold</li> <li>Vertical Jump to Stick</li> <li>Lateral Chop</li> <li>Over the Hurdle Backwards</li> <li>Jog to Sprint</li> </ul>	5%
<b>Building Skills</b>	<b>Footwork &amp; Conditioning</b>		40%
	<b>GET OPEN 1-ON-1 FROM WING</b> (3-4 min.)	The offense works to get open in this small-sided game.	
	<b>Ball-Handling</b>		
	<b>PULL BACK 1-ON-1 GAME</b> (4 min.)	Work on creating space before going live 1 on 1.	
	<b>Shooting</b>		
	<b>2 BALLS, 3 SHOOTERS V CUT SHOOTING</b> (3-4 min.)	Players get up a large volume of game like shots.	
	<b>ON THE BLOCK 1-ON-1 GAME</b> (4 min.)	Work on game like finishes from the block.	
	<b>Rebounding</b>		25%
	<b>3-ON-3 REBOUNDING BATTLE</b> (2-3 games)	Work on defensive principles and then tag and pursue!	
<b>Team Concepts</b>	<b>3 ON 1 DRIVE &amp; KICK REACTION</b> (5 min.)	Improve reactions, spacing, and passing decision-making in offensive sets.	
	<b>3 ON 3 DENY</b> (3-5 min.)	This small-sided game focuses on cutting backdoor against aggressive defense.	25%
	<b>DUNKER SPOT 2 ON 1</b> (3-4 min.)	After the post pass, relocate on the perimeter for a shot.	
<b>Competing</b>	<b>3 ON 3 DICTATED - DEFENSE WINS</b> (games to 4)	The defensive team will get a point for every stop, and the offense must start with a ball screen.	25%
	<b>5 ON 5 VARIATIONS</b> (games to 5)	Allow the players some freedom in this set of 5 on 5 games.	

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## Practice 5 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HUMILITY	Talk through what it means to be humble.	5%
Warm-Up	TAG TEAM (6 mins)	This warmup game gets practice started off with energy and fun!	5%
Building Skills	Ball-Handling & Passing		40%
	THE CHASE GAME (2-3 games)	Players work on handling the ball while making quick evasive moves	
	SHADOW DRIBBLING GAME (3 mins)	Work on ball-handling in this follow the leader game.	
	2 ON 1 BUNCH SPACING GAME (3-4 games)	This small-sided game works on recognizing and correcting poor spacing.	
	Shooting		
	VARIATION SHOOTING (3-5 mins)	Players practice shooting from different angles and depths.	
	1 ON 1 CREATE SPACE (3-4 mins)	Players learn to create space against tight defense.	
	SCREENING REACTION BURSTS (4-5 bursts)	Players work on using and reading screens in game-like settings.	
	GET OPEN 1 ON 1 + 1 (3-4 games)	Players work on reading and reacting to defense in an off-ball setting.	
	Rebounding		
TAG & PURSUE DRILL (2-3 min.)	Work on defensive principles and then tag and pursue!		
Team Concepts	3 ON 1 DRIVE & KICK REACTION (5 mins)	Improve penetration reactions, spacing, and passing decision making in offensive sets.	25%
	SHELL DRILL - 4 ON 4 (6 min.)	Only allow passing and cutting. No screens or post players.	
Competing	2 ON 2 NUMBERS GAME (games to 3)	Work on playing together with a teammate.	25%
	5 ON 5 HALF COURT (5 possessions at a time)	The team that gets the most defensive stops out of 5 possessions, wins.	

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The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 6 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>PLAYING POSITIONS</b>	Teach the players the typical roles of each position.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>Hip Hinge</li> <li>Backward March</li> <li>High Knees</li> </ul>	5%
<b>Team Concepts</b>	<b>SHELL DRILL 5 ON 5 - WITH POST</b> (5 min.)	Help the players know their defensive positioning with 5 players on the court.	25%
	<b>3 ON 2, 2 ON 1 MODIFIED</b> (4 min.)	Players attack with an advantage from different angles each time.	
<b>Building Skills</b>	<b>Ball - Handling</b>		40%
	<b>LINE BATTLES</b> (4 min.)	This game focuses on developing dribbling toughness and defensive tenacity in a confined space.	
	<b>Passing</b>		
	<b>2 ON 1 POST PASSING GAME</b> (5 min.)	Work on post entry passes in a live defensive setting.	
	<b>Shooting</b>		
	<b>2 ON 1 SHOOTING GAME</b> (6-7 min.)	Players work to get a great shot in this shooting game.	
	<b>TRANSITION DECISION SHOOTING</b> (5 min.)	Simulate transition shooting and decision making in this activity.	
<b>Competing</b>	<b>FREE-THROW GOLF</b> (1 game)	Work on free throws in a fun competitive game.	25%
	<b>CHASE LAYUP DRILL - FULL COURT</b> (1 x 3 min.)	Have the offensive player start at the elbow and face the defender before turning to go the other way!	
	<b>1 ON 1 - CONES</b> (games to 3)	Players must touch the cones before getting to their spot for 1 on 1.	
	<b>1 ON 1 - DRIBBLE OUT</b> (games to 3)	Players must dribble and run out around the cones before playing 1 on 1.	
	<b>3 ON 2 TRAILER GAME</b> (games to 5 makes)	This drill encourages the players to score in the 3 on 2 setting before the 3rd defender arrives.	
	<b>5 ON 5 SITUATIONAL</b> (3 Situations)	It is very important for the players to begin to understand how to manage the game and clock.	

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The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 7 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	TIME MANAGEMENT	Help the players understand how to manage school, fun, sports, and other hobbies.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"><li>Leg Swings</li><li>Imaginary Dunks</li><li>Trunk Twists</li><li>Knee Hugs</li><li>Backwards Run</li><li>Explosion Leaps</li></ul>	5%
	3 ON 3 NUMBERS GAME (games to 3)	All possessions must start with a down screen.	
Building Skills	Ball-Handling		40%
	DISTRACTED DRIBBLING	This drill develops ball-handling under pressure by adding constraints that challenge the dribbler's control.	
	HALF-COURT LINE BATTLES	This game focuses on developing dribbling toughness and defensive tenacity in a confined space.	
	Passing		
	2 ON 1 AT THE RIM (2-3 min)	This drill develops interior scoring, passing and decision-making.	
	Shooting		
	HOT SHOT SHOOTING	Work on game-like shot creation against defensive pressure.	
	USING A SCREEN SHOOTING GAME	Shooters work on reading the defense and getting open looks.	
	Rebounding		
	CHAOS REBOUNTING	Develop game-like rebounding habits in an unpredictable, competitive setting while reinforcing boxing out, pursuit of the ball, and finishing under pressure.	
Team Concepts	2 PERSON CLOSE-OUT TO LIVE GAME	Keep this drill very high energy with a lot of communication.	25%
Competing	11-PERSON TRANSITION DRILL (5 min)	The new offensive come in from different angles or starting locations.	25%
	5 ON 5 SITUATIONAL PLAY (3-4 situations)	Teams practice live game scenarios.	

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- Be sure to take regular water breaks to help your players stay hydrated.

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## Practice 8 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	REST	Teach the players the importance of sleep.	5%
Warm-Up	MIXED DRILLS – FOOTWORK FOCUS	<ul style="list-style-type: none"> <li>2 Feet Forward &amp; Backwards</li> <li>1 Foot Forward &amp; Backwards</li> <li>1 Foot Side to Side</li> <li>2 Feet Side to Side</li> <li>2 Foot Hop Up &amp; Down</li> <li>1 Foot Hop Up &amp; Down</li> </ul>	5%
Building Skills	Ball-Handling		40%
	BREAKOUT DRIBBLE	This small-sided game blends offensive dribbling development with defensive containment and lateral movement.	
	Passing		
	POUND PASS 1 ON 1	Work on controlled 1-handed passes into live 1 on 1.	
	CIRCLE TRAP 3 ON 3	Players work on passing through traps into live gameplay.	
	Shooting		
	PARTNER CLOSEOUT SHOOTING (3-4 min)	Work on decision making off the catch in this shooting game.	
	Rebounding		25%
	SQUARE REBOUNTING GAME	This small-sided game works on boxing out and rebounding from multiple directions and angles.	
Team Concepts	FULL COURT MAN (3 each)	Work on turning the offensive player and staying in front!	25%
	4 ON 4 SCRAMBLE GAME	The offense gets an advantage in this small-sided game.	
Competing	5 ON 1 BUILD UP	This dynamic small-sided game works on decision making on both sides of the ball.	25%
	5 ON 5 (games to 5)	Stop the game and coach as needed.	

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## Practice 9 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RECOVERY	It is important that players understand the importance of recovery!	5%
Warm-Up	EXPLOSION LEAPS (1 x each way)	Build explosiveness and quickness with good bounds!	5%
	PARTNER RUNNING PASS DRILL (8 passes to 1 pass)	The players will work together to warm-up by passing and running the court.	
Competing	FULL COURT 2 ON 2 (6 min)	Split the court in this small-sided game.	25%
	2 ON 2 AROUND THE CONE	Play live 2 on 2 with a slight offensive advantage.	
	3 ON 3 - DICTATED (games to 3)	The coach will dictate how each play must start.	
Building Skills	Ball-Handling		40%
	GAUNTLET DRIBBLING (4 min)	Improve ball control, on-ball defensive footwork, and decision-making in a small-sided game setting.	
	1 ON 1 DRIBBLE DUEL (6 min)	Players complete dribble moves than compete to score.	
	Passing		
	PRESSURE TIMING BURSTS (3-5 bursts)	Keep the offensive player in a specific space with defensive pressure as they make a pass.	
	Shooting		
	SHOOT AND FOLLOW (6 min)	Players compete to make shots from various locations.	
Team Concepts	2 ON 2 WITH A POST (5 min)	Play a 2 on 2 small sided game with a post and a wing.	25%
	3 ON 3 - HELP THE HELPER (6 min)	After helping the helper, the game becomes live.	

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## Practice 10 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>TEAMWORK</b>	Lead the players in a discussion about teamwork.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>The Bear Hold</li> <li>Pogo Jumps</li> <li>Ankling</li> <li>Leg Swings</li> <li>Carioca</li> <li>Walking Kicks</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		40%
	<b>1 ON 1 DRIBBLE DUEL</b> (5 min)	Simulate game-like pressure by combining a dribbling constraint with a competitive finishing challenge.	
	<b>Shooting</b>		
	<b>CONTESTED SHOOTING GAME</b> (4 min)	Players shoot under game-like conditions against live defense.	
	<b>ANIMAL LAYUPS</b> (5 min)	Players develop a variety of finishing techniques under pressure.	
	<b>1 ON 1 FINISHING GAME</b>	Players work on creative finishes in this game.	
<b>Team Concepts</b>	<b>3 ON 3 DENY</b> (3-5 min)	This small-sided game focuses on cutting backdoor against aggressive defense.	25%
	<b>LINE BATTLE</b> (4 min)	This game focuses on developing dribbling toughness and defensive tenacity in a confined space.	
	<b>3 ON 1 TRANSITION</b> (5 min)	Develop players' ability to create and finish scoring opportunities in fast-paced transition situations.	
<b>Competing</b>	<b>3 ON 3 CONTINUOUS PLAY</b> (games to 3)	The coach will dictate how each play must start.	25%
	<b>4 ON 4 NO DRIBBLES</b> (games to 3)	Encourage the players to cut and move without the ball.	
	<b>5 ON 5</b> (games to 3)	Coach the players as they play.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 11 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP	How can players show good Sportsmanship?	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> <li>Leg swings</li> <li>Knee Hug</li> <li>Imaginary Dunks</li> <li>Explosion Leaps</li> <li>Trunk Twists</li> <li>Walking Hamstring</li> </ul>	5%
Building Skills	Ball-Handling		40%
	1 ON 1 CREATE SPACE (3-4 min)	Players learn to create space against tight defense.	
	Shooting		
	SHOOT AND FOLLOW (6 min)	Players compete to make shots from various locations.	
	SCREENING REACTION BURSTS (4-5 bursts)	Players work on using and reading screens in game-like settings.	
	Passing		
Team Concepts	2 ON 1 BUNCH SPACING - NO DRIBBLE (3-4 games)	This small-sided game works on recognizing and correcting poor spacing.	25%
	Rebounding		
	CHAOS REBOUNDING	Develop game-like rebounding habits in an unpredictable, competitive setting while reinforcing boxing out, pursuit of the ball, and finishing under pressure.	
Competing	3 ON 2, 2 ON 1 (5 min)	Work on transition offense and defense.	25%
	SHELL DRILL 5 ON 5 (8 min)	Work on communication and team defense.	
	11-PERSON TRANSITION DRILL (5 min.)	Divide into teams and work on transition scoring.	
	3 ON 3 DICTATED (games to 3)	All possessions must start with a down screen.	

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- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 12 of 12

ALL-STAR LEVEL

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	POSITIVITY	How can having a positive attitude help your team?	5%
Warm-Up	BALL TAG GAME (2 x each)	A player is considered safe if they have the ball.	5%
Building Skills	Ball-Handling		40%
	PLAYERS CHOOSE! Players vote on which ball-handling games they want to play first.		
	1 ON 1 DRIBBLE BATTLE (3 games)	Work on ball-handling in this competitive and active game.	
	BREAKOUT DRIBBLE	This small-sided game blends offensive dribbling development with defensive containment and lateral movement.	
	LINE BATTLES (4 min)	This game focuses on developing dribbling toughness and defensive tenacity in a confined space.	
	Passing		
	2 ON 1 BUNCH SPACING GAME (4-5 min)	This small-sided game works on recognizing and correcting poor spacing.	
	Shooting		
	3 ON 2 ADVANTAGE (6 min)	This small-sided game works on making quick decisions and finding a great shot on offense.	
	HOT SHOT SHOOTING	Work on game-like shot creation against defensive pressure.	
VARIATION SHOOTING (3-5 min)	Players practice shooting from different angles and depths.		
Team Concepts	3 ON 3 KINGS COURT	A tournament-style competition with winners staying on the court.	25%
Competing	5 ON 5 (games to 7)	Coach the players through their play.	25%

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- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



# MVP





# MVP Level ABCD's

At the MVP level, Jr. NBA/Jr. WNBA 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.



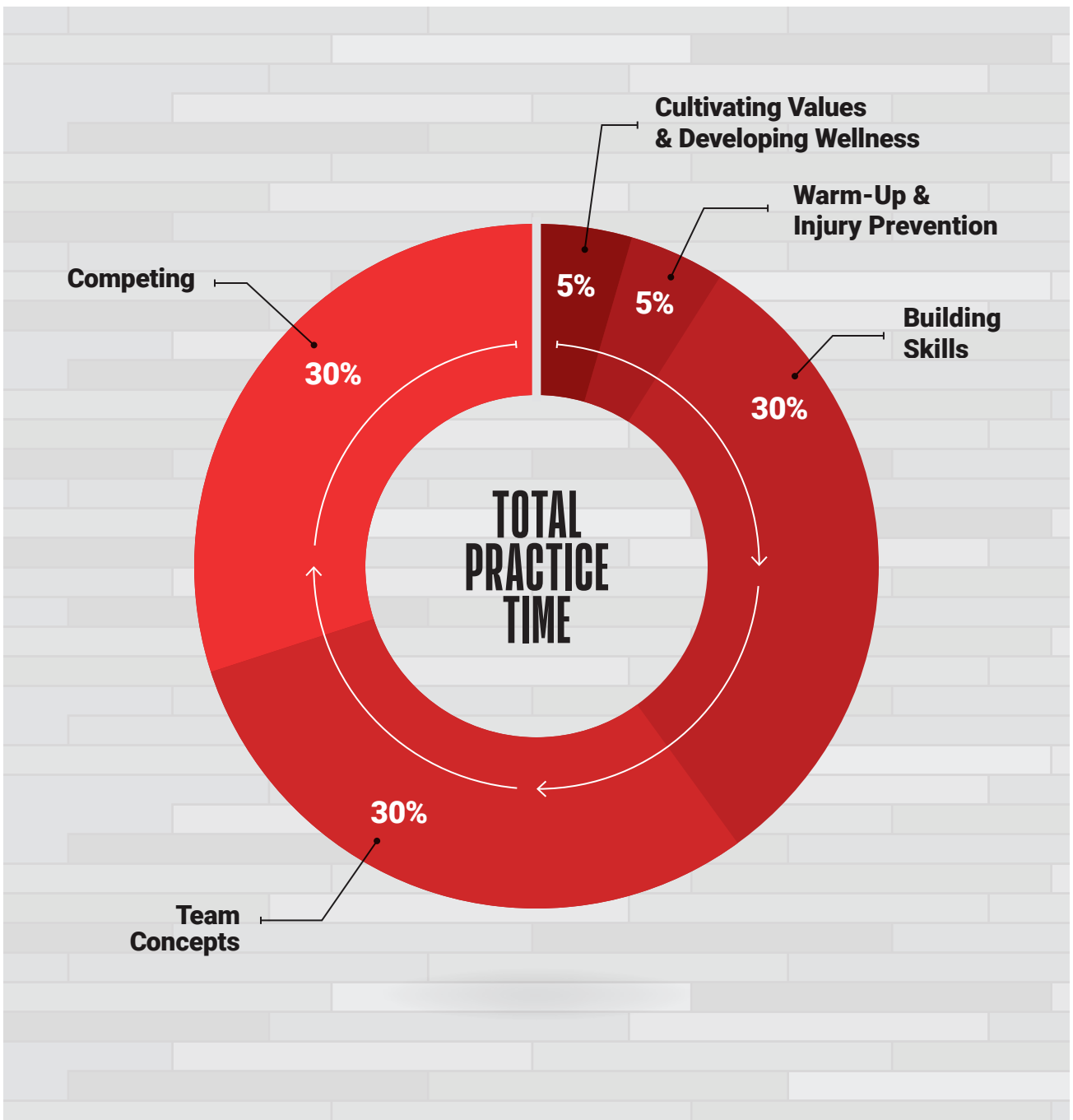
# Skill Checklist

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

<b>✓ Ball Handling</b> <ul style="list-style-type: none"> <li><input type="radio"/> Extensive Combination Moves</li> <li><input type="radio"/> 2 Ball Advanced Dribbling</li> <li><input type="radio"/> Attacking Traps</li> <li><input type="radio"/> Reading the Hand Over/ Under Crossover</li> <li><input type="radio"/> Hard Stops</li> <li><input type="radio"/> Rhythm Dribbling</li> <li><input type="radio"/> Open Stepbacks</li> <li><input type="radio"/> Dribbling with Contact</li> <li><input type="radio"/> Catching a 2nd Ball or Tennis Ball</li> </ul>	<b>✓ Shooting</b> <ul style="list-style-type: none"> <li><input type="radio"/> Advanced Lay-Up Finishes</li> <li><input type="radio"/> Floaters</li> <li><input type="radio"/> Advanced Post Moves</li> <li><input type="radio"/> Advanced Dribble Moves To Shot</li> <li><input type="radio"/> Position Specific Shots</li> <li><input type="radio"/> Keeping It High</li> <li><input type="radio"/> Bump To Balance</li> <li><input type="radio"/> Same Foot Same Hand Finishes</li> <li><input type="radio"/> Pick &amp; Roll Shots</li> <li><input type="radio"/> Spin Moves to Finishes</li> <li><input type="radio"/> Shoulder Shimmy</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Offensive Alignments</li> <li><input type="radio"/> Special Situations</li> <li><input type="radio"/> Fast Break Spacing</li> <li><input type="radio"/> Reading The Pick &amp; Roll</li> <li><input type="radio"/> Screen The Screener</li> </ul>
<b>✓ Passing</b> <ul style="list-style-type: none"> <li><input type="radio"/> Baseball Pass</li> <li><input type="radio"/> Dribble to 1-Hand Pass</li> <li><input type="radio"/> Behind the Back Pass</li> <li><input type="radio"/> High-Low Passing</li> <li><input type="radio"/> Pocket Passing</li> <li><input type="radio"/> Lob Passing</li> <li><input type="radio"/> Slip Pass</li> <li><input type="radio"/> Hook Pass</li> </ul>	<b>✓ Rebounding</b> <ul style="list-style-type: none"> <li><input type="radio"/> Team Contact Rebounding</li> </ul>	<b>✓ Defense</b> <ul style="list-style-type: none"> <li><input type="radio"/> Dictate &amp; Keep the Offense Alert</li> <li><input type="radio"/> Shot Blocking (On the Ball, Help, Open Court)</li> <li><input type="radio"/> Advanced Screening</li> <li><input type="radio"/> Advanced Schemes</li> <li><input type="radio"/> Transition</li> <li><input type="radio"/> Special Situations</li> <li><input type="radio"/> Stunt &amp; Recover</li> <li><input type="radio"/> Defending Cross Screens</li> <li><input type="radio"/> Timing the Dribble</li> <li><input type="radio"/> Digging in the Post</li> <li><input type="radio"/> Loading to the Paint</li> <li><input type="radio"/> Screen the Screener</li> <li><input type="radio"/> Getting Multiple Stop</li> </ul>
	<b>✓ Offense</b> <ul style="list-style-type: none"> <li><input type="radio"/> Re-Post</li> <li><input type="radio"/> Sealing</li> <li><input type="radio"/> Taking the Defenders Space</li> <li><input type="radio"/> Attacking A Trap</li> <li><input type="radio"/> Get Hand On Top Drive</li> <li><input type="radio"/> Organizing the Team</li> <li><input type="radio"/> Balancing the Floor</li> <li><input type="radio"/> Advanced Ball Screens</li> <li><input type="radio"/> Advanced Schemes</li> </ul>	

# Practice Plans

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





# Practice 1 of 12

**MVP LEVEL**

PERCENTAGE  
OF TOTAL  
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
<b>Values</b>	<b>RESPONSIBILITY 1</b>	Teach the players what it means to be a responsible person and player.	5%
<b>Warm-Up</b>	<b>FOLLOW THE LEADER WARM-UP</b> (1 x each)	Have each player lead 1 active stretch of choice.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>CONE COMBINATION MOVES</b> (5 min)	Work on good combination moves at each cone.	
	<b>CONTACT DRIBBLE</b> (2 x 30 sec each)	Have the players work with a partner to give each other contact.	
	<b>Passing</b>		
	<b>POUND &amp; PASS</b> (2 x 1 min)	Work on stationary dribble moves to 1-handed passes.	
	<b>SLIP PASS DRILL</b> (3 x each side)	Teach the players how to decide if the slip pass is open.	
	<b>Rebounding</b>		
	<b>4 ON 4 REBOUNDING</b> (1 x each team)	The players must get 3 consecutive rebounds as a team.	
	<b>BIGS/GUARDS</b>	Post Players and Guards will divide to work on different position specific drills.	
	<b>BIGS: CATCH IT HIGH, KEEP IT HIGH</b> (2 x 5 each side)	Make sure the players don't bring the ball down when they catch it.	
<b>Team Concepts</b>	<b>BIGS: DRIBBLE. BUMP. BALANCE.</b> (5 reps each/each side)	Make sure the player create space by taking a power dribble and bumping the defender.	30%
	<b>GUARDS: SAME HAND SAME FOOT FINISHES</b> (5 reps each/each side)	Work on unnatural finishes by finishing with the same hand of the foot the player jumped from.	
	<b>GUARDS: SITUATIONAL SHOOTING</b> (5 reps each/each side)	Work on coming off a pick and roll and reading the post defender.	
<b>Competing</b>	<b>3 ON 0 TO 2 ON 1</b> (6 min)	Emphasize get easy baskets in transition.	30%
	<b>1 ON 1 - 3 STOPS</b> (1 x each)	Work on the players being accountable to get defensive stops.	
	<b>3 PERSON HELP THE HELPER</b> (6 min)	After helping the helper, the game becomes live.	
<b>Competing</b>	<b>3 ON 3 CONTINUOUS</b> (games to 5 makes)	Keep the players moving with a high intensity competition.	30%
	<b>5 ON 5</b> (games to 7 makes)	Coach and observe the players as they try to play together for the first time.	

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- Be sure to take regular water breaks to help your players stay hydrated.

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## Practice 2 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPONSIBILITY 2</b>	Discuss what the players are responsible for every day.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x Each)	<ul style="list-style-type: none"> <li>• 1 High Knee</li> <li>• In Out Turn</li> <li>• Angle Balance</li> <li>• Toes &amp; Chest</li> <li>• 4 Point Slow &amp; Low</li> <li>• Heels and Shoulders</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>CATCH A 2ND BALL SERIES</b> (4 min)	Use a 2nd ball or a tennis ball to work on coordination while dribbling.	
	<b>RHYTHM DRIBBLING</b> (3 min)	Help the players develop change of speed and start and stop with their dribble.	
	<b>Passing</b>		
	<b>HOOK PASS DRILL</b> (1 x 5 each hand)	Work on stationary dribble moves to 1-handed passes.	
	<b>SLIP PASS DECISION</b> (3 x each way)	Teach the players how to decide if the slip pass is open.	
	<b>Shooting</b>		
	<b>FLOATER SERIES</b> (2 sets)	Work on variations of a high floater over the defender.	
<b>Team Concepts</b>	<b>PICK &amp; POP BOTH SHOOT</b> (20 makes each way timed)	Have the players work from a pick and roll to get game shots.	30%
	<b>Rebounding</b>		
	<b>REBOUND &amp; SCORE</b> (1 x)	Teach the players to compete and have toughness in the paint.	
	<b>STUNT &amp; RECOVER STOPS</b> (1 x 5 stops)	Emphasize get easy baskets in transition.	
<b>Competing</b>	<b>4 ON 4 SHELL TO REBOUND</b> (1 x 5 Rebounds)	Have the players defend in shell defense and finish with a rebound.	30%
	<b>TRANSITION DEFENSE DRILL</b> (1 x 4 stops)	Work on communicating and matching up in transition.	
	<b>FREE THROW GOLF</b> (1 game)	Work on free throws in a fun competitive game.	
	<b>3 TRIPS &amp; FLIP</b> (games to 5 makes)	Give the players a ½ court possession followed by 2 full court possessions.	
	<b>5 ON 5</b> (games to 7)	Keep the energy up and work on everything practiced.	

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## Practice 3 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RECEPTIVENESS 1</b>	Discuss what it means to be receptive and how to show receptiveness.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>Bear Hold</li> <li>Stationary A Skip</li> <li>Forward Walking Lunge</li> <li>Pogo Jumps</li> <li>Lateral Chop</li> <li>Carioca</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>  <b>2 BALL JAB DRILL</b> (2 x 30 sec)  <b>2 BALL ALTERNATE &amp; REACT</b> (2 x 30 Sec)	Work on dribbling 2 balls while reacting to coach with quick feet.  Work on dribbling 2 balls while reacting to coach by exploding forward.	30%
	<b>Shooting</b>  <b>LOOP SHOOTING</b> (10 makes at 5 spots)  <b>FILLING THE CORNER DRILL</b> (games to 8)	Work on communication and making shots.  Partner the players up to compete in making shots.	
	<b>SPIN 5 SERIES</b> (2 x each way)	Have the players work on a variety of spin moves to finish.	
	<b>Passing</b>  <b>POCKET PASS &amp; SHOOT</b> (20 each way)	Work on a pick and roll pocket pass. Both players will shoot.	
<b>Team Concepts</b>	<b>5 ON 0 FAST BREAK</b> (5 min)  <b>BALANCE THE FLOOR DRILL</b> (5 min)  <b>FOLLOW THE LEADER SLIDES</b> (1 x each)  <b>DIVE CONTEST CHARGE DRILL</b> (2 x each)	Establish what lanes each player should run in transition.  Help the players see and understand how and why to balance the floor.  Let the players lead the drill for 10-12 seconds each.  This drill works on the little things that make great defensive teams.	30%
<b>Competing</b>	<b>3 ON 3 FROM A DOWN SCREEN</b> (games to 3 makes)  <b>3 ON 3 FROM A PICK AND ROLL</b> (games to 3 makes)  <b>3 ON 3 FROM SCREEN THE SCREENER</b> (games to 3 makes)  <b>3 ON 3 FROM PASS TO THE ELBOW</b> (games to 3 makes)	Work on offensive and defensive execution of the down screen in this game.  Work on offensive and defensive execution of the pick & roll in this game.  Work on offensive and defensive execution of screening the screener in this game.  Work on offensive and defensive reads playing from the elbow.	30%

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## Practice 4 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RECEPTIVENESS 2</b>	Discuss how it can benefit everyone to be receptive.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP WITH BALL</b> (1 of each)	<ul style="list-style-type: none"> <li>Skip Forward</li> <li>Jog Forward</li> <li>Light Quick 3 (wrap ball)</li> <li>Skip Backward</li> <li>Jog Backward</li> <li>1 High Knee (tap ball)</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>READ THE HAND DRILL</b> (10 total)	Have the players read the defense as they make their dribble move.	
	<b>HAND ON TOP</b> (3 each way)	As the player drives, have them use their off hand to create an advantage.	
	<b>Passing</b>		
	<b>BACKDOOR PASS LAYUP DRILL</b> (20 makes)	Work on the timing and execution of a backdoor pass.	
	<b>Shooting</b>		
	<b>3-PERSON SHOOTING REPS</b> (3 x 10 each)	Work together in groups of 3 to take good game shots.	30%
	<b>USING A SCREEN SHOOTING DRILL</b> (10 makes each way)	Set up the cut and then come off to shoot at game speed.	
	<b>Rebounding</b>		
	<b>TAG &amp; PURSUE</b> (6 min)	Work on tagging the offensive player on the perimeter.	
<b>Team Concepts</b>	<b>FOLLOW THE LEADER SLIDES</b> (1 x each)	Let the players lead the drill for 10-12 seconds each.	30%
	<b>BALL UP BALL DOWN DRILL</b> (3 min each side)	Work on the players moving efficiently as a defender.	
	<b>BIGS/GUARDS</b>	Post Players and Guards will divide to work on different position specific drills.	
	<b>BIGS: DEFENDING POST CROSS SCREEN</b> (8 min)	Work on specific teaching points to defending the post cross screen.	
	<b>BIGS: PICK AND ROLL READS-ROTATION</b> (8 min)	As the big rolls to the basket and catches the ball, help them see the floor and make the right decision.	
	<b>GUARDS: PICK AND ROLL READS-ON BALL</b> (8 min)	As the guard comes off the pick & roll, help them read their defender and make the right decision.	
	<b>GUARDS: PICK AND ROLL READS-2ND DEFENDER</b> (8 min)	As the guard comes off the pick & roll, help them read the 2nd defender.	30%
<b>Competing</b>	<b>HALF COURT 5 ON 5 - 3 SECONDS</b> (games to 5 makes)	After the first pass, no player is allowed to have the ball more than 3 seconds unless they are in a scoring motion.	
	<b>3 ON 3 CONTINUOUS</b> (games to 5 makes)	Keep the players moving with a high intensity competition	
	<b>5 ON 5</b> (games to 7 makes)	Keep the energy up and work on everything practiced.	

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The percentages listed serve as approximate recommendations on how to allocate practice time.





## Practice 5 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>INJURY PREVENTION 1</b>	Emphasize that a player can take measures to keep themselves from being injured and on the sideline.	5%
<b>Warm-Up</b>	<b>PARTNER RESISTANCE</b> (20 sec each)	<ul style="list-style-type: none"> <li>• Stance</li> <li>• Knees</li> <li>• Plank</li> <li>• Arms</li> <li>• Running Long Stride</li> <li>• Running Small Steps</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>  <b>EARLY-CROSS JAB SERIES</b> (4 min)  <b>HARD STEP, HARD POUND BREAKDOWN DRILL</b> (2 min)  <b>Shooting</b>  <b>HARD STEP &amp; SHOOT</b> (4 min each way)  <b>FULL COURT LANE SHOOTING</b> (3 min)  <b>Passing</b>  <b>HIGH LOW PASSING DRILL</b> (4 each side)	Work on good footwork and finishes.  Work on making a good move and stopping quickly.  Work on good moves that finish in a hard stop and shot.  Keep track of the team's score in order to beat the score moving forward.  Make sure the players understand when and how to make the high low pass.	30%
<b>Team Concepts</b>	<b>CURL &amp; POP DRILL</b> (15 makes each way)  <b>SLIP PASS DRILL</b> (5 min)  <b>11-PERSON TRANSITION DRILL</b> (4 min)	Work off a down screen and make sure both players get a shot.  Work on reading the defenders and making the slip pass.  Divide into teams and work on scoring in transition.	30%
<b>Competing</b>	<b>POST CROSS SCREEN 1 ON 1</b> (games to 4)  <b>2 ON 2 FROM THE HIGH LOW FLASH</b> (games to 4)  <b>SHELL DRILL 4 ON 4</b> (5 stops)  <b>SHELL DRILL 5 ON 5</b> (5 stops)  <b>25 POINT FREE THROW GAME</b> (1 game)	Work on defending the cross screen and then playing 1 on 1.  Work on fronting the post then flash and play.  Start with shell defense that leads to help the helper and live play.  Start with 5 passes of pass and screen away and then go live.  This game teaches the players to seek perfection.	30%

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The percentages listed serve as approximate recommendations on how to allocate practice time.





# Practice 6 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	INJURY PREVENTION 2	Why and how should we warm-up before every activity.	5%
Warm-Up	BALL TAG GAME (20 sec each)	Have the players spread out for a modified version of tag.	5%
Building Skills	Ball-Handling		30%
	2 BALL RESISTANCE DRIBBLING (2 x 30 sec each)	Work on dribbling through contact and driving forward with each step.	
	BETWEEN CROSS BEHIND (2 x 20 sec)	Dribbling between, cross, behind is 1 rep. Complete as many as possible in 20 sec.	
	BEATING 2 DEFENDERS (3 x each)	Work on ball handling by beating two defenders.	
	Passing		
	1 <sup>ST</sup> TO 50 (1 game)	Work on completing passes under pressure.	
	Shooting		
	IN & OUT CROSSOVER TO SHOT (5 min)	Work on the in and out crossover that moves efficiently into a shot.	
	FULL COURT TRANSITION SHOOTING (games to 9)	Have the players work in teams and sprint the floor to take a shot.	
	Rebounding		
4 ON 4 REBOUNDING - 5 IN A ROW (1 each)	Make sure the players call out the shot, box out or tag, and pursue the ball.		
Team Concepts	DEFENDING THE 2 ON 1 DRILL (6 min)	Work on preventing baskets in 2 on 1 situations.	30%
	DRIVE & KICK COMPETITION (games to 8)	Emphasize a good drive and a good kick pass.	
	HALF COURT SPACING DRILL (5 minutes)	Based on your offense, or motion, teach the spots on the floor and proper spacing.	
Competing	2 ON 2 FROM A CLOSE OUT (games to 4)	The coach will pass from the top and the defensive players will close out.	30%
	3 ON 3 FROM CLOSE OUT (games to 5)	The coach will pass from under as the 3 players close out.	
	5 ON 5 FULL COURT MAN TO MAN (games to 5)	Work on full court pressure man to man defense!	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HEALTHY RELATIONSHIPS 1	Emphasize the importance of relationships on and off the court.	5%
Warm-Up	DYNAMIC WARM-UP (1 x Each)	<div><div>• 1 High Knee</div><div>• Angle Balance</div><div>• 4 Point Slow</div><div>• In Out Turn</div><div>• Toes &amp; Chest</div><div>• Heels &amp; Shoulders</div></div>	5%
Building Skills	Ball-Handling		30%
	ZIG ZAG DRIBBLING (2 x down and back)	Emphasize being cut off and having a good change of direction.	
	IN & OUT AROUND THE LANE (3 each side)	Work on the in and out dribble coming up the lane line and then finish.	
	Shooting		
	UP & OUT SHOOTING (10 makes each)	Use different shots in this continuous shooting drill.	
	Footwork & Conditioning		
	THE JAB & ATTACK DRILL (3 each way)	Work on good jab steps and attacking out.	
Team Concepts	REVERSE PIVOT SERIES (2 each side)	Work on good reverse pivots directly into offensive moves.	30%
	CLOSEOUT, SLIDE & BACKPEDAL DRILL (1 x 2 min each way)	Work on closeouts and changing directions quickly.	
	3 ON 0, 2 ON 1 (6 min)	Work on making good decisions and scoring in transition.	
	LINE UP TRANSITION DRILL (games to 5 stops)	Use this full court transition drill to teach communication and matching up.	
	BIGS/GUARDS	Post Players and Guards will divide to work on different position specific drills.	
Competing	BIGS: REBOUND, SPRINT & SEAL (6 min)	Make sure the bigs are sprinting the floor and sealing the defender.	30%
	GUARDS: REBOUND, SPRINT & SHOOT (6 min)	Make sure the guards are running the floor wide and are ready to shoot.	
	1 ON 1 - CONES (games to 4)	All the players have to run around the cones before the game is live.	
	5 ON 5 (4 Quarters)	Simulate a more realistic game.	

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## Practice 8 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>HEALTHY RELATIONSHIPS 2</b>	Teach the players that friendships last a lifetime.	5%
<b>Warm-Up</b>	<b>LINE HOPS</b> (1 x 20 seconds each)	<ul style="list-style-type: none"> <li>• 2 Feet Forward &amp; Backwards</li> <li>• 1 Foot Forward &amp; Backwards</li> <li>• Stationary Hip Swings</li> <li>• 2 Feet Side to Side</li> <li>• 1 Foot Side to Side</li> <li>• Arm Rolls</li> </ul>	5%
<b>Building Skills</b>	<b>Passing</b>		30%
	<b>PARTNER RUNNING PASS DRILL</b> (8 to 1)	Partner up and work on making the allotted number of passes for a finish.	
	<b>Shooting</b>		
	<b>BACKBOARD FORM SHOOTING</b> (3 x 8)	Work on shooting the ball nice and high and have it hit the backboard on the way down.	
	<b>1-STEP FORM SHOOTING</b> (20 makes)	Work on taking a big step into each shot.	
<b>Team Concepts</b>	<b>TIMING THE DRIBBLE</b> (3 x)	Guards will work on timing the dribble for a steal. Bigs will work on timing the dribble for "pulling the chair."	30%
	<b>CLOSE OUT TO PREVENT MIDDLE</b> (3 reps each side)	Make sure the bigs are sprinting the floor and sealing the defender.	
	<b>DIGGING IN THE POST</b> (3 reps each)	Teach the players to dig with their body facing the court and hands active.	
	<b>DEFENDING THE POST PLAYER</b>	There are different ways to defend a post player but there are also some aspects that never change.	
	<b>1 ON 1 POST CROSS SCREEN</b> (games to 3)	Work on getting through screens and playing post defense.	
<b>Competing</b>	<b>3 ON 3 DICTATED - POST ENTRY</b> (games to 3)	All possessions must start with a post entry.	30%
	<b>5 ON 5</b> (games to 7)	Keep the energy up and work on everything practiced.	
	<b>SITUATIONAL PLAY</b> (4-6)	Work on game and clock management through situational play.	
	<b>AROUND THE WORLD PLUS HALF COURT!</b> (1 game)	Play a fun shooting competition for a positive end to practice.	

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## Practice 9 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SETTING GOALS	Teach the players the importance of long and short-term goals.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<div><div><ul style="list-style-type: none"><li>The Bear Hold</li><li>Pogo Jumps</li></ul></div><div><ul style="list-style-type: none"><li>Ankling</li><li>Walking Quad</li></ul></div><div><ul style="list-style-type: none"><li>Carioca</li><li>Calf Raises</li></ul></div></div>	5%
Building Skills	Footwork		30%
	OPEN STEP BACK BREAKDOWN (3 min)	Work on the correct timing and footwork to the move.	
	Shooting		
	SLIDE TO OPEN STEP BACK (games to 4 makes each side)	Slide dribble towards the sideline and finish with an open step back shot.	
	FINISHING THROUGH CONTACT (3 x each side)	Have the players attack the basket and meet them with contact as they finish.	
	Passing		
	PASS & UP & UNDER DRILL (1 x 3 reps each way)	Work on good footwork for a fundamental post move.	
Team Concepts	ADDITIVE TRANSITION (1 x 15)	Work on transition offense and defense in this competitive game.	30%
	ZIG ZAG DEFENSIVE SLIDES - WITH DRIBBLER (3 x each)	Work on turning the offensive player and staying in front!	
	FILLING THE CORNER DRILL (1 x 15 makes each way)	Fill the corner for shots as a team.	
	SIDE BALL SCREEN DRILL (1 x 10 min)	Focus on the ball screen defense from a 2 on 2 set.	
Competing	3 ON 3 - CONTINUOUS (games to 5 makes)	Keep the players moving with a high intensity competition.	30%
	5 ON 5 NO DRIBBLES (games to 3)	The team that moves without the ball the best will get the best opportunities to score.	
	5 ON 5 (games to 7 makes)	Keep the energy up and encourage the players to play together on offense and defense.	

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## Practice 10 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	LEADERSHIP	How do players show good leadership?	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"><li>• Bent Knee Side Plank</li><li>• Forward Walking Lunge</li><li>• Hip Hinge</li><li>• A-Skips</li><li>• Split Squat Hold</li><li>• Jog &amp; Drop</li><li>• Walking Kicks</li><li>• Stand to Athletic</li></ul>	5%
Building Skills	Ball-Handling		30%
	OVER THE LINE DRIBBLE DRILL (2 x 30 sec each)	Control the ball with 1-hand at the top of each dribble.	
	CONE DRIBBLING - COMBINATION MOVES (5 min)	Work on good combination moves at each cone.	
	CATCH A 2ND BALL SERIES (4 min)	Use a 2nd ball or a tennis ball to work on coordination while dribbling.	
	Shooting		
	FLOATER SERIES (2 sets)	Work on variations of a high floater over the defender.	
	Rebounding		
	4 ON 4 REBOUNDING (1 x each team)	The players must get 3 consecutive rebounds as a team.	
Team Concepts	3-SECOND DENY DRILL (4 reps each side)	Work on denying the ball for 3 seconds.	30%
	DENY LAYUP DRILL (3 min each side)	The players will deny, deflect and shoot a layup.	
	1 ON 1 - 3 STOPS (1 x each)	Work on the players being accountable to get defensive stops.	
	LINE UP TRANSITION DRILL (1 x 4 stops)	Work on communicating and matching up in transition.	
Competing	1 ON 1 DRIBBLE OUT (games to 3)	The players must dribble and run around the cones before playing 1 on 1.	30%
	3 TRIPS & FLIP (games to 5 makes)	Give the players a ½ court possession followed by 2 full court possessions.	
	5 ON 5 (games to 7)	Keep the energy up and work on everything practiced.	

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## Practice 11 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>HUMILITY</b>	Talk through what it means to be humble.	5%
<b>Warm-Up</b>	<b>PARTNER RESISTANCE</b> (20 sec each)	<ul style="list-style-type: none"> <li>• Stance</li> <li>• Knees</li> <li>• Plank</li> <li>• Arms</li> <li>• Running Long Stride</li> <li>• Running Small Steps</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>2 BALL JAB DRILL</b> (2 x 30 sec)	Work on dribbling 2 balls while reacting to coach with quick feet.	
	<b>2 BALL ALTERNATE &amp; REACT</b> (2 x 30 Sec)	Work on dribbling 2 balls while reacting to coach by exploding forward.	
	<b>Passing</b>		
	<b>BACKDOOR PASS LAYUP DRILL</b> (1 x 15 makes each side)	Work on good timing and great passes.	
<b>Team Concepts</b>	<b>Shooting</b>		30%
	<b>LOOP SHOOTING</b> (10 makes at 5 spots)	Work on communication and making shots.	
	<b>DIVE CONTEST CHARGE DRILL</b> (2 x each)	This drill works on the little things that make great defensive teams.	
	<b>LOAD TO THE PAINT</b> (3 x each)	Teach the players to load to the paint when getting back on defense.	
	<b>SHELL DRILL - 5 ON 5 WITH POST</b> (8 min)	Make sure the players are getting to their defensive spots quickly.	
<b>Competing</b>	<b>5 ON 0 FAST BREAK</b> (8 min)	Establish what lanes each player should run in transition.	30%
	<b>3 ON 3 FROM A DOWN SCREEN</b> (games to 3 makes)	Work on offensive and defensive execution of the down screen in this game.	
	<b>3 ON 3 FROM A PICK AND ROLL</b> (games to 3 makes)	Work on offensive and defensive execution of the pick & roll in this game.	
	<b>3 ON 3 FROM SCREEN THE SCREENER</b> (games to 3 makes)	Work on offensive and defensive execution of screening the screener in this game.	
	<b>3 ON 3 FROM PASS TO THE ELBOW</b> (games to 3 makes)	Work on offensive and defensive reads playing from the elbow.	

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## Practice 12 of 12

**MVP LEVEL**

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>TIME MANAGEMENT</b>	Help the players understand how to manage, school, fun, sports, and other hobbies.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> <li>• Walking Hamstrings</li> <li>• Knee Hugs</li> <li>• Jump to Stick</li> <li>• Lateral Squat Hold</li> <li>• Quick Feet</li> <li>• 2 Foot Hops</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>  <b>FIGURE 8 DRIBBLE 4</b> (2 x 20 sec)  <b>IN &amp; OUT AROUND THE LANE</b> (3 each side)  <b>1-BALL POUND, 1-BALL CONTROL</b> (3 x 20 sec each way)  <b>EARLY-CROSS JAB SERIES</b> (5 min)	The players are allowed 4 hard dribbles to complete the figure 8 movement.  Work on the in and out dribble coming up the lane line and then finish.  Make sure the players listen and react quickly and correctly.  Work on good footwork and finishes.	30%
	<b>Passing</b>  <b>1ST TO 50</b> (1 game)	Work on completing passes under pressure.	
	<b>Shooting</b>  <b>JUMP THROUGH THE HIPS &amp; FINISH</b> (3 min each way)  <b>4-5-4 DROP STEP DRILL</b> (3 x)	Work on good balance and body control with this finish move.  Work on good drop steps and finish strong.	
<b>Team Concepts</b>	<b>POST PASS SHOOTING DRILL</b> (2 x 15)  <b>CURL &amp; POP DRILL</b> (15 makes each way)  <b>1 ON 1 POST CROSS SCREEN</b> (games to 4)	Keep this drill moving quickly by making shots!  Work off a down screen and make sure both players get a shot.  Work on defending the cross screen and then playing 1 on 1.	30%
<b>Competing</b>	<b>3 ON 3 FROM CLOSE OUT</b> (games to 5)  <b>5 ON 5 FULL COURT MAN TO MAN</b> (games to 5)	The coach will pass from under as the 3 players close out.  Work on full court pressure man to man defense!	30%

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