

jr.  nba

Curriculum





Always Fun
Building Skills
Cultivating Values
Developing Wellness

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Overview

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



Philosophy

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

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

ALWAYS FUN

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

Continued

The ABCD’s of the Jr. NBA

A
Always Fun

B
Building Skills

C
Cultivating Values

D
Developing Wellness

The 7 Ways that Jr. NBA Players Experience Fun

Achieving Goals

Mastering Skills

Loving the Process

High Fives & Smiles

Cheering for Others

Interactive Games

Positive Encouragement



BUILDING SKILLS

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

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

CULTIVATING VALUES

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

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

Skill Categories

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

Character Building Values

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



DEVELOPING WELLNESS

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

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

Aspects of Wellness

Active Lifestyle

Time Management

Injury Prevention

Nutrition

Rest & Recovery

Healthy Relationships

Balanced Lifestyle



Jr. NBA Pathway

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

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

The Jr. NBA Pathway is divided into four levels.



The Jr. NBA Pathway consists of four levels. At each level, there will be unique methods, messages, skills, and drills that incorporate and teach the ABCD's of the Jr. NBA.

Coaching the Jr.NBA Pathway

HOW IT WORKS

The Jr. NBA curriculum comes to life in the pathway via a series of 12 practice plans at each of the four levels. The pathway has been developed so that players and coaches learn and teach the game in a natural, long-term progression. Each level will have a skill checklist that identifies specific skills that players must learn and develop before advancing to more challenging skills and drills in the next level. The skills are taught at particular levels not only based on physical ability, but also where the players are cognitively.





WHAT LEVEL IS APPROPRIATE?

If you aren't sure where a player/team fits in the pathway, you must first assess them to understand their strengths and weaknesses.

After assessing the players you can identify how to help each player/team, determine where in the pathway (via the skill checklist) the player/team fits, and develop a plan and a goal for the player's/team's development.

Understand that it could take years to see players/teams comfortably progress through skills at each level. Challenge the player/team while maintaining patience when deciding to introduce new skills, drills, and concepts from the next level of the pathway.

Note that the practice plans in this curriculum serve as sample progressions. Based on your player's/team's strengths and weaknesses, number of practices, frequency of practice, and the length of the season, your practice plans may progress differently.

TRANSITIONS

One very important part of practice for coaches is the transition from drill to drill. Many drills should flow seamlessly from one to the next, however if you need time to prepare for the next drill, there are numerous transitions that can be executed. One example we encourage coaches to utilize is having the players take 1 walking lap around the court. Upon their return, the players and coaches are ready for the next drill.

WATER

We do not specify where in practice you should take water breaks. We feel that coaches can best understand the player's needs in the moment and can fully determine when to allow water. At the same time, we encourage regular water breaks to ensure players stay hydrated.

FREETHROWS

Our practice plans rarely dictate when a player/team should shoot free throws. Again, we feel that coaches can assume the role of decision-maker and add free throws when they feel it is appropriate.

**NBA PLAYERS
STILL PRACTICE**

Remember, coaching a player/team in the MVP level does not mean you shouldn't work on the skills taught in the Rookie level. Our model allows you to teach advanced skills, drills, and concepts when appropriate while never overlooking the fundamentals of the game that must be maintained. For example, form shooting is introduced in the Rookie level, but it is also a drill that more advanced players (including NBA players) continue to perform.





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.*



**THE NBA
RECOMMENDS**

⊗ Delay specialization in basketball until at least age 14.

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 is the first introduction to basketball for most players and it should be a positive experience. Five-on-five competitions should be limited until later in the level(s). The goal of the Rookie level is to engage in activity and form a base of motor skills.

ALWAYS FUN

High-Fives & Smiles

Positive Encouragement

Interactive Games



One very important way we can ensure that the players have fun is through our high-fives, smiles, and positive encouragement. Coaches, parents and organizers should use 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, these skill-related games make it fun to learn and play.

BUILDING SKILLS

See Skill Checklist



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

CORE VALUES

Sportsmanship & Fairness

Confidence

Respect



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

DEVELOPING WELLNESS

Active Lifestyle



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

Skill Checklist

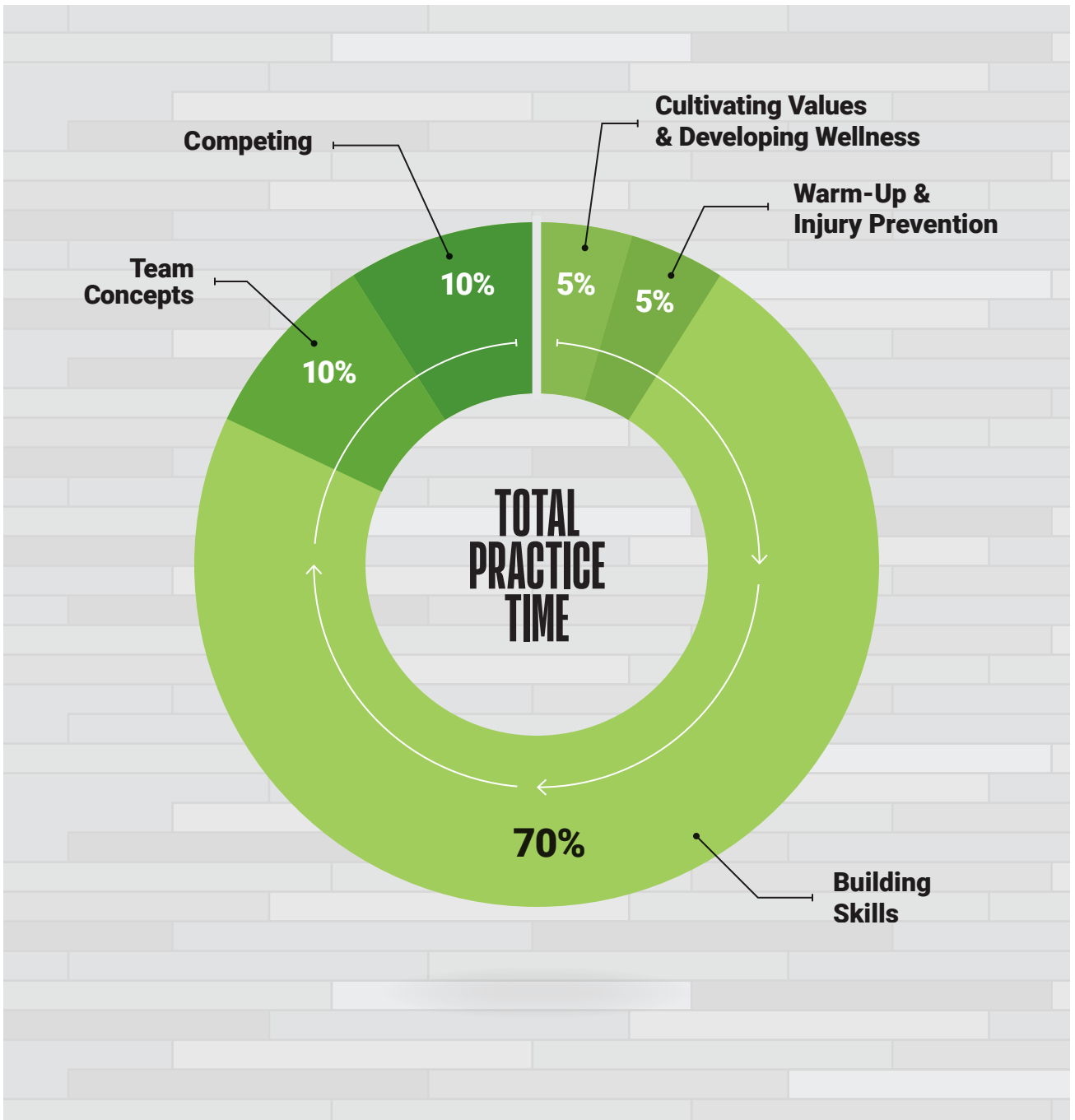
At the conclusion of the Rookie Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<p><input checked="" type="checkbox"/> Ball Handling</p> <p><input type="checkbox"/> Toss & Catch</p> <p><input type="checkbox"/> Stationary Control Series</p> <p><input type="checkbox"/> Stationary Dribble Control Series</p> <p><input type="checkbox"/> Stationary Dribble Low, Middle, High</p> <p><input type="checkbox"/> Walking Control Dribble</p> <p><input type="checkbox"/> Stationary Crossover</p> <p><input type="checkbox"/> Walking Crossover</p> <p><input type="checkbox"/> Jogging Dribble</p> <p><input type="checkbox"/> Running Dribble</p> <p><input type="checkbox"/> Change of Direction Dribble</p> <p><input type="checkbox"/> Dribble & Balance</p> <p><input type="checkbox"/> Dribble Balance & Push</p> <hr/> <p><input checked="" type="checkbox"/> Passing</p> <p><input type="checkbox"/> Hitting the Target</p> <p><input type="checkbox"/> Catching & Receiving</p> <p><input type="checkbox"/> Stationary Chest Pass</p> <p><input type="checkbox"/> Stationary Bounce Pass</p> <p><input type="checkbox"/> Pass to a Moving Player</p> <p><input type="checkbox"/> Catch and Pass Quick Decision</p> <p><input type="checkbox"/> Slide & Pass</p> <p><input type="checkbox"/> Recognizing Open Teammates</p> <p><input type="checkbox"/> Pivot & Pass</p>	<p><input checked="" type="checkbox"/> Shooting</p> <p><input type="checkbox"/> Stationary Form Shooting</p> <p><input type="checkbox"/> Strong Hand Lay-Up</p> <p><input type="checkbox"/> One-Dribble Shooting</p> <p><input type="checkbox"/> Lay-Up Form</p> <p><input type="checkbox"/> 1-2 Step Shooting</p> <p><input type="checkbox"/> Using the Backboard</p> <p><input type="checkbox"/> Jump Stop Shooting</p> <hr/> <p><input checked="" type="checkbox"/> Rebounding</p> <p><input type="checkbox"/> Jump, Catch and Land</p> <hr/> <p><input checked="" type="checkbox"/> Footwork & Conditioning</p> <p><input type="checkbox"/> Athletic Stance/Triple Threat</p> <p><input type="checkbox"/> Defensive Stance/Slide</p> <p><input type="checkbox"/> Controlled Running</p> <p><input type="checkbox"/> Change of Direction</p> <p><input type="checkbox"/> Two Foot Jump Stop</p> <p><input type="checkbox"/> Pivoting Basics</p> <p><input type="checkbox"/> Leaping</p> <p><input type="checkbox"/> Body Control</p>	<p><input checked="" type="checkbox"/> Offense</p> <p><input type="checkbox"/> Pass & Cut</p> <p><input type="checkbox"/> Ball Reversal</p> <p><input type="checkbox"/> Triple Threat</p> <p><input type="checkbox"/> Drive and Kick (Pass)</p> <p><input type="checkbox"/> Give & Go</p> <hr/> <p><input checked="" type="checkbox"/> Defense</p> <p><input type="checkbox"/> Defensive Stance</p> <p><input type="checkbox"/> Defensive Slide</p> <p><input type="checkbox"/> Stay between Man and Basket</p> <p><input type="checkbox"/> Tracing the Ball</p> <p><input type="checkbox"/> Change of Direction</p> <hr/> <p><input checked="" type="checkbox"/> Other</p> <p><input type="checkbox"/> Understand the Basketball Court Markings</p> <p><input type="checkbox"/> Introduction to Rules (Travel, Double Dribble, Out of Bounds, Scoring)</p>
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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.





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%
	KNOW YOUR TEAM GAME	Get to know each other by answering fun questions!	
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%
	TOSS & CATCH (1 x 45 sec.)	Develop comfort with the ball and work on hand eye coordination by tossing and catching the ball.	
	SMACKS (1 x 20 sec.)	Get comfortable with the ball, and warm-up the fingers and hands by smacking the ball.	
	TAPS (1 x 30 sec.)	Tap the ball quickly from hand to hand to gain familiarity with the ball and warm-up the fingers and hands.	
	WAIST WRAPS (1 x 10 reps/way)	Challenge the players to wrap the ball quickly around their waist.	
	HEAD WRAPS (1 x 10 reps/way)	Wrap the ball around the head as quickly as possible.	
	TEACH: Passing		
	STATIONARY WALL PASS Chest (3 x 10)	Find a target on the wall and practice hitting it with the perfect pass!	
	TEACH: Shooting		
	FORM SHOOTING No ball (2 x 8)	Focus on perfect form and visualization.	
SHOOTING LINE GAME (2 games to 8 makes)	Have some fun shooting just like practiced!		
TEACH: Footwork & Conditioning			
JUMP-STOP DRILL No ball (2 x down & back)	Use this drill 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	MR. COACH, WHAT TIME IS IT? (1 - 2 games)	Have fun with this game and add a basketball if appropriate!	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s actions or performance 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.





PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
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!	
	SMACKS (1 x 20 sec.)	Get comfortable with the ball and warm-up the hands.	
	TAPS (1 x 30 sec.)	Get comfortable with the ball and warm-up the fingertips.	
	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 x 4 minutes each)	Play a fun dribbling game to help develop dribbling skills.	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 2 minutes each)	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.		
EXPLOSION LEAPS (2 x sideline to sideline)	This exercise will help players work on coordination, jumping, landing, and endurance.		
Team Concepts	SHOOTING LINE GAME (2 games to 8 makes)	Have some fun shooting just like practiced!	10%
Competing	RED LIGHT (1-2 games)	This is a fun interactive game for the team.	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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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.





PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
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.	
	SINGLE LEG ROLLS (2 x 30 seconds each leg)	Control the ball by rolling it on the floor around 1 leg at a time.	
	DOUBLE LEG ROLLS (2 x 30 sec.)	Roll the ball on the court around both legs.	
	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.	
	TEACH: Passing		
	CATCH WITH COACH DRILL (2 x 1 minute)	Ensure that the players make eye contact before passing and show their hands as a target before catching.	
	STATIONARY WALL PASSING (3 x 10 chest passes)	Find a target on the wall and practice hitting it with the perfect pass!	
TEACH: Shooting		10%	
PERFECT SHOT NO BASKET DRILL (3 x 8 attempts)	This is a fun shooting drill that challenges the players to be perfect!		
	1.2. 3. SHOOTING (1 x 3 minutes)	Help the players think of shooting in a simple 3-step process.	
Team Concepts	TEAMWORK CARRY DRILL (2 games)	This is a fun team building exercise that teaches players to work together.	10%
Competing	COACH SAYS (1-2 games)	This a fun game for defense and listening!	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or 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.





PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
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 FIGURE 8 ROLLS (1 x 15 seconds each direction)	Stay in a good stance and work on ball control by rolling it on the court around the legs.	
	MOVING SIDE TO SIDE ROLLS (1 X half court and back)	This is a great introduction to moving ball control.	
	WALK TO JOG DRIBBLE (2 x down and back)	This is a good opportunity for the players to work on dribbling with movement in a controlled drill.	
	UP OR DOWN GAME (games of 4 minutes each)	Play a fun dribbling game to help develop dribbling skills.	
	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.	
	TEACH: Shooting		
	LAY-UP HIGH FIVE DRILL (3 minutes each side)	A simple high five can teach the fundamentals of a lay-up!	
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.		
1-2 STEP LAY-UPS (3 x 1 min each)	Break down the proper lay-up form as the players put it into action.		
Team Concepts	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.	10%
	PASS & CUT DRILL (2-3 minutes each way)	Work on passing, cutting, and finishing with a lay-up.	
	SIDE/LATERAL PUSH DRILL (3 x 15 seconds)	Work on the defensive movement of pushing to stay in front of an offensive player.	
Competing	1 ON 1 NUMBERS GAME (games to 5)	Use this fun 1 on 1 game to work on man to man defense, and creating a shot on offense.	10%
	MR. COACH, WHAT TIME IS IT? (1-2 games)	Enjoy a fun game that will put a smile on everyone's face.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or 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	
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.	
	WALKING DRIBBLE RIGHT/LEFT/CROSSOVER (2 x down and back each)	Work on controlling the dribble while moving.	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 2 minutes each)	Passing with a partner helps both passing and receiving.	
	CATCH WITH COACH DRILL (2 x 1 minute)	Ensure that the players make eye contact before passing, and show their hands as a target before catching.	
	TEACH: Shooting		
1-STEP FORM DRILL (1 x 2 minutes)	Work on perfect execution of the basics of shooting.		
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	DRIBBLE FREEZE TAG GAME (5 x 1 minute)	This is a fun game of tag while dribbling the ball!	10%
	MAKE FOR A CONE GAME (games of 3 minutes)	When a team makes a shot, they will take a cone from the other team.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or 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	
Values	FAIRNESS 1	Explain the basic rules and why we have them.	5%
Warm-Up	AVOID THE COACH GAME (2-3 minutes)	Build rapport with the players while preparing for practice!	5%
Building Skills	TEACH: Ball-Handling		70%
	RUNNING DRIBBLE RIGHT/ LEFT/CROSSOVER (2 x each)	Encourage the players to challenge themselves to run fast and control the dribble at the same time.	
	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.	
	ZIG ZAG DRIBBLING (2 x down and back)	Work on dribbling on the move and changing directions.	
	TEACH: Passing		
	SLIDE & PASS DRILL (2 x each pass)	This drill works on multiple skills at once. Be sure to teach the players to lead the player with the pass.	
	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	SIDE/LATERAL PUSH DRILL (3 x 15 seconds)	Work on the defensive movement of pushing to stay in front of an offensive player.	10%
	SWIPERS GAME (1 game)	This is a fun game that allows the players to work on their ball-handling in a game speed environment.	
Compliment Session	2 ON 2 NUMBERS GAME (games to 5)	2 on 2 will help the players understand how to play together with a teammate.	10%
	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or 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.





PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
Values	FAIRNESS 2	Is it fair if you hold a player on defense while the ref isn't looking?	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%
	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.	
	AVOID THE COACH GAME (1x)	This is a great way to build a fun rapport with the players while working on ball-handling!	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 1 minute each)	Passing with a partner helps both passing and receiving.	
	PASS & CUT DRILL (4 x each player on each side)	This fundamental drill will help the players gain comfort with passing and cutting.	
	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.	
	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			
	AROUND THE WORLD (1 game)	Divide the players into teams as they shoot in all spots "around the world."	
	MAKE FOR A CONE GAME (1 x 3 minutes)	Make a shot and your team gets a cone!	
Team Concepts	REVERSE THE BALL DRILL (games to 8)	This is a great competitive way to work on reversing the ball quickly.	10%
Competing	1 ON 1 & 2 ON 2 NUMBERS GAME (games to 3)	Use these competitive games to work on both offense and defense.	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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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	Have the players define respect and discuss what it means to respect their coach.	5%
Warm-Up	AVOID THE COACH GAME (2 minutes)	Build rapport with the players while preparing for practice!	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.	
	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.	
	FOLLOW THE LEADER (3 x 1 minute)	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		
	CONE JUMP & PASS DRILL (1 x 3 minutes)	The players will jump over cones and then pass the ball.	
	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			
	FORM SHOOTING – 2 HANDS (3 x 8)	Work on the proper shooting mechanics.	
	AROUND THE WORLD (2 games)	Divide the players into teams for 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	LAY-UP BOWLING (1-2 games)	This game emphasizes the importance of making lay-ups.	10%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
Values	RESPECT: TEAMMATES	Discuss how we respect our teammates.	5%
Warm-Up	SKIP TAG (2 minutes)	This is a fun warm-up game to prepare the players to practice.	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.	
	DRIBBLE BALANCE PUSH (2 x down and back)	Have the players maintain their balance and push off their outside leg.	
	OVER/UNDER RELAY (1 game)	This is a fun, team game aimed to encourage the players to work together.	
	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		10%	
1-2 STEP LAY-UPS (3 x 1 min each)	Breakdown the proper lay-up form and have the players put it into action.		
JUMP STOP SHOOTING GAME (games to 6)	Work on good jump stops, being balanced, and making shots at game speed.		
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	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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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%
	LOW, MIDDLE, HIGH DRIBBLE (20 sec each level/each hand)	Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high dribbles to improve coordination and ball control.	
	WALKING DRIBBLE RIGHT/LEFT/CROSSOVER (2 x down and back each)	This is a good opportunity for the players to work on dribbling with movement in a controlled drill.	
	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		
	CONE JUMP & PASS DRILL (3 x each)	The players will jump over cones and then pass the ball.	
	WATER OR LAND (3 X 15 seconds)	This drill forces the players to listen, balance and react quickly.	
Team Concepts	TEACH: Shooting		10%
	1-STEP FORM DRILL (1 x 2 minutes)	This is a fundamental movement for players as they grow into becoming great shooters!	
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%
	2 ON 2 NUMBERS GAME (games to 5)	Use this fun 2 on 2 game to encourage players to work together on offense and defense.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s effort or actions in practice.	

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PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
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%
	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.	
	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: Teach: Footwork & Conditioning		10%	
THE BACKPEDAL, SLIDE, & SPRINT DRILL (1 x 1 minute)	Work on good footwork and changing directions quickly.		
Team Concepts	PASS & CUT DRILL (3 minutes each way)	Emphasize a good pass and a quick cut looking for the ball.	10%
	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.	
Competing	DRIBBLE RELAYS (2 games)	Create teams and compete in fun relay races.	10%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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- 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	RESPECT: PARENTS	Discuss how to show respect for parents.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the court while warming up.	5%
Building Skills	TEACH: Ball-Handling		70%
	5-5-5 CREATIVE DRIBBLE (4 x)	Allow the players to be creative with the ball.	
	CREATIVE CONE DRIBBLE DRILL (2 minutes)	The drill allows players to work on fun creative moves.	
	TEACH: Shooting		
	SHOOTING LINE GAME (games to 8 makes)	Have some fun shooting just like the players practiced!	
	AROUND THE WORLD (2 games)	Divide the players into teams as they shoot in all spots "around the world."	
	TEACH: Passing		
JUMP STOP PIVOT PASS DRILL (3 minutes)	Help the players understand the importance of a good jump stop, good balance on, good passes, and showing a target. Be sure to mix up the pivots and passes in this drill.		
PASS IT DOWN THE LINE GAME (3 minutes)	This drill will help players pass and catch on the run.		
Competing	LAY-UP BOWLING (2 games)	This creative game emphasizes the importance of making lay-ups.	10%
	1 ON 1 NUMBERS GAME (games to 5)	Use this fun 1 on 1 game to allow players to work on both individual offensive move and 1 on 1 defense.	
	3 ON 3 NUMBERS GAME (games to 5)	Use this fun 3 on 3 game to encourage players to work together on offense and defense.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
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Starter





Starter Level ABCD's

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

ALWAYS FUN

Mastering Skills



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

BUILDING SKILLS

See Skill Checklist



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

CORE VALUES

Teamwork
Positivity



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

DEVELOPING WELLNESS

Balanced Lifestyle
Nutrition



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

Skill Checklist

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

✓ 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

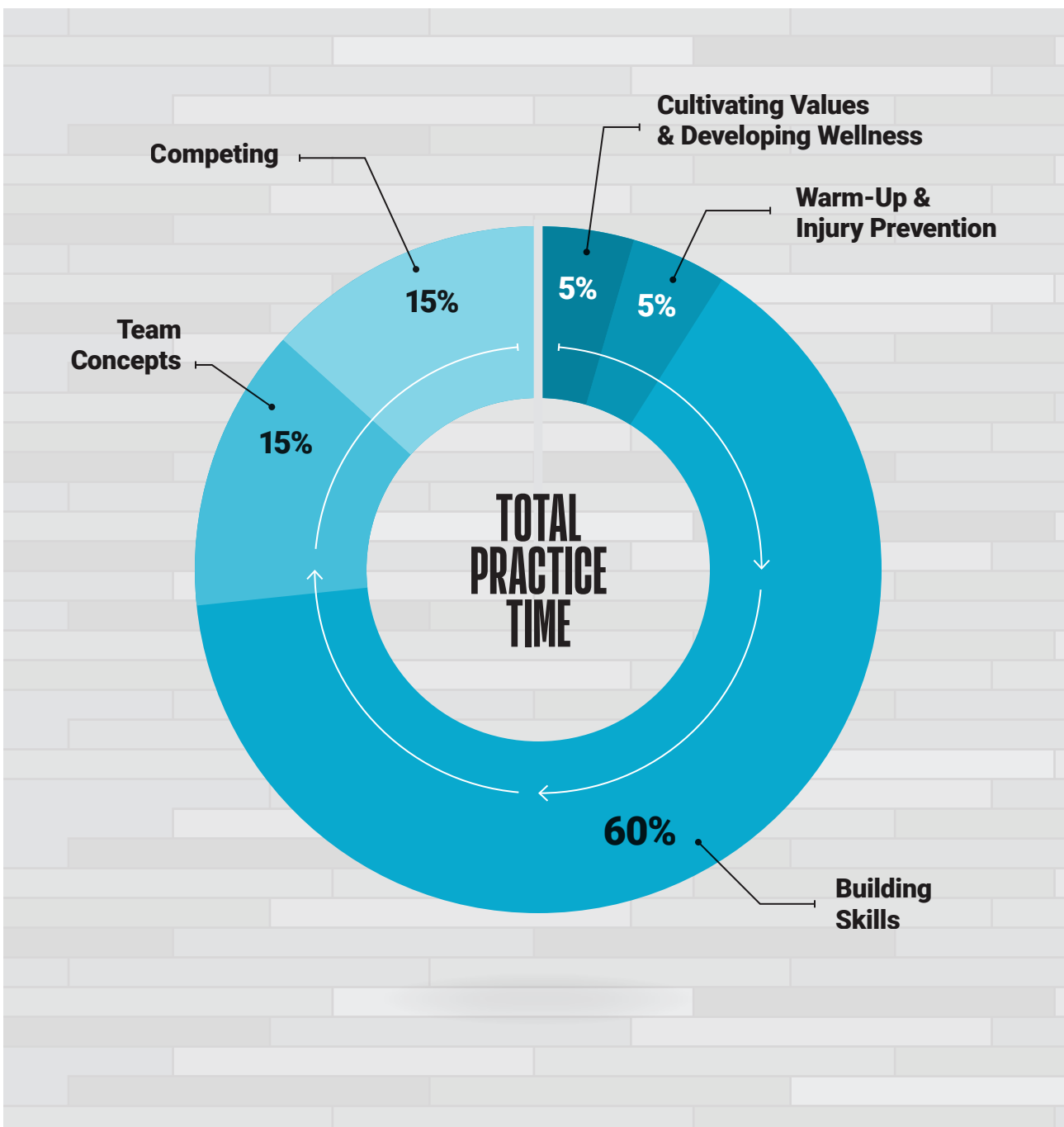
- On Ball Defense
- Half Court Man To Man
- Disadvantage Spacing & Concepts
- Closeout
- Closeout to Slide
- Drop Step Slide
- Turning the Ball

✓ 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.





PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
Values	TEAMWORK	Lead the players in a discussion about teamwork.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the court while warming up.	5%
Building Skills	Ball-Handling		60%
	BALL RUBS (1 x 10 sec.)	Get the hands warm and gain comfort with the ball.	
	SINGLE LEG WRAPS (2 x 20 sec. each leg)	Wrap the ball quickly around each leg.	
	SEATED DRIBBLE (1 x 20 sec. each hand)	Sit and work on low, quick dribbles with the fingertips.	
	3-3-3 DRIBBLE DRILL (2 x 20 sec.)	Make sure each dribble is quick and powerful.	
	CONE DRIBBLING (1 x 3 min. with variations)	Work on changing directions with the dribble.	
	Passing		
	OVERHEAD PASS DRILL (1 min.)	Make firm overhead passes with a partner.	
	Shooting		
	FORM SHOOTING One Hand (2 x 10 shots)	The shot pocket originates from where a player would hold the ball with 1 hand.	
	1-2 STEP LAY-UPS BOTH SIDES (1 x 2 minutes each side)	Ensure the proper footwork while working with both hands.	
	SHOOTING LINE GAME (games to 8 makes)	Have fun shooting like practiced!	
	Footwork & Conditioning		
JUMP-STOP DRILL With ball (2 times down & back)	Work on the fundamentals of the jump stop; balance and body control.		
Team Concepts	THE PASS IS FASTER DRILL (2 x down and back each player)	Work on ball-handling, passing, and catching while demonstrating that the pass is faster than the dribble.	15%
	DEFENSE, I LOVE IT DRILL (2 x 5)	Have fun and bring energy to defense!	
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.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	BALANCED LIFESTYLE	Discuss why it's important to have a healthy balance of school, friends, family, and hobbies.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each from baseline to half court or back)	<ul style="list-style-type: none"> • Heel Walks • Skip Backwards • Toe Walks • Jog Forward • Skip Forward • Jog Backwards 	5%
Building Skills	Ball-Handling		60%
	DOUBLE LEG WRAP (1 x 20 sec.)	Wrap the ball around both legs quickly!	
	SIDE TO SIDE DRIBBLE (2 x 15 sec.)	Control the ball by dribbling it from side to side.	
	FRONT TO BACK DRIBBLE (2 x 15 sec.)	Control the ball by dribbling it front to back.	
	RETREAT DRIBBLE DRILL (3 x 15 sec.)	Work on the fundamentals of the retreat dribble.	
	Passing		
	REBOUND & OUTLET PASS DRILL (1 x 2 minutes each side)	Work on rebounding and making a good outlet pass.	
	Shooting		
	DROP STEP LAY-UP BREAKDOWN DRILL (1 x 2 minutes each way)	Work on the correct footwork for the drop step lay-up.	
	LAY-UP HIGH FIVE DRILL (2 minutes each side)	A simple high five can teach the fundamentals of a lay-up!	
3-LINE LAYUPS ADD VARIATIONS (1 x 90 sec each line)	Work on lay-ups and the euro step.		
Footwork & Conditioning		15%	
1-2-3 TRIPLE THREAT (1 x 90 seconds)	Work on reaction time and the triple threat stance.		
Team Concepts	PASS & CUT DRILL (90 seconds each way)	Work on passing, cutting, and finishing with lay-ups.	15%
	RECEIVING THE OUTLET PASS DRILL (1 x 2 minutes)	Work on the proper execution of receiving the outlet pass.	
	TEAM LAY-UP & SHOT DRILL (games to 8)	Use this fun competitive game to work on lay-ups and shooting.	
	SIDE/LATERAL PUSH DRILL (3 x 15 seconds)	Work on the defensive movement of pushing to stay in front of an offensive player.	
Competing	ELBOWS FINISH DRILL (games to 3)	Emphasize both offense and defense in 1 on 1 play.	15%
	3 ON 3 NUMBERS GAME (games to 3)	Emphasize the offensive and defensive concepts learned through 3 on 3.	

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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%
	QUICK DROPS DRILL (2 x 20 sec)	Work on quick hands and catching the ball.	
	SEATED DRIBBLE (2 x 45 seconds each arm)	Sit and work on low, quick dribbles with the fingertips.	
	STATIONARY CROSSOVER LOW, MIDDLE, HIGH (3 x 15 seconds each)	Push the ball back and forth from hand to hand to improve coordination and ball control.	
	STATIONARY UNDER THE LEG DRIBBLE DRILL (1 x 1 minute)	Have the players work on controlling the ball under their leg.	
	Passing		
	KICK PASS BREAKDOWN DRILL (1 minute each way)	Work on the proper kick pass form.	
	Shooting		
	UP & UNDER BREAKDOWN DRILL (1 minute each way)	Work on the proper footwork of the up and under.	
	PASS & UP & UNDER DRILL (1 x 2 minutes)	Execute the up and under in this fluid drill.	
	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		
SELF-TOSS REBOUNDING DRILL (3 x 8)	The players will toss the ball into the air and jump and catch it at their peak.		
Footwork & Conditioning			
TUCK BACK DRILL (2 x 6 each way)	Work on triple threat and protecting the ball.		
Team Concepts	DRIVE & KICK COMPETITION DRILL (games to 8)	Emphasize a good drive and a good kick pass.	15%
	2-PERSON CLOSEOUT DRILL (2 x 1 minute)	Work on guarding the ball and quickly going to help.	
Competing	4 ON 4 (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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PERCENTAGE OF TOTAL PRACTICE TIME

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	ACTIVE LIFESTYLE	Have the players define being active, and explain the benefits of playing multiple sports.	5%
Warm-Up	ACTIVE WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> Jog in Place Head Rolls Waist Rolls 1 Foot Hop Left Shoulder Rolls Knee Rolls 1 Foot Hop Right Arm Rolls Ankle Rolls 	5%
Building Skills	Ball-Handling		60%
	LOW, MIDDLE, HIGH DRIBBLE (2 x 20 sec. each level & each hand)	Work on dribble speed, control, and power.	
	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.	
	3-3-3 DRIBBLE DRILL (2 x 20 sec.)	Work on quick controlled dribbles.	
	RUNNING DRIBBLE RIGHT, LEFT, & CROSSOVER (2x each)	Encourage the players to gain comfort and push themselves to run fast while controlling the dribble.	
	Passing		
	PASS & FOLLOW (1 min)	Work on good quick passes to teammates.	
	PARTNER RUNNING PASS DRILL (2 x down & back)	Try not to have any dropped passes!	
	Shooting		
	3-LINE LAYUPS ADD VARIATIONS (1 x 90 sec each line)	Work on making lay-ups correctly.	
	FORM SHOOTING – 2 HANDS (3 x 8 each)	Emphasize the perfect shot every time.	
	SPIN STEP IN DRILL (1 x 2 minutes each way)	Ensure that the players plant and turn on their inside foot.	
	LOOP SHOOTING (1 x 4 min)	Be sure to mix up the shot location.	
Footwork & Conditioning			
RUN TO BACKPEDAL DRILL (2 x down and back)	Help the players gain comfort changing directions.		
Team Concepts	PASS, CUT & REPLACE DRILL (2 minutes)	Work on good passes, cutting, and filling the open spot.	15%
	REVERSE THE BALL DRILL (games to 8)	Reverse the ball quickly and shoot game like shots.	
Competing	CLOSE OUT 1-ON-1 DRILL (4 minutes)	Work on good defensive close outs into 1 on 1.	15%
	5 ON 5 NO DRIBBLES (3 minute games)	Playing with no dribbles will reinforce movement.	

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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%
	QUICK DROPS DRILL (2 x 10)	Work on having quick hands and catching the ball.	
	STATIONARY 2 BALL DRIBBLE SAME TIME/ALTERNATE (2 x 30 seconds each)	Challenge the players by dribbling with 2 balls.	
	5-5-5 CREATIVE DRIBBLE (1 minute)	Allow the players to be creative with the ball.	
	Passing		
	PASS FAKE BREAKDOWN DRILL (2 minutes)	Work on good pass fakes.	
	PASS FAKE DRIVE DRILL (1 x 2 minutes each side)	Give a good pass fake to make a defender react, then drive.	
	Shooting		
	LUNGE SHOOTING (1 minute each way)	Work on good footwork, balance and body control.	
	SHOT FAKE BREAKDOWN DRILL (2 minutes)	Have the players work on the correct execution of a shot fake.	
	SHOT FAKE 1 DRIBBLE PULL-UP DRILL (2 minutes each way)	Execute the shot fake into a shot.	
	Rebounding		
	NO BALL BOX OUT DRILL (2 minutes)	Get the players accustomed to boxing out their opponent.	
Footwork & Conditioning			
SIDE/LATERAL PUSH DRILL (3 x 15 seconds)	Make sure the players are pushing off their back foot.		
Team Concepts	USING A SCREEN SHOOTING DRILL (1 x 2 minutes each way)	Work on setting up the screen before coming off to shoot.	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.	

- 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.





PERCENTAGE
OF TOTAL
PRACTICE TIME

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)	<ul style="list-style-type: none"> • 2 Feet Forward & Backwards • 1 Foot Forward & Backwards • Stationary Hip Swings • 2 Feet Side to Side • 1 Foot Side to Side • Arm Rolls 	5%
Building Skills	Ball-Handling		60%
	FINGER DRIBBLE DRILL (1 x 30 seconds each hand)	Individually use each fingertip to dribble the ball.	
	DRIBBLE BALANCE (3 x 20 seconds each leg)	Balance on 1 foot while dribbling.	
	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!	
	Passing		
	CIRCLE PASS DRILL (1 x 45 seconds each type of pass)	Work on good quick passes.	
	Shooting		
	CROSSOVER TO A LAY-UP DRILL (1 x 2 minutes each side)	Work on good moves and finishing with makes.	
	1-STEP FORM DRILL (10 makes each side)	Make sure the players create a lot of space with their steps.	
	JUMP STOP SHOOTING GAME (games to 5)	Work on good jump stops, being balanced, and making shots at game speed.	
	Rebounding		
WALL BOX OUT (2 minutes)	Work on the proper boxout technique.		
Footwork & Conditioning			
THE JAB STEP BREAKDOWN DRILL (2 minutes each way)	Help the players gain comfort making a jab step.		
THE JAB & ATTACK DRILL (3 x each side)	Take a hard jab and a big attack step towards the basket.		
Team Concepts	PASS & CUT & REPLACE DRILL (1 x 3 minutes)	Get the players talking, cutting, and filling the open space.	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.	

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PERCENTAGE OF TOTAL PRACTICE TIME

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: OPPONENTS	Discuss how & why to respect your opponents.	5%
Warm-Up	IQ WARM-UP (5 lines)	Teach the players about the game as a part of the warm-up.	5%
Building Skills	Ball-Handling		60%
	DOUBLE LEG WRAP (2 x 20 sec)	Wrap the ball around both legs quickly!	
	FRONT TO BACK DRIBBLE (2 x 20 seconds each hand)	Control the ball by dribbling it front to back.	
	SIDE TO SIDE DRIBBLE (2 x 20 seconds each hand)	Control the ball by dribbling it from side to side.	
	DRIBBLE BALANCE PUSH (2 x down and back)	Have the players maintain balance and push off their outside leg.	
	WALK TO JOG DRIBBLE DRILL (2 each)	Work on dribbling while moving at a controlled speed.	
	Passing		
	WHO IS READY (2 minutes)	Help the players recognize when a teammate is ready.	
	DRIBBLE & PASS TO TARGET DRILL (2 minutes each side)	Work on moving and hitting the target with a pass.	
	Shooting		
	PERFECT SHOT NO BASKET DRILL (3 x 8 attempts)	This is a fun shooting drill that challenges the players to shoot the perfect shot!	
	LUNGE SHOOTING (2 x 1 min)	Work on good footwork and balance with lunge shooting.	
	Rebounding		
	TOSS & GET IT DRILL (2 minutes each side)	Toss the ball off the backboard and rebound!	
Footwork & Conditioning			
TUCK BACK (2 x 6 each way)	Teach the players to be in a strong stance with the ball.		
ON THE WHISTLE JUMP STOP (2 minutes)	Have the players react to the whistle with a jump stop.		
Team Concepts	2 ON 1 FAST BREAK (3 min)	Work on good timing, spacing, and decision making.	15%
	GROUP CLOSE OUT SLIDE & TRACE DRILL (1 min. each way)	Bring energy and work on defense!	
Competing	ON THE BLOCK FINISH DRILL (games to 3)	Have the players react and finish quickly with a live defender.	15%
	ELBOWS FINISH DRILL (games to 3)	Help the players take good game shots with a live defender.	
	3 ON 3 NUMBERS GAME (games to 5)	Use 3 on 3 to work on team concepts.	

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PERCENTAGE OF TOTAL PRACTICE TIME

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%
	BALL SLAMS (2 x 10)	Slam the ball hard to the floor and catch it on the way up.	
	FINGER DRIBBLE DRILL (1 x 30 seconds each hand)	Use 1 finger at a time to dribble the ball.	
	SIDE TO SIDE DRIBBLE LOW, MIDDLE, HIGH (3 sets each hand)	Work on controlling the ball by dribbling it back and forth.	
	DRIBBLE BALANCE PUSH (2 x down and back)	Develop good balance and really push out on every move.	
	Passing		
	DRIBBLE & PASS TO A TARGET DRILL (1 x 2 minutes)	Emphasize hitting a specific target with each pass.	
	SLIDE AND PASS DRILL (2 sets of each pass)	Stay low and move while passing.	
	PARTNER RUNNING PASS DRILL (2 x down & back)	Make sure to lead the teammate with a good pass.	
	OPEN & DECIDE (3 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.	
	CHASE LAY-UPS (3 minutes)	Work on making lay-ups with a live defender.	
	BLOCK TO BLOCK SHOOTING DRILL (30 seconds each player)	Work on using the backboard to make shots.	
Footwork & Conditioning			
CHANGE OF SPEED DRILL (3 x down and back)	Changing speeds will make every player better.		
Team Concepts	POST PASS & SCREEN DRILL (3 minutes)	Use pass fakes to make passes easier.	15%
	FOLLOW THE LEADER SLIDES DRILL (10 seconds each)	Have the players lead these quick defensive slides.	
	ZIG-ZAG DEFENSIVE SLIDE DRILL (3 times down and back)	Get a good feel for changing directions while defending a dribbler.	
Competing	BACK 1 ON 1 DRILL (games to 5 makes)	Have fun with this great 1 on 1 drill.	15%
	5 ON 5 (games to 7)	Encourage the players to keep the ball moving!	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP	Discuss how sportsmanship can translate off the court.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> • Walking Quad Stretch • Knee Hugs • Down Out Leg Walk • Light Quick 3 	5%
Building Skills	Ball-Handling		60%
	SMACKS & TAPS (1 x 20 seconds each)	Get the fingers and hands warm and ready to practice.	
	3-3-3 DRIBBLING DRILL (2 x 30 seconds)	Push the ball hard with each dribble!	
	STATIONARY IN & OUT DRILL (1 min each way)	Work on good control and good footwork.	
	Passing		
	PASS & CUT DRILL (5 x each player on each side)	Work on good passes and good cuts.	
	OPEN & DECIDE (3 min)	Good decision making is essential in basketball!	
	Shooting		
	3-LINE LAYUPS ADD VARIATIONS (1 x 90 sec each line)	Practice the fundamentals of the lay-up.	
	LUNGE SHOOTING DRILL (2 min. each way)	Work on good footwork and balance with lunge shooting.	
	LOOP SHOOTING DRILL (2-4 min.)	This shooting drill should build energy and teamwork.	
	Rebounding		
TOSS & GET IT DRILL (2 minutes each side)	Emphasize good timing and rebounding with two hands.		
Footwork & Conditioning			
4 CORNER PASSING DRILL (2 min each way)	Be sure to mix up the dribbles and pivots.		
Team Concepts	THE PASS IS FASTER DRILL (2 x down and back each player)	Emphasize that the pass is faster than the dribble.	15%
	HALF COURT TURN & TRACE DRILL (2 minutes)	Build defensive principles in this high-energy drill.	
Competing	2 ON 2 DRIVE AND KICK (games to 3 baskets)	Play 2 on 2 out of a drive and kick.	15%
	3 ON 3 NUMBERS GAME (games to 5)	Use 3 on 3 to develop team concepts.	

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PERCENTAGE OF
TOTAL PRACTICE
TIME

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	POSITIVITY	How can having a positive attitude help your team?	5%
Warm-Up	ACTIVE WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> • Backward Jog • Skip Arm Swings • Jog to Sprint • 2 Foot Hop • Stance Resistance • Jog & Turn • Stance Lateral Chop • Bent Knee Side Plank 	5%
Building Skills	Ball-Handling		60%
	TOSS & CATCH WITH CLAP (1 x 45 seconds)	Have fun and get comfortable with the ball.	
	LOW, MIDDLE, HIGH DRIBBLE (3 x 20 sec each level & each hand)	Stay consistent with good dribbles at each level.	
	ZIG ZAG DRIBBLING (2 x down and back)	Work on changing directions with a quick move.	
	DRIBBLE KNOCKOUT (2 games)	Have fun with this competitive dribble game!	
	Passing		
	CIRCLE PASS DRILL (1 x 45 seconds each type of pass)	Get the team working together with good passes.	
	PARTNER RUNNING PASS DRILL (2 x down & back)	Try not to have any dropped passes!	
	Shooting		
	2-BOUNCE SHOOTING GAME (games to 5)	Hustle after rebounds to prevent two bounces.	
Footwork & Conditioning			
ON THE WHISTLE JUMP STOP (2 minutes)	The players will react quickly with a good jump stop.		
TUCK BACK DRILL (2 x 6 each way)	This drill encourages toughness with the ball!		
CHANGE OF SPEED DRILL (3 x down and back)	Changing speeds will help all players improve their game.		
Team Concepts	2 ON 1 FAST BREAK DRILL (3 minutes)	Emphasize good decision making.	15%
	TRACING THE BALL BREAKDOWN DRILL (4 min)	Work on tracing the ball with active hands.	
Competing	ON THE BLOCK FINISH DRILL (games to 3)	Work on game like finishes from the block.	15%
	ELBOWS FINISH DRILL (games to 3)	Work on taking good shots starting from the elbow.	
	2 ON 2 FROM CLOSE OUT (games to 5)	Help the players understand the importance of the close out.	

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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"> In Out Turn Quick Feet Hip Up & Over Touch Over the Hurdle Forward Over the Hurdle Backwards Jog to Sprint 	5%
Building Skills	Ball-Handling		60%
	FIGURE 8 FINGERTIPS (1 x 30 sec each way)	Work on low quick dribbles in a figure 8 motion.	
	SINGLE LEG WRAPS (2 x 20 sec)	Wrap the ball quickly around each leg!	
	FRONT TO BACK DRIBBLE (2 x 20 seconds each hand)	Control the ball by dribbling it from front to back.	
	SIDE TO SIDE DRIBBLE (2 x 20 seconds each hand)	Dribble the ball side to side with good control.	
	3-3-3 DRIBBLING (2 x 30 sec)	The players will continuously execute the 3-3-3 dribble routine.	
	DRIBBLE BALANCE PUSH (2 x down and back)	Work on balance and pushing out of every move.	
	RUNNING DRIBBLE RIGHT, LEFT, & CROSSOVER (2 x each)	Work on controlling the dribble while running.	
	Passing		
	OPEN & DECIDE (3 min)	Stress the importance of good, quick decisions.	
	Shooting		
	1-STEP FORM DRILL (10 makes each side)	Create a lot of space and have good balance with each shot.	
	PARTNER LAY-UPS (3 minutes)	Work in pairs on specific finishes.	
	Rebounding		
3-SECOND BOX OUT DRILL (2 minutes each side)	Work on making contact and holding a good box out.		
Footwork & Conditioning			
CHANGE OF SPEED (3x)	Changing speeds will help all players improve.		
Team Concepts	PASS & CUT (3x each way)	Passing and cutting is an offensive concept at all levels of the game.	15%
	REVERSE THE BALL DRILL (games to 8)	Reinforce the concept of reversing the ball.	
	CHANGE DIRECTION SLIDE DRILL (3 minutes)	Work on moving quickly and efficiently.	
Competing	3 ON 3 NUMBERS GAME (games to 5)	Use 3 on 3 to emphasize team concepts.	15%
	5 ON 5 (games to 6)	Encourage team play and good decision making.	

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PERCENTAGE OF
TOTAL PRACTICE
TIME

THEME	ACTIVITY	DETAILS	
Values	CONFIDENCE	Practicing and working on your game makes you more confident.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn about the court while warming up.	5%
Building Skills	Ball-Handling		60%
	FINGER DRIBBLE DRILL (1 x 30 seconds each hand)	Dribble with a different finger every time.	
	5-5-5 CREATIVE DRIBBLE (1 minute)	Let the players use their imagination with the ball.	
	RUNNING DRIBBLE RIGHT/LEFT/CREATIVE (2 x each)	Work on controlling the ball while running.	
	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.	
	DRIBBLE, JUMP STOP, & PASS DRILL (2 min. each side)	Reinforce that a good pass leads to an easier shot.	
	Shooting		
	PARTNER LAY-UPS (3 minutes)	Work on making lay-ups with a partner!	
	LOOP SHOOTING DRILL (3 minutes)	Start close and progress to shots further away.	
	JUMP STOP SHOOTING GAME (games to 6)	Make sure the players land with both feet at the same time.	
Rebounding			
SELF-TOSS REBOUNDING DRILL (3 x 8)	Work on timing and catching the ball with two hands.		
Team Concepts	2-ON-1 FAST BREAK DRILL (3 min)	Work on making good decisions.	15%
Competing	2 ON 2 NUMBERS GAME (games to 3)	Use this fun 2 on 2 game to teach offense and defense.	15%
	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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All-Star





All-Star Level ABCD's

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

ALWAYS FUN

Achieving Goals

Loving the Process



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

BUILDING SKILLS

See Skill Checklist



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

CORE VALUES

Leadership

Humility



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

DEVELOPING WELLNESS

Time Management

Rest & Recovery



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

Skill Checklist

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

✓ Ball Handling

- Behind the Back Dribble
- Between the Legs Dribble
- Dribble 1 Ball, Catch & Pass A 2Nd Ball
- Stationary 1-Hand Control Pass
- Moving 1-Hand Control Pass
- Creative Dribbling
- Pull Back Dribble
- Stationary 2 Ball Dribble with Contact
- 2 Ball Creative Dribbling

✓ Passing

- Backdoor Pass
- 1-Hand Ball Control Passing
- Post Entry Pass
- Skip Pass
- Shovel Pass

✓ Shooting

- Step-Back Shot
- Reading Off Ball Screens for Shots
- Screens On the Ball Shots (Pull-Up, Stop Behind, Split)
- Reverse Lay-Up
- Extended Lay-Up
- Spin To Shot
- Transition Catch And Shoot

✓ Footwork & Conditioning

- Run & Turn Forward & Backward
- Sprinting
- Backdoor Cut
- Quick Feet
- Explosion

✓ Rebounding

- Live Rebounding Drills with Contact
- Tag on Perimeter

✓ Offense

- L-Cut
- Baseline Drive Fill the Corner
- Reading Screens
- Post Pass Action (Cut, Relocate, Screen)

- Post Player Spacing on Drives
- Basic Set Plays
- Transition Offense
- Motion Offense

✓ Defense

- Post Defense (Before the Catch, After the Catch, After the Dribble)
- Defending Ball Screens
- Defending Away Screens
- Help the Helper
- Full Court Man To Man
- Shell Drill
- Denying
- Jumping to the Ball
- Transition Defense
- Taking Charges

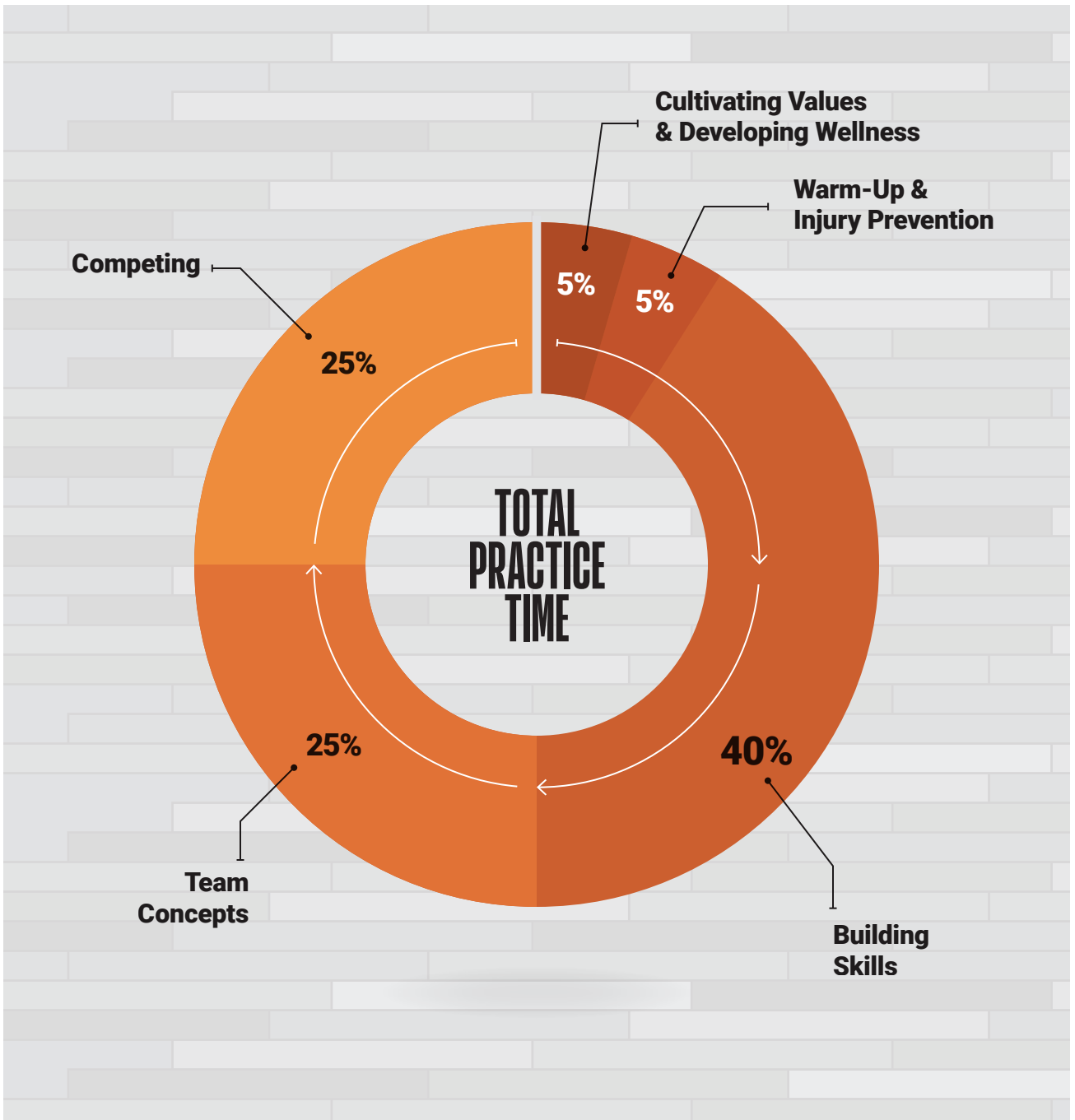
✓ Other

- Advanced Rules
- 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.





PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
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)	<ul style="list-style-type: none"> • Leg Swings • Imaginary Dunks • Trunk Twists • Knee Hug • Backwards Run • Explosion Leap 	5%
Building Skills	Ball-Handling		60%
	CONE DRIBBLING VARIOUS MOVES (4 minutes)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	BETWEEN THE LEGS CHALLENGE (1 x 2 min.)	Challenge the players to beat their previous best.	
	SCISSORS DRIBBLE DRILL (2 x 20 sec.)	This is a quick ball-handling drill that will work on quickness and control.	
	2-BALL LOW HIGH DRILL (2 x 20 sec. each way)	Dribble one ball low while dribbling the other one high.	
	Passing		
	CHEST & BOUNCE PASS DRILL (1 x 30 sec. each way)	Make sure the players verbalize what pass they're making.	
	SKIP PASS DRILL (2-3 min. each way)	Make a good skip pass for a lay-up.	
	Footwork & Conditioning		
	JUMPSTOP, PIVOT & PASS DRILL (1 x 1 minute each way)	Work in pairs for this footwork and passing drill.	
Shooting			
	SHOT FAKE PULL UP DRILL (games to 6 makes)	Work on executing good shot fakes.	
	REVERSE LAY-UP DRILL (4 reps each way)	Teach the players why and how to use a reverse lay-up.	
Team Concepts	PASS, CUT & REPLACE (1 x 1-3 min.)	Work on good passes, cutting, and filling the open spot.	25%
	DEFEND DOWN SCREENS - TOP (1 x 3 min each way)	Teach and execute the defensive principles of guarding an off the ball screen.	
Competing	2 ON 2 - DOWN SCREEN (3 possessions each both ways)	Require the players to trail and defend it over the top.	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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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	ADVANCED RULES	Explain some advanced rules such as the bonus, possession arrow, timeouts etc.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> <li style="width: 33%;">• The Bear Hold <li style="width: 33%;">• Ankling <li style="width: 33%;">• Carioca <li style="width: 33%;">• Pogo Jumps <li style="width: 33%;">• Leg Swings <li style="width: 33%;">• Calf Raises 	5%
Building Skills	Ball - Handling		40%
	FULL COURT CONE DRIBBLING (5 min.)	Work on specific dribble moves and finishes.	
	BEHIND THE BACK WRAP BREAKDOWN DRILL (8 reps each way)	Have the players work on wrapping the ball all the way around their back.	
	BEHIND THE BACK WRAP DRILL (3 x down and back)	Work on wrapping the ball around the back on the move.	
	2-BALL LOW HIGH DRILL (2 x 20 sec. each way)	Work on dribbling one ball low while dribbling the other one high.	
	Footwork & Conditioning		
	FULL COURT SPRINT (2 x)	Sprint all the way down the floor 2 times!	
	Dictated Pivot (1 min.)	Work on stationary jump stops and pivots on command.	
	Passing		
	PARTNER RUNNING PASS DRILL (8 passes to 1 pass)	Partner up and work on making the allotted number of passes for a finish.	
Shooting			
PROGRESSION SHOOTING COMPETITION (1 x 8 makes each)	Work on making 8 shots from multiple spots on the floor.		
SHOOTING LINE GAME (games to 8 makes)	Have fun shooting like practiced!		
Team Concepts	3-SECOND DENY DRILL (3 x each side)	Work on denying the ball for 3 seconds!	25%
	JUMP TO THE BALL DRILL (4 x each side)	Pressure the ball, and on the pass, jump to the ball.	
	3-PERSON PASS, CUT & REPLACE DRILL (1 x 1-3 min.)	Work on good passes, cutting, and filling the open spot.	
	DEFENDING THE BALL SCREEN	Teach the various ways to defend the ball screen.	
Competing	3 ON 3 Dictated (games to 3 makes)	Players must start with a pass and cut, or pass and ball screen	25%
	5 ON 5 MINIMUM 4 PASSES (games to 4 makes)	Every possession has to start with 4 passes.	

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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"> • Bent Knee Side Plank • Forward Walking Lunge • Toes and Chest • Stationary A-Skip • Split Squat Hold • Lateral Bound • Heels and Shoulders • Power Skips 	5%
Building Skills	Ball - Handling		60%
	FULL COURT CONE DRIBBLING (3-5 min.)	Work on specific dribble moves and finishes.	
	STATIONARY 1-2 BEHIND THE BACK DRILL (2 x 30 sec.)	Take 2 strong dribbles followed by a behind the back dribble.	
	BEHIND THE BACK CHALLENGE (2-3 min.)	Have the players set goals and try to beat their previous best!	
	REACTION DRIBBLE (2 x 1 min.)	The players will have to react and change their dribble quickly.	
	Passing		
	POUND PASS DRILL (2 x 30 sec. each way)	Work on a hard dribble and a controlled 1-handed pass.	
	STATIONARY 2-BALL PASSING DRILL (2 x 30 sec.)	The players will use two balls and pass with both hands.	
	Shooting		
	3-LINE LAYUPS (1 x 2 min.)	Work on extended layups during this drill.	
3-PERSON SHOOTING (2 x 10 shots each)	With 1 rebounder, 1 passer, and 1 shooter, get good quick reps.		
Team Concepts	L-CUT DRILL (1 x 2 min each way)	Work on changing speeds and changing directions to get open.	25%
	FILLING THE CORNER DRILL (1 x 15 makes each way)	Fill the corner on a baseline drive to provide an easy pass.	
	SHELL DRILL - 3 ON 3 (6 min)	Teach and show the players what it means to help the helper.	
Competing	3 ON 3 DICTATED - 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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The percentages listed serve as approximate recommendations on how to allocate practice time.





THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HISTORY OF THE GAME/RULES	Spend time teaching the history of the game and explaining some of the more advanced rules.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> Stand to Athletic Position Angle Balance Over the Hurdle Forward Lateral Squat Hold Vertical Jump to Stick Lateral Chop Over the Hurdle Backwards Jog to Sprint 	5%
Building Skills	Footwork & Conditioning		60%
	V – CUT TO FOOTWORK (1 x 2 min. each way)	Have the players v-cut on the wing, then finish the drill with quick feet and hops.	
	Ball-Handling		
	BALL FAKES (3 x down & back)	Take 2 dribbles, jump stop and work on shot fakes and pass fakes.	
	PULL BACK BREAKDOWN DRILL (2 x 30 sec each way)	Work on making a good strong move and pulling back quickly.	
	Shooting		
	1-STEP FORM SHOOTING (1 x 2 min.)	This is a fundamental movement for all shooters to develop.	
	V-CUT SHOOTING DRILL (1 x 3 min.)	Set a team goal and try to make that many shots.	
	PASS & UP & UNDER DRILL (1 x 3 reps each way)	Work on good footwork for a fundamental post move.	
	Rebounding		
TAG & PURSUE DRILL (1 x 3 min.)	Work on defensive principles and then tag and pursue!		
Team Concepts	L-CUT TO DRIVE & KICK (1 x 10 makes each side)	Work on getting open by changing speeds and directions. Then work with a teammate to drive and kick for a shot.	25%
	BACKDOOR PASS LAY-UP DRILL (1 x 3 min each way)	The players will work on the timing of a good back cut and lay-up.	
	POST PASS & SCREEN DRILL	After the post pass, work on screening and then cutting for a lay-up.	
	POST PASS & RELOCATE (1 x 10 makes)	After the post pass, relocate on the perimeter for a shot.	
Competing	1 ON 1 DICTATED - DOWN SCREEN 1 (games to 3)	Work on defending and reading the down screen.	25%
	3 ON 3 DICTATED - DEFENSE WINS (games to 4)	The defensive team will get a point for every stop, and the offense must start with a ball screen.	
	5 ON 5 (games to 5)	Allow the players some freedom in this set of 5 on 5 games.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HUMILITY	Talk through what it means to be humble.	5%
Warm-Up	BALL TAG GAME (8 taggers)	In this game of tag, the ball makes a player safe.	5%
Building Skills	Ball - Handling		60%
	FULL COURT CONE DRIBBLING (4 min.)	Work on specific dribble moves and finishes.	
	STATIONARY 2-BALL 1-2 CROSS (2 x 40 sec.)	Work on dribbling 2 balls and then switching them with the crossover.	
	BETWEEN CROSS BEHIND (2 x 30 sec.)	Get as many reps as possible within the allotted time.	
	BETWEEN CROSS MOVE (2 x 30 sec. each way)	Work on loading and changing directions quickly.	
	Shooting		
	SHOT FAKE LAY-UP DRILL (2 min. each way)	Work on sitting and selling a good shot fake and then attacking the basket.	
	STEP BACK BREAKDOWN DRILL	Teach the proper footwork and mechanics to the step back shot.	
	STEP BACK SHOOTING DRILL (1 x 10 makes each side)	Work on maintaining good balance while creating space for the shot.	
	USING A SCREEN SHOOTING DRILL - STRAIGHT CUT (20 makes for the team)	Continuously move through this drill as a passer, a screener, and a shooter.	
	Footwork & Conditioning		
	BACKDOOR CUT LAYUP DRILL (1 x 15 makes each side)	Work on good cuts, timing and passes.	
Rebounding			
	TAG & PURSUE DRILL (2-3 min.)	Work on defensive principles and then tag and pursue!	
Team Concepts	BASELINE DRIVE SAME SIDE POST SHOOTING COMPETITION (1 x 10 makes each side)	Teach the players to create space while making themselves available.	25%
	SHELL DRILL - 4 ON 4 (6 min.)	Only allow passing and cutting. No screens or post players.	
	MOTION 4 ON 0 PASS & CUT (5 min.)	Teach the players to pass and cut and always fill the open spot	
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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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	PLAYING POSITIONS	Teach the players the typical roles of each position.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> • Hip Hinge • Backward March • High Knees 	5%
Building Skills	Ball - Handling		60%
	CREATIVE CONE DRIBBLE DRILL (1 x 2 min.)	This drill allows players to work on fun creative moves.	
	1-HAND BETWEEN SERIES (1 x 2 min. each way)	Dribble the ball in one hand and continually wrap it between the legs.	
	Passing		
	POST ENTRY PASSING (1 x 5 reps each)	Encourage the defense to make this a difficult pass for the offensive player.	
	Shooting		
	BACKBOARD FORM SHOOTING (1 x 8)	Work on perfecting the shot with this fun shooting drill.	
	LOOP SHOOTING (4 spots of 8 makes)	Keep the energy up and make shots as a team.	
	FULL COURT TRANSITION SHOOTING DRILL (games to 9 makes)	Run the floor and knock down shots!	
Team Concepts	SHELL DRILL 5 ON 5 - WITH POST (5 min.)	Help the players know their defensive positioning with 5 players on the court.	25%
	MOTION - 4 ON 0 (4 min.)	Allow for screening away from the ball.	
	3 ON 2, 2 ON 1 (4 min.)	Work on advantage situation scoring and disadvantage defense.	
	25 POINT FREE THROW GAME (1 game)	This game teaches the players to have a perfect free throw.	
Competing	CHASE LAYUP DRILL - FULL COURT (1 x 3 min.)	Have the offensive player start at the elbow and face the defender before turning to go the other way!	25%
	1 ON 1 - CONES (games to 3)	Players must touch the cones before getting to their spot for 1 on 1.	
	1 ON 1 - DRIBBLE OUT (games to 3)	Players must dribble and run out around the cones before playing 1 on 1.	
	3 ON 2 TRAILER GAME (games to 5 makes)	This drill encourages the players to score in the 3 on 2 setting before the 3rd defender arrives.	
	5 ON 5 SITUATIONAL (3 Situations)	It is very important for the players to begin to understand how to manage the game and clock.	

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PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
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"> • Leg Swings • Imaginary Dunks • Trunk Twists • Knee Hugs • Backwards Run • Explosion Leaps 	5%
Building Skills	Ball-Handling		60%
	SIDE TO SIDE & BETWEEN DRIBBLE DRILL (2 x 20 sec each hand)	This drill will help increase dribble control.	
	IN & OUT CROSSOVER BREAKDOWN DRILL (1 x 1 min)	Have the players take a load dribble and then execute the move.	
	BEHIND THE BACK WRAP BREAKDOWN DRILL (1 x 1 min)	Work on good wrap dribbles that move forward.	
	FOOT BETWEEN DRILL (2 x 3)	Teach the players to get to their spots without wasting dribbles.	
	Passing		
	SHOVEL PASS BREAKDOWN DRILL (1 min each way)	Work on perfecting the quick shovel pass to a teammate.	
	SHOVEL PASS DRILL (3 min)	Implement the shovel pass in a game like setting.	
	Shooting		
	CATCH, TURN, & SHOOT DRILL (1 x 3 min)	Work on the proper shooting mechanics in this active shooting drill.	
USING A SCREEN SHOOTING DRILL (15 makes each way)	Work on this drill as a team to make a lot of shots quickly.		
Rebounding		25%	
ELBOW REBOUNDING (games to 8)	Compete for each rebound in this rebounding drill.		
Team Concepts	THE OUT CUT & SHOT DRILL (10 makes each way)	Work on the pass as well as the cut.	25%
	2-PERSON CLOSEOUT (2 min)	Keep this drill very high energy with a lot of communication.	
	3-TOUCH DEFENSIVE DRILL (2 x each player)	Have the players work hard in this defensive drill.	
Competing	11-PERSON TRANSITION DRILL (5 min)	Divide into teams and work on transition scoring.	25%
	3 ON 3 NUMBERS GAME (games to 3)	All possessions must start with a down screen.	
	5 ON 5 FREE PLAY (games to 5)	Give the players freedom and coach between the games.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	REST	Teach the players the importance of sleep.	5%
Warm-Up	LINE HOPS (1 x 20 seconds each)	<ul style="list-style-type: none"> 2 Feet Forward & Backwards 1 Foot Side to Side 1 Foot Forward & Backwards 2 Feet Side to Side Stationary Hip Swings Arm Rolls 	5%
Building Skills	Ball-Handling		60%
	SPIN DRIBBLE DRILL (3 min.)	Work on good, balanced spin moves.	
	SPIN MOVE TO SHOT (2 reps each way)	After the spin, make sure the players are balanced and can shoot.	
	MOVING BETWEEN THE LEGS DRILL (2 x down & back each way)	Make sure the players stay low and push forward as they dribble between the legs.	
	2 BALL SAME TIME MOVING (2 x down & back)	Have the players stay low and move at a natural pace.	
	Passing		
	POUND & PASS DRILL (1 x 1 minute each hand)	Emphasize a good Pound dribble and a controlled 1 hand pass.	
	STAR PASSING (10 x each way)	Pass and follow the pass in a star pattern that finishes with a lay-up.	
	POST PASS & CUT DRILL (12 lay-ups each way)	Work on a good post pass and a quick cut to score.	
	Shooting		
	SPIN STEP-IN DRILL (1 x 2 min each way)	Always use the inside foot and get balanced before shooting.	
	SHOOTING LINE GAME (games to 5)	Have fun shooting like practiced!	
	Rebounding		
REBOUND & SCORE (3 each)	This is a tough rebounding and finishing drill!		
Team Concepts	FULL COURT MAN (3 each)	Work on turning the offensive player and staying in front!	25%
	MOTION - 4 ON 0 (1 x 8 makes)	The players will continually drive and kick until the coach says shoot.	
Competing	3 ON 2, 2 ON 1 (4 minutes)	Work on transition finishes in this game like drill.	25%
	LINE UP TRANSITION (5 stops)	Work on transition defense. The first team with 5 stops wins.	
	5 ON 5 (games to 5)	Stop the game and coach as needed.	

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PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RECOVERY	It is important that players understand the importance of recovery!	5%
Warm-Up	PARTNER RUNNING PASS DRILL (8 passes to 1 pass)	The players will work together to warm-up by passing and running the court.	5%
Building Skills	Ball-Handling		40%
	2 BALL MOVING-ADD SIDE TO SIDE (2 x down and back)	Dribble both balls side to side up the court and back.	
	2 BALL WITH CONTACT (2 x 20 sec.)	Have a partner give the dribbler contact while they dribble both balls.	
	3-2-1 IN & OUT DRIBBLE (3 x each side)	Work on changing from up to down and timing the feet and hands.	
	Passing		
	PRESSURE TIMING DRILL (3 x each side)	Keep the offensive player in a specific space with defensive pressure as they make a pass.	
	Shooting		
	MAKE FOR A CONE GAME (3 minute games)	When a team makes a shot, they get one of the other team's cones!	
	PASS & DROP STEP DRILL (2 minutes each side)	Work on good footwork and good finishes from both sides.	
	Footwork & Conditioning		
	EXPLOSION LEAPS (1 x each way)	Build explosiveness and quickness with good bounds!	
Team Concepts	2 ON 0 POST ENTRY OR DRIVE (5 minutes)	Have the players read off of each other in the 2 on 0 scenario.	25%
	2-PERSON CLOSE OUT (2 minutes)	Keep the energy up and work on good close-outs and jumping to the ball.	
	3 ON 3 - HELP THE HELPER (6 minutes)	After helping the helper, the game becomes live.	
Competing	FULL COURT MAN (3 possessions each)	Split the court so the defensive player only guards a space half as wide as the court.	25%
	2 ON 2 - CONES (games to 4)	All the players have to run around the cones before the game is live.	
	3 ON 3 - DICTATED (games to 3)	The coach will dictate how each play must start.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	TEAMWORK	Lead the players in a discussion about teamwork.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> The Bear Hold Pogo Jumps Ankling Leg Swings Carioca Walking Kicks 	5%
Building Skills	Ball-Handling		40%
	FULL COURT CONE DRIBBLING (5 min.)	Work on specific dribble moves and finishes.	
	STATIONARY 1-2 BEHIND THE BACK (2 x 30 sec.)	Work on 2 strong dribbles and then dribble behind the back.	
	BEHIND THE BACK CHALLENGE (3 min.)	Have the players set goals and try to beat their previous best!	
	REACTION DRIBBLE (2 x 1 min.)	Players change dribbles on the coach's whistle.	
	Shooting		
	1-STEP FORM SHOOTING (1 x 2 min.)	This is a fundamental movement for all shooters to develop.	
	V-CUT LAYUP DRILL (1 x 3 min.)	Work on good footwork and attacking the basket.	
	PASS & UP & UNDER DRILL (1 x 3 reps each way)	Work on good footwork and good form.	
	BACKDOOR PASS LAYUP DRILL (1 x 15 makes each side)	Work on good timing and great passes.	
POST ENTRY PASSING (1 x 5 reps each)	Encourage the defense to make this a difficult pass for the offensive player.		
Team Concepts	DEFENSIVE MIRROR DRILL (2 x 20 sec each)	Have the players partner up and work on moving efficiently.	25%
	DEFENSE TO SHOOTING DRILL (game to 2)	Two players will compete at a time.	
	DIVE-CONTEST-CHARGE DRILL (2 x each player)	Bring a lot of energy to this drill.	
Competing	3 ON 3 CONTINUOUS PLAY (games to 3)	The coach will dictate how each play must start.	25%
	4 ON 4 NO DRIBBLES (games to 3)	Encourage the players to cut and move without the ball.	
	5 ON 5 (games to 3)	Coach the players as they play.	

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PERCENTAGE
OF TOTAL
PRACTICE TIME

THEME	ACTIVITY	DETAILS	
Values	SPORTSMANSHIP	How can players show good Sportsmanship?	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> • Leg swings • Knee Hug • Imaginary Dunks • Explosion Leaps • Trunk Twists • Walking Hamstring 	5%
Building Skills	Ball-Handling		40%
	PULL BACK BREAKDOWN (2 x 30 sec each)	Work on making a good strong move and pulling back quickly.	
	3-2-1 IN & OUT DRIBBLE (3 each way)	Work on good in & out dribbles into finishes.	
	STATIONARY 2-BALL 1-2 CROSS DRILL (2 x 40 sec.)	Work on dribbling 2 balls and then switching them with the crossover.	
	BETWEEN CROSS BEHIND (2 x 30 sec.)	Get as many reps as possible within the allotted time.	
	Shooting		
	READING SCREEN SERIES (6 makes of each)	Make 6 curl cuts, 6 straight cuts, and 6 out cuts.	
	FULL COURT LANE SHOOTING DRILL (3 min.)	The player who shoots the lay-up will go back with the two passers.	
	Passing		
	POUND BETWEEN PASS DRILL (2 x 30 sec/way)	Work on a hard dribble and a controlled 1-handed pass.	
STATIONARY 2 BALL PASSING DRILL (2 x 30 sec.)	The players will use two balls and pass with both hands.		
Rebounding		25%	
TAG & PURSUE DRILL (3 min.)	Work on defensive principles and then tag and pursue!		
Team Concepts	BASELINE DRIVE SAME SIDE POST SHOOTING COMPETITION (1 x 10 makes each side)	Teach the players to create space while making themselves available.	25%
	3 ON 2, 2 ON 1 (5 min.)	Work on transition offense and defense.	
	SHELL DRILL 5 ON 5 (8 min)	Work on communication and team defense.	
	25 POINT FREE THROW GAME (1 game)	This game teaches the players to have a perfect free throw.	
Competing	11-PERSON TRANSITION DRILL (5 min.)	Divide into teams and work on transition scoring.	25%
	3 ON 3 DICTATED (games to 3)	All possessions must start with a down screen.	

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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%
	CREATIVE CONE DRIBBLE DRILL (1 x 2 min.)	This drill allows players to work on fun creative moves.	
	1-HAND BETWEEN SERIES (2 min. each way)	Dribble the ball in one hand and continually wrap it between the legs.	
	WALKING BETWEEN THE LEGS DRILL (1 x 1 minute)	Dribble between the legs as many times as possible.	
	Shooting		
	BACKBOARD FORM SHOOTING (1 x 8)	Work on perfecting the shot with this fun shooting drill.	
	LOOP SHOOTING (4 spots of 8 makes)	Keep the energy up and make shots as a team.	
	FULL COURT TRANSITION SHOOTING DRILL (games to 9 makes)	Run the floor and knock down shots!	
	Rebounding		
	ELBOW REBOUNDING (games to 8)	Compete for each rebound in this rebounding drill.	
Footwork & Conditioning		25%	
Dictated Pivot (1 min.)	Work on stationary jump stops and pivots on command.		
Team Concepts	3 SECOND DENY DRILL (3 reps each, both sides)	Work on denying the ball for 3 seconds!	25%
	JUMP TO THE BALL DRILL (1 x 4 reps each, both sides)	Pressure the ball and on the pass, jump to the ball.	
	SHELL DRILL 2 ON 2 (3 min)	Keep the players active and talking.	
	PASS, CUT & REPLACE DRILL (3 min.)	Work on good passes, cutting, and filling the open spot.	
	MOTION- 4 ON 0 (5 min.)	Allow for screening away from the ball.	
	FREE THROW GOLF (10 shots 2 at a time)	This is a fun competitive free throw game.	
Competing	5 ON 5 (games to 7)	Coach the players through their play.	25%

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MVP Level ABCD's

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

ALWAYS FUN

Cheering For Others



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

BUILDING SKILLS

See Skill Checklist



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

CORE VALUES

Responsibility
Receptiveness



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

DEVELOPING WELLNESS

Injury Prevention
Healthy Relationships



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

Skill Checklist

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

Ball Handling

- Extensive Combination Moves
- 2 Ball Advanced Dribbling
- Attacking Traps
- Reading the Hand Over/ Under Crossover
- Hard Stops
- Rhythm Dribbling
- Open Stepbacks
- Dribbling with Contact
- Catching a 2nd Ball or Tennis Ball

Passing

- Baseball Pass
- Dribble to 1-Hand Pass
- Behind the Back Pass
- High-Low Passing
- Pocket Passing
- Lob Passing
- Slip Pass
- Hook Pass

Shooting

- Advanced Lay-Up Finishes
- Floaters
- Advanced Post Moves
- Advanced Dribble Moves To Shot
- Position Specific Shots
- Keeping It High
- Bump To Balance
- Same Foot Same Hand Finishes
- Pick & Roll Shots
- Spin Moves to Finishes
- Shoulder Shimmy

Rebounding

- Team Contact Rebounding

Offense

- Re-Post
- Sealing
- Taking the Defenders Space
- Attacking A Trap
- Get Hand On Top Drive
- Organizing the Team
- Balancing the Floor
- Advanced Ball Screens
- Advanced Schemes

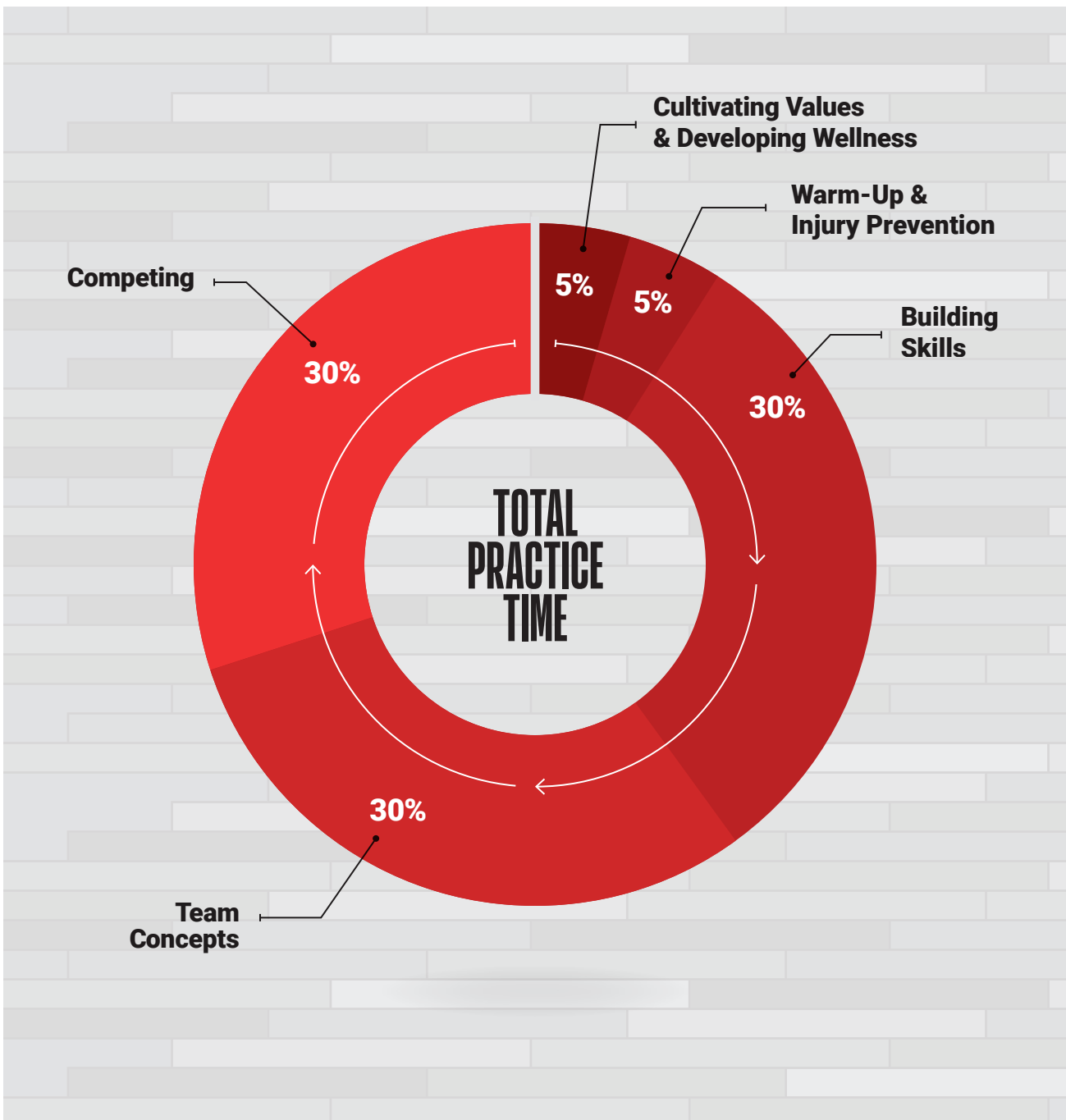
- Offensive Alignments
- Special Situations
- Fast Break Spacing
- Reading The Pick & Roll
- Screen The Screener

Defense

- Dictate & Keep the Offense Alert
- Shot Blocking (On the Ball, Help, Open Court)
- Advanced Screening
- Advanced Schemes
- Transition
- Special Situations
- Stunt & Recover
- Defending Cross Screens
- Timing the Dribble
- Digging in the Post
- Loading to the Paint
- Screen the Screener
- Getting Multiple Stop

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.





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

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPONSIBILITY 2	Discuss what the players are responsible for every day.	5%
Warm-Up	DYNAMIC WARM-UP (1 x Each)	<ul style="list-style-type: none"> <li style="width: 33%;">• 1 High Knee <li style="width: 33%;">• Angle Balance <li style="width: 33%;">• 4 Point Slow & Low <li style="width: 33%;">• In Out Turn <li style="width: 33%;">• Toes & Chest <li style="width: 33%;">• Heels and Shoulders 	5%
Building Skills	Ball-Handling		30%
	CATCH A 2ND BALL SERIES (4 min)	Use a 2nd ball or a tennis ball to work on coordination while dribbling.	
	RHYTHM DRIBBLING (3 min)	Help the players develop change of speed and start and stop with their dribble.	
	Passing		
	HOOK PASS DRILL (1 x 5 each hand)	Work on stationary dribble moves to 1-handed passes.	
	SLIP PASS DECISION (3 x each way)	Teach the players how to decide if the slip pass is open.	
	Shooting		
	FLOATER SERIES (2 sets)	Work on variations of a high floater over the defender.	
	PICK & POP BOTH SHOOT (20 makes each way timed)	Have the players work from a pick and roll to get game shots.	
	Rebounding		
REBOUND & SCORE (1 x)	Teach the players to compete and have toughness in the paint.		
Team Concepts	STUNT & RECOVER STOPS (1 x 5 stops)	Emphasize get easy baskets in transition.	30%
	4 ON 4 SHELL TO REBOUND (1 x 5 Rebounds)	Have the players defend in shell defense and finish with a rebound.	
	TRANSITION DEFENSE DRILL (1 x 4 stops)	Work on communicating and matching up in transition.	
	FREE THROW GOLF (1 game)	Work on free throws in a fun competitive game.	
Competing	3 TRIPS & FLIP (games to 5 makes)	Give the players a ½ court possession followed by 2 full court possessions.	30%
	5 ON 5 (games to 7)	Keep the energy up and work on everything practiced.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RECEPTIVENESS 1	Discuss what it means to be receptive and how to show receptiveness.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> <li style="width: 33%;">• Bear Hold <li style="width: 33%;">• Stationary A Skip <li style="width: 33%;">• Forward Walking Lunge <li style="width: 33%;">• Pogo Jumps <li style="width: 33%;">• Lateral Chop <li style="width: 33%;">• Carioca 	5%
Building Skills	Ball-Handling		30%
	2 BALL JAB DRILL (2 x 30 sec)	Work on dribbling 2 balls while reacting to coach with quick feet.	
	2 BALL ALTERNATE & REACT (2 x 30 Sec)	Work on dribbling 2 balls while reacting to coach by exploding forward.	
	Shooting		
	LOOP SHOOTING (10 makes at 5 spots)	Work on communication and making shots.	
	FILLING THE CORNER DRILL (games to 8)	Partner the players up to compete in making shots.	
	SPIN 5 SERIES (2 x each way)	Have the players work on a variety of spin moves to finish.	
Team Concepts	Passing		30%
	POCKET PASS & SHOOT (20 each way)	Work on a pick and roll pocket pass. Both players will shoot.	
	5 ON 0 FAST BREAK (5 min)	Establish what lanes each player should run in transition.	
	BALANCE THE FLOOR DRILL (5 min)	Help the players see and understand how and why to balance the floor.	
	FOLLOW THE LEADER SLIDES (1 x each)	Let the players lead the drill for 10-12 seconds each.	
	DIVE CONTEST CHARGE DRILL (2 x each)	This drill works on the little things that make great defensive teams.	
Competing	3 ON 3 FROM A DOWN SCREEN (games to 3 makes)	Work on offensive and defensive execution of the down screen in this game.	30%
	3 ON 3 FROM A PICK AND ROLL (games to 3 makes)	Work on offensive and defensive execution of the pick & roll in this game.	
	3 ON 3 FROM SCREEN THE SCREENER (games to 3 makes)	Work on offensive and defensive execution of screening the screener in this game.	
	3 ON 3 FROM PASS TO THE ELBOW (games to 3 makes)	Work on offensive and defensive reads playing from the elbow.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RECEPTIVENESS 2	Discuss how it can benefit everyone to be receptive.	5%
Warm-Up	DYNAMIC WARM-UP WITH BALL (1 of each)	<ul style="list-style-type: none"> • Skip Forward • Jog Forward • Light Quick 3 (wrap ball) • Skip Backward • Jog Backward • 1 High Knee (tap ball) 	5%
Building Skills	Ball-Handling		30%
	READ THE HAND DRILL (10 total)	Have the players read the defense as they make their dribble move.	
	HAND ON TOP (3 each way)	As the player drives, have them use their off hand to create an advantage.	
	Passing		
	BACKDOOR PASS LAYUP DRILL (20 makes)	Work on the timing and execution of a backdoor pass.	
	Shooting		
	3-PERSON SHOOTING REPS (3 x 10 each)	Work together in groups of 3 to take good game shots.	
	USING A SCREEN SHOOTING DRILL (10 makes each way)	Set up the cut and then come off to shoot at game speed.	
Team Concepts	Rebounding		30%
	TAG & PURSUE (6 min)	Work on tagging the offensive player on the perimeter.	
	FOLLOW THE LEADER SLIDES (1 x each)	Let the players lead the drill for 10-12 seconds each.	
	BALL UP BALL DOWN DRILL (3 min each side)	Work on the players moving efficiently as a defender.	
	BIGS/GUARDS		
	BIGS: DEFENDING POST CROSS SCREEN (8 min)	Work on specific teaching points to defending the post cross screen.	
	BIGS: PICK AND ROLL READS-ROTATION (8 min)	As the big rolls to the basket and catches the ball, help them see the floor and make the right decision.	
	GUARDS: PICK AND ROLL READS-ON BALL (8 min)	As the guard comes off the pick & roll, help them read their defender and make the right decision.	
GUARDS: PICK AND ROLL READS-2ND DEFENDER (8 min)	As the guard comes off the pick & roll, help them read the 2nd defender.		
Competing	HALF COURT 5 ON 5 - 3 SECONDS (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.	30%
	3 ON 3 CONTINUOUS (games to 5 makes)	Keep the players moving with a high intensity competition	
	5 ON 5 (games to 7 makes)	Keep the energy up and work on everything practiced.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	INJURY PREVENTION 1	Emphasize that a player can take measures to keep themselves from being injured and on the sideline.	5%
Warm-Up	PARTNER RESISTANCE (20 sec each)	<ul style="list-style-type: none"> <li style="width: 33%;">• Stance <li style="width: 33%;">• Plank <li style="width: 33%;">• Running Long Stride <li style="width: 33%;">• Knees <li style="width: 33%;">• Arms <li style="width: 33%;">• Running Small Steps 	5%
Building Skills	Ball-Handling		30%
	EARLY-CROSS JAB SERIES (4 min)	Work on good footwork and finishes.	
	HARD STEP, HARD POUND BREAKDOWN DRILL (2 min)	Work on making a good move and stopping quickly.	
	Shooting		
	HARD STEP & SHOOT (4 min each way)	Work on good moves that finish in a hard stop and shot.	
	FULL COURT LANE SHOOTING (3 min)	Keep track of the team's score in order to beat the score moving forward.	
Team Concepts	Passing		30%
	HIGH LOW PASSING DRILL (4 each side)	Make sure the players understand when and how to make the high low pass.	
	CURL & POP DRILL (15 makes each way)	Work off a down screen and make sure both players get a shot.	
Competing	SLIP PASS DRILL (5 min)	Work on reading the defenders and making the slip pass.	30%
	11-PERSON TRANSITION DRILL (4 min)	Divide into teams and work on scoring in transition.	
	POST CROSS SCREEN 1 ON 1 (games to 4)	Work on defending the cross screen and then playing 1 on 1.	
	2 ON 2 FROM THE HIGH LOW FLASH (games to 4)	Work on fronting the post then flash and play.	
	SHELL DRILL 4 ON 4 (5 stops)	Start with shell defense that leads to help the helper and live play.	
SHELL DRILL 5 ON 5 (5 stops)	Start with 5 passes of pass and screen away and then go live.		
25 POINT FREE THROW GAME (1 game)	This game teaches the players to seek perfection.		

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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		
	1ST 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!	

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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)	<ul style="list-style-type: none"> • 1 High Knee • In Out Turn • Angle Balance • Toes & Chest • 4 Point Slow • Heels & Shoulders 	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.	
REVERSE PIVOT SERIES (2 each side)	Work on good reverse pivots directly into offensive moves.		
CLOSEOUT, SLIDE & BACKPEDAL DRILL (1 x 2 min each way)	Work on closeouts and changing directions quickly.		
Team Concepts	3 ON 0, 2 ON 1 (6 min)	Work on making good decisions and scoring in transition.	30%
	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.	
	BIGS: REBOUND, SPRINT & SEAL (6 min)	Make sure the bigs are sprinting the floor and sealing the defender.	
	GUARDS: REBOUND, SPRINT & SHOOT (6 min)	Make sure the guards are running the floor wide and are ready to shoot.	
Competing	1 ON 1 - CONES (games to 4)	All the players have to run around the cones before the game is live.	30%
	5 ON 5 (4 Quarters)	Simulate a more realistic game.	

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

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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)	<ul style="list-style-type: none"> <li style="width: 33%;">• The Bear Hold <li style="width: 33%;">• Ankling <li style="width: 33%;">• Carioca <li style="width: 33%;">• Pogo Jumps <li style="width: 33%;">• Walking Quad <li style="width: 33%;">• Calf Raises 	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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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"> • Bent Knee Side Plank • Forward Walking Lunge • Hip Hinge • A-Skips • Split Squat Hold • Jog & Drop • Walking Kicks • Stand to Athletic 	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.	
Team Concepts	Rebounding		30%
	4 ON 4 REBOUNDING (1 x each team)	The players must get 3 consecutive rebounds as a team.	
	3-SECOND DENY DRILL (4 reps each side)	Work on denying the ball for 3 seconds.	
	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.	
Competing	LINE UP TRANSITION DRILL (1 x 4 stops)	Work on communicating and matching up in transition.	30%
	1 ON 1 DRIBBLE OUT (games to 3)	The players must dribble and run around the cones before playing 1 on 1.	
	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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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HUMILITY	Talk through what it means to be humble.	5%
Warm-Up	PARTNER RESISTANCE (20 sec each)	<ul style="list-style-type: none"> • Stance • Knees • Plank • Arms • Running Long Stride • Running Small Steps 	5%
Building Skills	Ball-Handling		30%
	2 BALL JAB DRILL (2 x 30 sec)	Work on dribbling 2 balls while reacting to coach with quick feet.	
	2 BALL ALTERNATE & REACT (2 x 30 Sec)	Work on dribbling 2 balls while reacting to coach by exploding forward.	
	Passing		
	BACKDOOR PASS LAYUP DRILL (1 x 15 makes each side)	Work on good timing and great passes.	
	Shooting		
	LOOP SHOOTING (10 makes at 5 spots)	Work on communication and making shots.	
Team Concepts	DIVE CONTEST CHARGE DRILL (2 x each)	This drill works on the little things that make great defensive teams.	30%
	LOAD TO THE PAINT (3 x each)	Teach the players to load to the paint when getting back on defense.	
	SHELL DRILL - 5 ON 5 WITH POST (8 min)	Make sure the players are getting to their defensive spots quickly.	
	5 ON 0 FAST BREAK (8 min)	Establish what lanes each player should run in transition.	
Competing	3 ON 3 FROM A DOWN SCREEN (games to 3 makes)	Work on offensive and defensive execution of the down screen in this game.	30%
	3 ON 3 FROM A PICK AND ROLL (games to 3 makes)	Work on offensive and defensive execution of the pick & roll in this game.	
	3 ON 3 FROM SCREEN THE SCREENER (games to 3 makes)	Work on offensive and defensive execution of screening the screener in this game.	
	3 ON 3 FROM PASS TO THE ELBOW (games to 3 makes)	Work on offensive and defensive reads playing from the elbow.	

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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"> • Walking Hamstrings • Knee Hugs • Jump to Stick • Lateral Squat Hold • Quick Feet • 2 Foot Hops 	5%
Building Skills	Ball-Handling		30%
	FIGURE 8 DRIBBLE 4 (2 x 20 sec)	The players are allowed 4 hard dribbles to complete the figure 8 movement.	
	IN & OUT AROUND THE LANE (3 each side)	Work on the in and out dribble coming up the lane line and then finish.	
	1-BALL POUND, 1-BALL CONTROL (3 x 20 sec each way)	Make sure the players listen and react quickly and correctly.	
	EARLY-CROSS JAB SERIES (5 min)	Work on good footwork and finishes.	
	Passing		
	1ST TO 50 (1 game)	Work on completing passes under pressure.	
	Shooting		
JUMP THROUGH THE HIPS & FINISH (3 min each way)	Work on good balance and body control with this finish move.		
4-5-4 DROP STEP DRILL (3 x)	Work on good drop steps and finish strong.		
Team Concepts	POST PASS SHOOTING DRILL (2 x 15)	Keep this drill moving quickly by making shots!	30%
	CURL & POP DRILL (15 makes each way)	Work off a down screen and make sure both players get a shot.	
	1 ON 1 POST CROSS SCREEN (games to 4)	Work on defending the cross screen and then playing 1 on 1.	
Competing	3 ON 3 FROM CLOSE OUT (games to 5)	The coach will pass from under as the 3 players close out.	30%
	5 ON 5 FULL COURT MAN TO MAN (games to 5)	Work on full court pressure man to man defense!	

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