

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

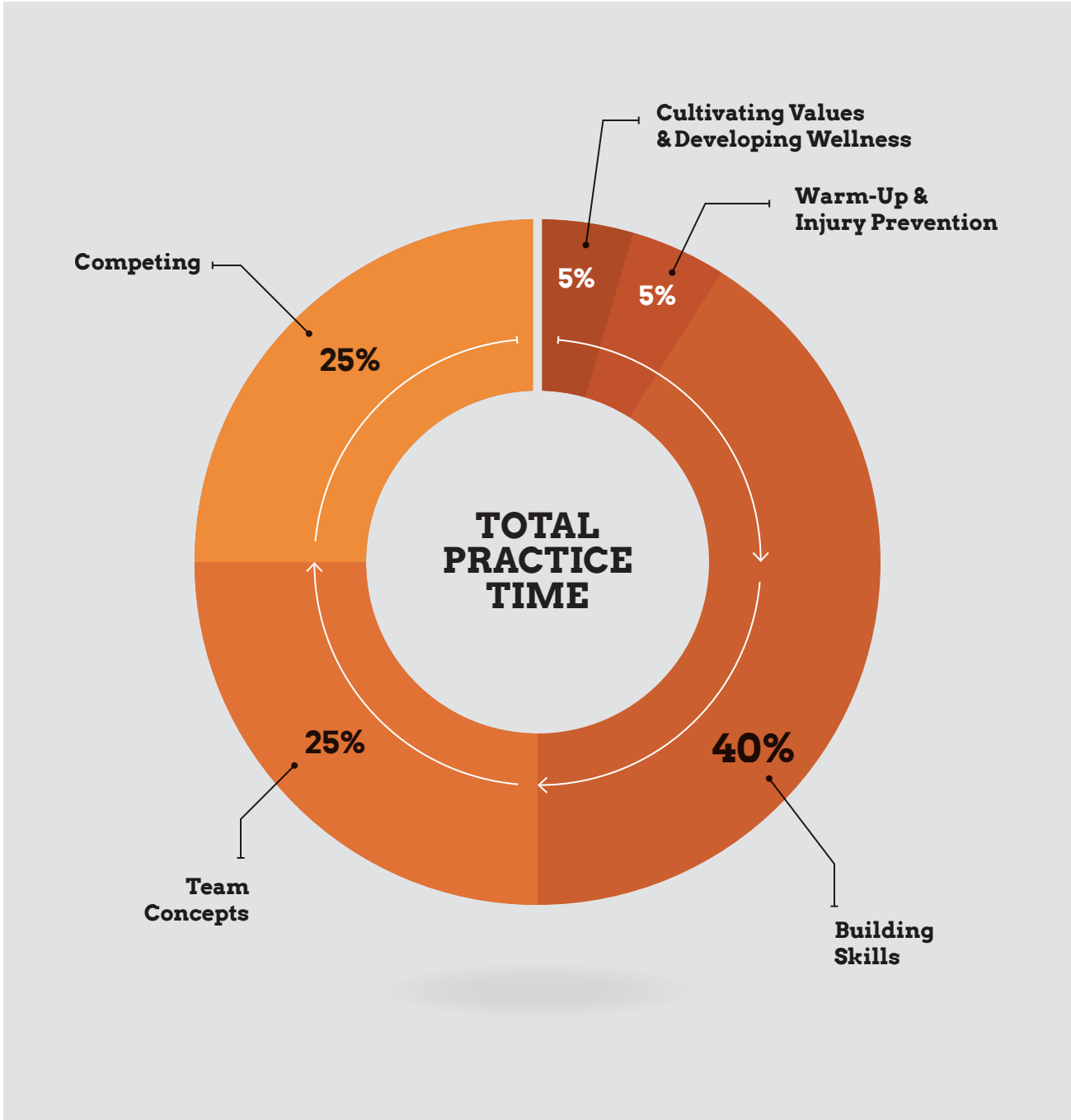
- Post Pass Action (Cut, Relocate, Screen)
- Post Player Spacing on Drives
- Basic Set Plays
- Transition Offense
- Motion Offense

- ✓ **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.



THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SETTING GOALS	Teach the players the importance of long and short term goals.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> • Leg Swings • Knee Hug • Imaginary Dunks • Backwards Run • Trunk Twists • 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.	

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

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



THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	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"> • The Bear Hold • Ankling • Carioca • Pogo Jumps • Leg Swings • 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		25%	
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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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	
	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 (1 x 10 makes)	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)	• 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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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"> • 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.	
	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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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		25%	
EXPLOSION LEAPS (1 x each way)	Build explosiveness and quickness with good bounds!		
2 ON 0 POST ENTRY OR DRIVE (5 minutes)	Have the players read off of each other in the 2 on 0 scenario.		
Team Concepts	2-PERSON CLOSE OUT (2 minutes)	Keep the energy up and work on good close-outs and jumping to the ball.	25%
	3 ON 3 - HELP THE HELPER (6 minutes)	After helping the helper, the game becomes live.	
	3 ON 3 - DICTATED (games to 3)	The coach will dictate how each play must start.	
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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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 • Ankling • Carioca • Pogo Jumps • Leg Swings • 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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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			
	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.	

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

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



THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	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!
	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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