

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.

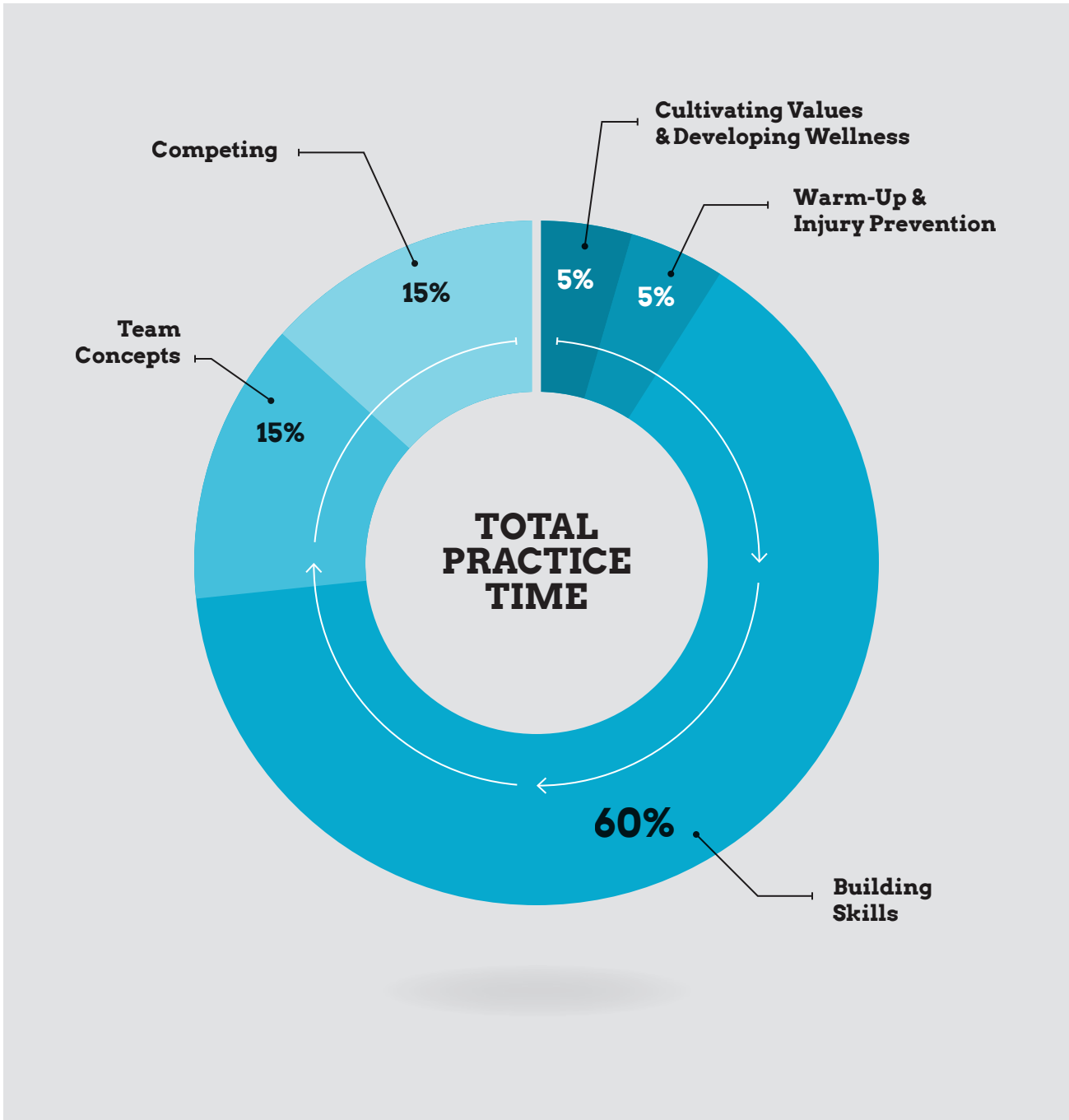
Skill Checklist

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.

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| <p><input checked="" type="checkbox"/> Ball Handling</p> <p><input type="checkbox"/> Advanced Stationary Control Series</p> <p><input type="checkbox"/> Jog Dribble to 1 Foot Stop & Push</p> <p><input type="checkbox"/> Cone Dribbling</p> <p><input type="checkbox"/> 1-Hand Side to Side Dribble</p> <p><input type="checkbox"/> Stationary Front-Back Control Dribble</p> <p><input type="checkbox"/> Spin Move</p> <p><input type="checkbox"/> Retreat Dribble</p> <p><input type="checkbox"/> Stationary 2 Ball Dribble Same Time</p> <p><input type="checkbox"/> Stationary 2 Ball Dribble Alternate</p> <p><input type="checkbox"/> Seated Dribbling</p> <p><input type="checkbox"/> Quick Change Dribbling</p> <p><input type="checkbox"/> Dribbling Through Stationary Defenders</p> <p><input type="checkbox"/> Pound Dribbling</p> <p><input type="checkbox"/> Running Crossover</p> <p><input type="checkbox"/> Finger Dribbling</p> | <p><input type="checkbox"/> Pass Off the Dribble</p> <p><input type="checkbox"/> Slide & Pass</p> <p><input type="checkbox"/> Kick Pass</p> <p><input type="checkbox"/> Dribble to Jump Stop Pass</p> <p><input checked="" type="checkbox"/> Shooting</p> <p><input type="checkbox"/> Weak Hand Lay-Ups</p> <p><input type="checkbox"/> Stepping Into the Shot with Both Feet</p> <p><input type="checkbox"/> Euro-Step Lay-Ups</p> <p><input type="checkbox"/> Drop Step Lay-Ups</p> <p><input type="checkbox"/> Dribble Move to Shot</p> <p><input type="checkbox"/> Free Throws</p> <p><input type="checkbox"/> Up & Under</p> <p><input type="checkbox"/> Catch & Shoot on the Move</p> <p><input type="checkbox"/> Shot Fake Shooting</p> <p><input type="checkbox"/> Using A Screen</p> <p><input type="checkbox"/> Speed Lay-Ups</p> <p><input checked="" type="checkbox"/> Footwork & Conditioning</p> <p><input type="checkbox"/> Jab Step</p> <p><input type="checkbox"/> Pivoting For Space</p> <p><input type="checkbox"/> Forward to Backward Run</p> <p><input type="checkbox"/> Side/Lateral Push</p> <p><input type="checkbox"/> Changing Speeds</p> <p><input checked="" type="checkbox"/> Rebounding</p> <p><input type="checkbox"/> Boxing Out</p> | <p><input type="checkbox"/> Pursuing the Ball</p> <p><input type="checkbox"/> Protecting the Ball</p> <p><input checked="" type="checkbox"/> Offense</p> <p><input type="checkbox"/> Screening</p> <p><input type="checkbox"/> On the Ball Screens</p> <p><input type="checkbox"/> Off the Ball Screens</p> <p><input type="checkbox"/> Fast Break Spacing & Concepts</p> <p><input type="checkbox"/> Square Up and Rip Through</p> <p><input type="checkbox"/> Pass, Cut and Replace</p> <p><input type="checkbox"/> Fill The Corner</p> <p><input type="checkbox"/> The Pass Is Faster</p> <p><input type="checkbox"/> Receiving The Outlet</p> <p><input type="checkbox"/> Post Pass & Screen</p> <p><input checked="" type="checkbox"/> Defense</p> <p><input type="checkbox"/> On Ball Defense</p> <p><input type="checkbox"/> Half Court Man To Man</p> <p><input type="checkbox"/> Disadvantage Spacing & Concepts</p> <p><input type="checkbox"/> Closeout</p> <p><input type="checkbox"/> Closeout to Slide</p> <p><input type="checkbox"/> Drop Step Slide</p> <p><input type="checkbox"/> Turning the Ball</p> <p><input checked="" type="checkbox"/> Other</p> <p><input type="checkbox"/> Full Explanation of Rules</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 Starter level principles.



THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	TEAMWORK	Lead the players in a discussion about teamwork.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	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.	

- 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	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 • Toe Walks • Skip Forward • Skip Backwards • Jog 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			
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 REBOUNTING 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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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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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.	

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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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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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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		15%	
TOSS & GET IT DRILL (2 minutes each side)	Emphasize good timing and rebounding with two hands.		
Footwork & Conditioning		15%	
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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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.	

- 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	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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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
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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