



# MVP



# MVP Level ABCD's

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

## ALWAYS FUN

### Cheering For Others



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

## BUILDING SKILLS

### See Skill Checklist



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

## CORE VALUES

### Responsibility

### Receptiveness



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

## DEVELOPING WELLNESS

### Injury Prevention

### Healthy Relationships



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

# 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

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- 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

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- Rebounding**
- Team Contact Rebounding

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- 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

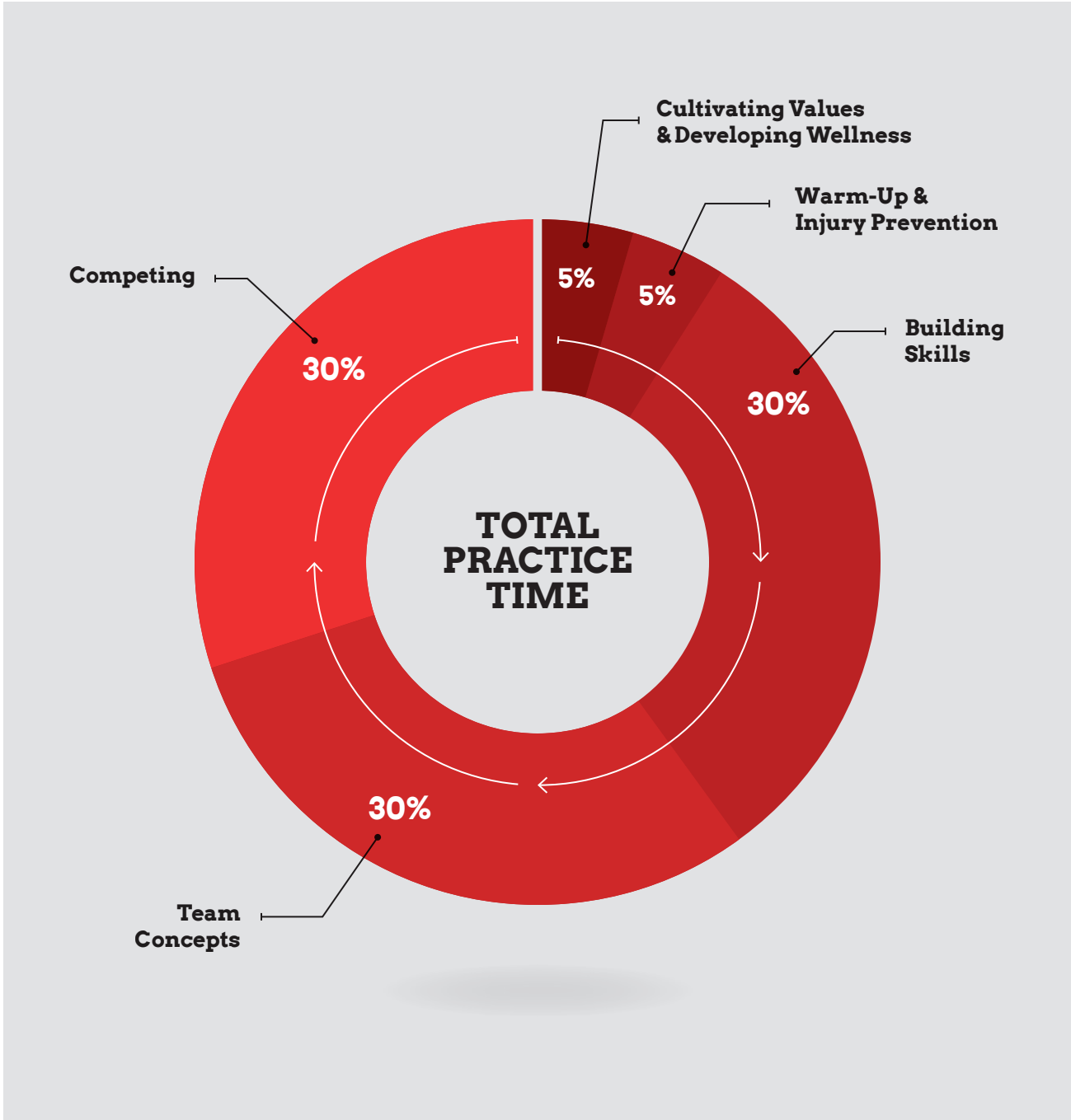
- Advanced Schemes
- Offensive Alignments
- Special Situations
- Fast Break Spacing
- Reading The Pick & Roll
- Screen The Screener

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

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

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



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

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

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

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

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

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>HEALTHY RELATIONSHIPS 1</b>	Emphasize the importance of relationships on and off the court.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x Each)	<ul style="list-style-type: none"> <li style="width: 33%;">• 1 High Knee</li> <li style="width: 33%;">• Angle Balance</li> <li style="width: 33%;">• 4 Point Slow</li> <li style="width: 33%;">• In Out Turn</li> <li style="width: 33%;">• Toes &amp; Chest</li> <li style="width: 33%;">• Heels &amp; Shoulders</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>ZIG ZAG DRIBBLING</b> (2 x down and back)	Emphasize being cut off and having a good change of direction.	
	<b>IN &amp; OUT AROUND THE LANE</b> (3 each side)	Work on the in and out dribble coming up the lane line and then finish.	
	<b>Shooting</b>		
	<b>UP &amp; OUT SHOOTING</b> (10 makes each)	Use different shots in this continuous shooting drill.	
	<b>Footwork &amp; Conditioning</b>		
	<b>THE JAB &amp; ATTACK DRILL</b> (3 each way)	Work on good jab steps and attacking out.	
<b>REVERSE PIVOT SERIES</b> (2 each side)	Work on good reverse pivots directly into offensive moves.		
<b>CLOSEOUT, SLIDE &amp; BACKPEDAL DRILL</b> (1 x 2 min each way)	Work on closeouts and changing directions quickly.		
<b>Team Concepts</b>	<b>3 ON 0, 2 ON 1</b> (6 min)	Work on making good decisions and scoring in transition.	30%
	<b>LINE UP TRANSITION DRILL</b> (games to 5 stops)	Use this full court transition drill to teach communication and matching up.	
	<b>BIGS/GUARDS</b>	Post Players and Guards will divide to work on different position specific drills.	
	<b>BIGS: REBOUND, SPRINT &amp; SEAL</b> (6 min)	Make sure the bigs are sprinting the floor and sealing the defender.	
	<b>GUARDS: REBOUND, SPRINT &amp; SHOOT</b> (6 min)	Make sure the guards are running the floor wide and are ready to shoot.	
<b>Competing</b>	<b>1 ON 1 - CONES</b> (games to 4)	All the players have to run around the cones before the game is live.	30%
	<b>5 ON 5</b> (4 Quarters)	Simulate a more realistic game.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>HEALTHY RELATIONSHIPS 2</b>	Teach the players that friendships last a lifetime.	<b>5%</b>
<b>Warm-Up</b>	<b>LINE HOPS</b> (1 x 20 seconds each)	<ul style="list-style-type: none"> <li>• 2 Feet Forward &amp; Backwards</li> <li>• 1 Foot Forward &amp; Backwards</li> <li>• Stationary Hip Swings</li> <li>• 2 Feet Side to Side</li> <li>• 1 Foot Side to Side</li> <li>• Arm Rolls</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Passing</b>		<b>30%</b>
	<b>PARTNER RUNNING PASS DRILL</b> (8 to 1)	Partner up and work on making the allotted number of passes for a finish.	
	<b>Shooting</b>		
	<b>BACKBOARD FORM SHOOTING</b> (3 x 8)	Work on shooting the ball nice and high and have it hit the backboard on the way down.	
	<b>1-STEP FORM SHOOTING</b> (20 makes)	Work on taking a big step into each shot.	
<b>Team Concepts</b>	<b>TIMING THE DRIBBLE</b> (3 x)	Guards will work on timing the dribble for a steal. Bigs will work on timing the dribble for "pulling the chair."	<b>30%</b>
	<b>CLOSE OUT TO PREVENT MIDDLE</b> (3 reps each side)	Make sure the bigs are sprinting the floor and sealing the defender.	
	<b>DIGGING IN THE POST</b> (3 reps each)	Teach the players to dig with their body facing the court and hands active.	
	<b>DEFENDING THE POST PLAYER</b>	There are different ways to defend a post player but there are also some aspects that never change.	
	<b>1 ON 1 POST CROSS SCREEN</b> (games to 3)	Work on getting through screens and playing post defense.	
<b>Competing</b>	<b>3 ON 3 DICTACTED - POST ENTRY</b> (games to 3)	All possessions must start with a post entry.	<b>30%</b>
	<b>5 ON 5</b> (games to 7)	Keep the energy up and work on everything practiced.	
	<b>SITUATIONAL PLAY</b> (4-6)	Work on game and clock management through situational play.	
	<b>AROUND THE WORLD PLUS ½ COURT!</b> (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
<b>Values</b>	<b>SETTING GOALS</b>	Teach the players the importance of long and short-term goals.	<b>5%</b>
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>• The Bear Hold</li> <li>• Pogo Jumps</li> <li>• Anklng</li> <li>• Walking Quad</li> <li>• Carioca</li> <li>• Calf Raises</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Footwork</b>		<b>30%</b>
	<b>OPEN STEP BACK BREAKDOWN</b> (3 min)	Work on the correct timing and footwork to the move.	
	<b>Shooting</b>		
	<b>SLIDE TO OPEN STEP BACK</b> (games to 4 makes each side)	Slide dribble towards the sideline and finish with an open step back shot.	
	<b>FINISHING THROUGH CONTACT</b> (3 x each side)	Have the players attack the basket and meet them with contact as they finish.	
<b>Team Concepts</b>	<b>Passing</b>		<b>30%</b>
	<b>PASS &amp; UP &amp; UNDER DRILL</b> (1 x 3 reps each way)	Work on good footwork for a fundamental post move.	
	<b>ADDITIVE TRANSITION</b> (1 x 15)	Work on transition offense and defense in this competitive game.	
	<b>ZIG ZAG DEFENSIVE SLIDES - WITH DRIBBLER</b> (3 x each)	Work on turning the offensive player and staying in front!	
<b>Competing</b>	<b>FILLING THE CORNER DRILL</b> (1 x 15 makes each way)	Fill the corner for shots as a team.	<b>30%</b>
	<b>SIDE BALL SCREEN DRILL</b> (1 x 10 min)	Focus on the ball screen defense from a 2 on 2 set.	
	<b>3 ON 3 - CONTINUOUS</b> (games to 5 makes)	Keep the players moving with a high intensity competition.	
	<b>5 ON 5 NO DRIBBLES</b> (games to 3)	The team that moves without the ball the best will get the best opportunities to score.	
	<b>5 ON 5</b> (games to 7 makes)	Keep the energy up and encourage the players to play together on offense and defense.	

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

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

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

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