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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.

The ABCD’s of the Jr. NBA

A
Always Fun

B
Building Skills

C
Cultivating Values

D
Developing Wellness

The 6 Ways that Jr. NBA Players Experience Fun

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.
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!

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 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.

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.
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 and its four levels are derived from the "Long Term Athlete Development Model. At each level, there will be unique methods, messages, skills, and drills that incorporate and teach the ABCD’s of the Jr. NBA.

* The Long Term Athlete Development Model is an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development to produce athlete
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.

### CORE VALUES

- **Active Lifestyle**
- **Sportsmanship & Fairness**
- **Confidence**
- **Respect**

### DEVELOPING WELLNESS

- **Always Fun**
- **Building Skills**

### 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 these tools of 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.

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.

In their first introduction to basketball, many players have a tendency to be individualistic and shy, others see the game as an opportunity to develop new friendships. 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.

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.

<table>
<thead>
<tr>
<th>Ball Handling</th>
<th>Footwork &amp; Conditioning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toss &amp; Catch</td>
<td>Athletic Stance/Triple Threat</td>
</tr>
<tr>
<td>Stationary No Dribble Control Series</td>
<td>Defensive Stance/Slide</td>
</tr>
<tr>
<td>Stationary Dribble Control Series</td>
<td>Controlled Running</td>
</tr>
<tr>
<td>Stationary Dribble Low, Middle, High</td>
<td>Change of Pace</td>
</tr>
<tr>
<td>Walking Control Dribble</td>
<td>Change of Direction</td>
</tr>
<tr>
<td>Stationary Crossover</td>
<td>Two Foot Jump Stop</td>
</tr>
<tr>
<td>Walking Crossover</td>
<td>Pivoting</td>
</tr>
<tr>
<td>Jogging Dribble</td>
<td></td>
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<tr>
<td>Running Dribble</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Passing</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hitting the Target</td>
<td></td>
</tr>
<tr>
<td>Catching &amp; Receiving</td>
<td></td>
</tr>
<tr>
<td>Stationary Chest Pass</td>
<td></td>
</tr>
<tr>
<td>Stationary Bounce Pass</td>
<td></td>
</tr>
<tr>
<td>Pass to a Moving Player</td>
<td></td>
</tr>
<tr>
<td>Catch and Pass Quick Decision</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shooting</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Form Shooting</td>
<td></td>
</tr>
<tr>
<td>Strong Hand Lay-Up</td>
<td></td>
</tr>
<tr>
<td>Big Step Shooting</td>
<td></td>
</tr>
<tr>
<td>One-Dribble Shooting</td>
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</table>

<table>
<thead>
<tr>
<th>Rebounding</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump, Catch and Land</td>
<td></td>
</tr>
</tbody>
</table>

**Practice Plans**

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

![Practice Time Chart](chart.png)

**Rookie Level**

**Total Practice Time**

- Building Skills: 70%
- Warm-Up & Injury Prevention: 10%
- Cultivating Values & Developing Wellness: 5%
- Competing: 10%
- Team Concepts: 5%
- Warm-Up & Injury Prevention: 5%
- Building Skills: 5%

**Practice Plans**

1. **Building Skills**
2. **Warm-Up & Injury Prevention**
3. **Cultivating Values & Developing Wellness**
4. **Competing**
5. **Team Concepts**
6. **Total Practice Time**

**ROOKIE LEVEL**

**TOTAL PRACTICE TIME**
Jr. NBA CURRICULUM

ROOKIE LEVEL

Cultivating Values & Developing Wellness

- Have players define good sportsmanship
- What is playing fair
- Explain basic rules
- Give examples & identify positive examples at the end of practice

Warm-Up & Injury Prevention

- Basketball IQ Warm-Up:
  - Run to that Line Interactive Game: Encourages players to know the court markings while preparing to practice
  - Walk around the court identifying lines
  - Provide players with a way you want them to get to any line & announce both the way to get there & the line

Building Skills

- Ball-Handling: Toss & catch
  - Stationary no dribble control series
  - Stationary dribble control series
- Passing: Stationary wall passing
- Shooting: Teach Shooting Fundamentals
- Footwork & Conditioning: Start & stop with jumpstop

Team Concepts

- Offense: Pass is faster than dribble

Competing

- Fun Games

PERCENTAGE OF PRACTICE TIME

PRACTICE 1

5%

- Cultivating Values & Developing Wellness

5%

- Warm-Up & Injury Prevention

70%

- Building Skills

10%

- Team Concepts

10%

- Competing

PERCENTAGE OF PRACTICE TIME

PRACTICE 2

5%

- Cultivating Values & Developing Wellness

5%

- Warm-Up & Injury Prevention

70%

- Building Skills

10%

- Team Concepts

10%

- Competing

PERCENTAGE OF PRACTICE TIME

CURRICULUM

PRACTICE 1

5%

- Active Lifestyle

5%

- Dynamic Warm-Up

70%

- Ball-Handling

10%

- Team Concepts

5%

- Warm-Up & Injury Prevention

5%

- Warm-Up

5%

- Building Skills

10%

- Warm-Up & Injury Prevention

5%

- Building Skills

10%

- Team Concepts

10%

- Competing

PERCENTAGE OF PRACTICE TIME

PRACTICE 2

5%

- Active Lifestyle

5%

- Warm-Up & Injury Prevention

70%

- Ball-Handling

10%

- Team Concepts

5%

- Warm-Up & Injury Prevention

5%

- Building Skills

10%

- Warm-Up & Injury Prevention

5%

- Building Skills

10%

- Team Concepts

10%

- Competing
**Jr. NBA CURRICULUM**

**ROOKIE LEVEL**

### Cultivating Values & Developing Wellness

- **Confidence**
  - Have players define confidence & explain how to build confidence
  - Believe in yourself
  - You can do anything
  - Coaches support you
  - Parents support you
  - Practice builds confidence

### Warm-Up & Injury Prevention

- **Dynamic Warm-Up**
  - Leg swings
  - Knee.squeeze
  - Trunk twists
  - Running backwards
  - Walk on all 4

- **Quick 2 feet Hops**

### Building Skills

- **Ball-Handling**
  - Stationary dribble control series including holding up numbers & requiring players to be vocal
  - Stationary cross-over
  - Jogging dribble
  - Walking dribble

- **Passing**
  - Pass to a cutting player: Lead the player

- **Shooting**
  - Shoot to self
  - Shoot to a partner
  - Shoot to the basket

- **Rebounding**
  - Go get it drill

- **Footwork & Conditioning**
  - Teach what a good defensive stance is.
  - Include change of direction

### Team Concepts

- **Offense**
  - Drive and kick drill

- **Defense**
  - Defensive communication drill

### Competing

- **Fun Games**
  - Coach Says Defense Game

---

**PRACTICE 3**

**PERCENTAGE OF PRACTICE TIME**

- Cultivating Values & Developing Wellness: 5%
- Warm-Up & Injury Prevention: 5%
- Building Skills: 70%
- Team Concepts: 10%
- Competing: 10%

---

**PRACTICE 4**

**PERCENTAGE OF PRACTICE TIME**

- Cultivating Values & Developing Wellness: 5%
- Warm-Up & Injury Prevention: 5%
- Building Skills: 70%
- Team Concepts: 10%
- Competing: 10%
## Jr. NBA CURRICULUM

### Cultivating Values & Developing Wellness

#### Part 2
- Provide a quote on Sportsmanship
- Explain any unclear rules
- Recognize specific examples of good sportsmanship & fairness in the last 4 practices

### Warm-Up & Injury Prevention

#### Stationary Stretch
- Circle stretch: Have the team stand in a large circle. Call out stretches and have them count to 10 and then call out another stretch

### Building Skills

#### Ball-Handling
- Stationary control dribble series.
- Emphasize low, middle and high dribbles
- Walking Cross-over
- Running dribble

#### Passing
- Catch and pass quick
- Pass it down the line game

#### Shooting
- Dribble to a lay-up
- Start with 1 dribble and advance to more
- Big Step shooting
- I dribble shooting
- Knockout

#### Footwork & Conditioning
- Pivoting: Teach what a forward pivot is & teach both feet

### Team Concepts

#### Offense
- Review Offensive Set. Ensure that all players understand and can execute with no defense

#### Defense
- Hands Up on Defense
- Rebound
- Teach how and when to help a teammate

### Competing Games

#### 1 on 1 & 2 on 2 Numbers Game

### Warm-Up & Injury Prevention

#### Dynamic Warm-Up
- 1 foot hops at angles
- 2 feet together and hop series
- Line jumps

### Building Skills

#### Ball-Handling
- Stationary control dribble low, middle, high. Time them and have them count their dribbles
- Over/under relay
- Dribble relay race

#### Passing
- Stationary bounce & chest cass
- Pass it down the line game

#### Shooting
- Dribble to a lay-up
- Line shooting game

#### Footwork & Conditioning
- Pivoting
- Change speeds

### Team Concepts

#### Offense
- Teach give & go

#### Defense
- Help defense drill

### Competing Games

#### 2 on 2
- Both players must touch the ball on each possession

---

### Practice 5

#### ROOKIE LEVEL

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Cultivating Values &amp; Developing Wellness</th>
<th>Sportsmanship &amp; Fairness Part 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>5%</td>
<td>Provide a quote on Sportsmanship</td>
<td>Explain any unclear rules</td>
</tr>
<tr>
<td></td>
<td>Recognize specific examples of good</td>
<td></td>
</tr>
<tr>
<td></td>
<td>sportsmanship &amp; fairness in the last 4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>practices</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Warm-Up &amp; Injury Prevention</th>
<th>Stationary Stretch</th>
</tr>
</thead>
<tbody>
<tr>
<td>5%</td>
<td>Circle stretch: Have the</td>
<td></td>
</tr>
<tr>
<td></td>
<td>team stand in a large circle</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Call out stretches and</td>
<td></td>
</tr>
<tr>
<td></td>
<td>have them count to 10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>and then call out another stretch</td>
<td></td>
</tr>
</tbody>
</table>

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### Practice 6

#### ROOKIE LEVEL

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Cultivating Values &amp; Developing Wellness</th>
<th>Respect Part 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>5%</td>
<td>Provide a quote on Respect</td>
<td>Recognize</td>
</tr>
<tr>
<td></td>
<td>specific examples of good</td>
<td>specific</td>
</tr>
<tr>
<td></td>
<td>respect in the last 5 practices</td>
<td>examples</td>
</tr>
<tr>
<td></td>
<td>Have players try to give examples</td>
<td>as well</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Warm-Up &amp; Injury Prevention</th>
<th>Dynamic Warm-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>5%</td>
<td></td>
<td>1 foot hops at angles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 feet together and hop series</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Line jumps</td>
</tr>
</tbody>
</table>

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### Practice 5

#### ROOKIE LEVEL

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Building Skills</th>
<th>Ball-Handling</th>
</tr>
</thead>
<tbody>
<tr>
<td>70%</td>
<td></td>
<td>Stationary control dribble series, Emphasize low, middle and high dribbles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Walking Cross-over</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Running dribble</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Passing</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>Catch and pass quick</td>
</tr>
<tr>
<td></td>
<td>Pass it down the line game</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Shooting</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>Dribble to a lay-up</td>
</tr>
<tr>
<td></td>
<td>Start with 1 dribble and advance to more</td>
</tr>
<tr>
<td></td>
<td>Big Step shooting</td>
</tr>
<tr>
<td></td>
<td>I dribble shooting</td>
</tr>
<tr>
<td></td>
<td>Knockout</td>
</tr>
</tbody>
</table>

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### Practice 6

#### ROOKIE LEVEL

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Building Skills</th>
<th>Ball-Handling</th>
</tr>
</thead>
<tbody>
<tr>
<td>70%</td>
<td></td>
<td>Stationary control dribble low, middle, high. Time them and have them count their dribbles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Over/under relay</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dribble relay race</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Passing</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>Stationary bounce &amp; chest cass</td>
</tr>
<tr>
<td></td>
<td>Pass it down the line game</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Shooting</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>Dribble to a lay-up</td>
</tr>
<tr>
<td></td>
<td>Line shooting game</td>
</tr>
</tbody>
</table>

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### Practice 5

#### ROOKIE LEVEL

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Team Concepts</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>Offense</td>
</tr>
<tr>
<td></td>
<td>Defense</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Team Concepts</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Competing Games</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>1 on 1 &amp; 2 on 2 Numbers Game</td>
</tr>
</tbody>
</table>

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### Practice 6

#### ROOKIE LEVEL

<table>
<thead>
<tr>
<th>Percentage of Practice Time</th>
<th>Competing Games</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>2 on 2</td>
</tr>
</tbody>
</table>

- Both players must touch the ball on each possession
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.

**Starter Level ABCD’s**

**CORE VALUES**

**DEVELOPING WELLNESS**

**ALWAYS FUN**
- Mastering Skills

**BUILDING SKILLS**
- See Skill Checklist

**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.**

**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.**

**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.**

**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 no dribble control series
  - Jog dribble to 1 foot stop & push
  - Stationary dribble low, middle, high
  - Cone dribbling
  - Stationary in-out control dribble
  - Stationary front-back control dribble
  - In & out dribble move
  - In & out crossover dribble move
  - Spin move
  - Retreat dribble
  - Figure 8 dribble
  - Stationary 2 ball dribble same time
  - Stationary 2 ball dribble alternate

- **Passing**
  - Overhead pass
  - 3 Man weave
  - Outlet pass
  - Running pass
  - Pass fakes
  - Pass off the dribble
  - Post entry pass
  - Fast break passing

- **Shooting**
  - Weak hand lay-ups
  - Shooting off a ball screen
  - Shooting off an away screen
  - Stepping into the shot with both feet
  - Euro-step lay-ups
  - Drop step lay-ups
  - Dribble move to shot
  - Free throws

- **Rebounding**
  - Boxing out
  - Pursuing the ball
  - Protecting the ball

- **Offense**
  - Screening
  - On the ball screens
  - Off the ball screens
  - V-cut
  - Fast break spacing & concepts
  - Square up and rip through
  - Pass, cut and replace
  - Shot fake and drive
  - Basic post play

- **Defense**
  - On ball defense
  - Deny
  - Jump to the ball
  - Half court man to man
  - 3 Man shell
  - Disadvantage spacing & concepts

- **Footwork & Conditioning**
  - Triple threat
  - Forward and reverse pivots
  - Jab step
  - Drop step slide

- **Other**
  - Full explanation of rules

Practice Plans

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

**STARTER LEVEL**

**PRACTICE 1**

<table>
<thead>
<tr>
<th><strong>Cultivating Values &amp; Developing Wellness</strong></th>
<th><strong>Warm-Up &amp; Injury Prevention</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Teamwork**
- Have players define
- Give examples
- Give examples & identify positive examples at the end of practice

**Basketball IQ Warm-Up**
- Run To That Line Advanced Game
- Encourages players to know the court markings while warming up for practice
- Show players lines and points on the court
- Provide them with a way you want to run to any area and announce both

**Building Skills**
- Advanced stationary-control series:
  - Jogging 2 dribbles balance on 1 foot - then crossover: Establish balance and good footwork for a push out of a crossover
- Stationary chest, bounce & overhead pass
- 3 man weave: Teach the players to pass to the furthest player from them and then run behind that player
- Form shooting
- 1 dribble shot
- Knockout

**Passing**
- Outlet passing
- Outlet pass to running passes

**Shooting**
- Form shooting
- Free throws: Relax & develop a routine that you can do every time
- Shooting off an away-screen

**Rebounding**
- Box out stationary player

**Footwork & Conditioning**
- Triple threat start, stop & pivot

**Team Concepts**
- Teach what a screen is and how to set a good screen
- Teach what it means to jump to the ball

**Competitive Games**
- 3 on 3: If a team scores they take the ball and go to the other end against a 3rd group. Defensive stops give that team the ball

**PERCENTAGE OF PRACTICE TIME**

**PRACTICE 2**

<table>
<thead>
<tr>
<th><strong>Cultivating Values &amp; Developing Wellness</strong></th>
<th><strong>Balanced Lifestyle</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Warm-Up & Injury Prevention**
- Heel walks
- Toe walks
- Skip forward
- Jog backwards
- Straight leg kicks
- Lunges
- Side lunges
- Jog forward
- Demonstrate & explain

**Building Skills**
- Stationary low middle high
- Dribble through cones: Teach the players to take a dribble, plant their outside foot and then dribble through the next cone
- 2 ball dribble same time

**Passing**
- Outlet passing
- Outlet pass to running passes

**Shooting**
- Form shooting
- Free throws: Relax & develop a routine that you can do every time
- Shooting off an away-screen

**Rebounding**
- Box out stationary player

**Footwork & Conditioning**
- Reverse pivots: Repeat to help players gain comfort & balance

**Team Concepts**
- 3 on 0 pass and replace: The ball starts in the middle, when the player passes he cuts. The weakside player replaces the spot & the cutter fills the empty space
- Teach Offensive Set
- 3 man shell defense.

**Competitive Games**
- 3 on 3 half court
- Start by passing and cutting through or screening away
- Short 4 on a game

**PERCENTAGE OF PRACTICE TIME**
**Cultivating Values & Developing Wellness**

- **Positivity**: Have players define and give examples of positive thoughts. Believe in yourself and we can do it. We believe.

**Warm-Up & Injury Prevention**

- **Active Warm-Up**: Line hops 2 feet front to back and 2 feet side to side, staggered step 1 foot front to back and 1 foot side to side.

**Building Skills**

- **Ball-Handling**: 1 foot balance stationary dribbling, zig zag dribble with light defense, work on changing directions while having a defender in front of them to distract, in & out dribble move.
- **Passing**: Pass fakes, 3 person passing with defense, work on passing by a defender, once the player passes, follow their pass and become the defender.
- **Shooting**: Form shooting, weak hand lay-ups, shooting from a ball-screen.

**Footwork & Conditioning**

- **Jabsteps**

**Team Concepts**

- **Offense**: V-cut: Teach the proper footwork and timing to get open for the ball on the wing, square up & rip through, review offense, work on offense.
- **Defense**: Teach how to deny: Put a hand in the passing lane, shell defense.

**Competing**

- **Competitive Games**: 3 on 3 no dribbling: No dribbles will encourage passing & cutting, quick 5 on 5.

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**Nutrition**

- **Food is energy**: Impact of eating enough, impact of eating good foods, importance of hydration.

**Warm-Up & Injury Prevention**

- **Leadership Warm-Up**: Follow the leader warm-up, have each player lead 1 warm-up drill of their choice.

**Building Skills**

- **Ball-Handling**: 1 foot balance and push to a crossover, retreat dribble: Teach the players to plant their foot and retreat dribble to space, 2 ball stationary dribble.
- **Passing**: Run & pass, pass pressure, rotate, passing to wing off the dribble: Add light defense and keep the offensive within a narrow space to make a pass to a player on the wing who makes a v-cut.
- **Rebounding**: Box out active player.
- **Shooting**: Euro step lay-ups, drop step lay-ups, dribble to cone crossover shot: Have the player attack the cone and stay low on the crossover until they raise up to shoot, shooting off a screen.

**Team Concepts**

- **Offense**: Teach ball screens: Emphasize good timing & shoulder to shoulder, work on offense.
- **Defense**: Teach close outs: Emphasize breaking down early, having their hand up and keeping their butt down, 4 on 4 shell.

**Competing**

- **Competitive Games**: 3 on 3 pass and screen away, 3 on 3 pass and ball screen, quick 5 on 5 game.
**PRACTICE 5**

**STARTER LEVEL**

<table>
<thead>
<tr>
<th>Cultivating Values &amp; Developing Wellness</th>
<th>Teamwork</th>
<th>Provide a quote on teamwork. Recognize specific examples of good teamwork in the last 4 practices. Have players try to give examples as well.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Build &amp; Injury Prevention</strong></td>
<td>Basketball IQ</td>
<td>Run to That Line Advanced Interactive Game. Demonstrate and explain the purpose.</td>
</tr>
<tr>
<td><strong>Building Skills</strong></td>
<td>Ball-Handling</td>
<td>Stationary crossover: Have players push themselves out of their comfort zone with all the stationary dribbling. 2 ball stationary dribble-alternate. In-out control dribble. Front-back control dribble. Moving in &amp; out move: Get the hand over the top and really push off the opposite foot.</td>
</tr>
<tr>
<td><strong>Passing</strong></td>
<td>Run &amp; pass</td>
<td>Post entry decision making &amp; passing: See the help side and the post defender while also noticing the offensive players balance.</td>
</tr>
<tr>
<td><strong>Rebounding</strong></td>
<td>2 on 2 box out drill</td>
<td></td>
</tr>
<tr>
<td><strong>Shooting</strong></td>
<td>Shot fake to drive: Sell the shot fake. Weak hand lay-ups. Post drop step lay-ups. In &amp; out move to shot.</td>
<td></td>
</tr>
<tr>
<td><strong>Team Concepts</strong></td>
<td>Offense</td>
<td>Fast break spacing: Post players run to the rim &amp; guards stay wide. Work on team sets.</td>
</tr>
<tr>
<td><strong>Defense</strong></td>
<td>3 on 3 shell with screen</td>
<td></td>
</tr>
<tr>
<td><strong>Competing</strong></td>
<td>Competitive Games</td>
<td>3x3 Pass &amp; Ball Screen. Implement minimum pass rule.</td>
</tr>
</tbody>
</table>

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**PRACTICE 6**

**STARTER LEVEL**

<table>
<thead>
<tr>
<th>Cultivating Values &amp; Developing Wellness</th>
<th>Balanced Lifestyle</th>
<th>You &amp; players define wellness. Explain the benefits.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Building Skills</strong></td>
<td>Ball-Handling</td>
<td>Figure 8 dribble. 2 ball stationary dribble-together &amp; alternate. Add doing it at different levels, low-middle-high. Jog to in &amp; out crossover. Spin move.</td>
</tr>
<tr>
<td><strong>Passing</strong></td>
<td>3 line run and pass to a lay-up. Do this full court and limit dropped passes. Moving fast break passing.</td>
<td></td>
</tr>
<tr>
<td><strong>Rebounding</strong></td>
<td>1 on 1 on 1 rebounding drill: Box out &amp; pursue the ball.</td>
<td></td>
</tr>
<tr>
<td><strong>Shooting</strong></td>
<td>In &amp; out crossover to shot. Post turn and shoot. 3 man, 2 ball shooting.</td>
<td></td>
</tr>
<tr>
<td><strong>Team Concepts</strong></td>
<td>Offense</td>
<td>3 on 2 and 2 on 1 concepts: Explain proper spacing, balance and decision making offensively. Work on sets.</td>
</tr>
<tr>
<td><strong>Defense</strong></td>
<td>3 on 2 and 2 on 1 concepts: Defensively teach timing, rotation and decisions.</td>
<td></td>
</tr>
<tr>
<td><strong>Competing</strong></td>
<td>Competitive Games</td>
<td>5 on 5: Stop play to make coaching points.</td>
</tr>
</tbody>
</table>
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.

CORE VALUES

DEVELOPING WELLNESS

BUILDING SKILLS

CORE VALUES

Leadership
Humility

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.

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.

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.

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.

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ALWAYS FUN

Achieving Goals
Loving the Process

Time Management
Rest & Recovery

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**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.

<table>
<thead>
<tr>
<th>Ball Handling</th>
<th>Footwork &amp; Conditioning</th>
<th>Rebounding</th>
<th>Offense</th>
<th>Defense</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behind the back dribble</td>
<td>Run &amp; turn forward &amp; backward</td>
<td>Live rebounding drills with contact</td>
<td>L-cut</td>
<td>Post defense (before the catch, after the catch, after the dribble)</td>
<td>Advanced rules</td>
</tr>
<tr>
<td>Between the legs dribble</td>
<td>Crab dribble</td>
<td>Tag on perimeter</td>
<td>Baseline drive fill the corner</td>
<td>Defending ball screens</td>
<td>Special situations</td>
</tr>
<tr>
<td>Dribble 1 ball, catch &amp; pass a 2nd ball</td>
<td></td>
<td></td>
<td>Backdoor cut</td>
<td>Defending away screens</td>
<td></td>
</tr>
<tr>
<td>Stationary 1-hand control pass</td>
<td></td>
<td></td>
<td></td>
<td>Help the helper</td>
<td></td>
</tr>
<tr>
<td>Moving 1-hand control pass</td>
<td></td>
<td></td>
<td></td>
<td>Full court man to man and zone</td>
<td></td>
</tr>
<tr>
<td>Creative dribbling</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pull back dribble</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stationary 2 ball dribble with contact</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Ball creative dribbling</td>
<td></td>
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</tr>
</tbody>
</table>

**Practice Plans**

The chart below indicates approximate amounts of time to be spent on each portion of practice. The six practice plans to follow are samples that reinforce All-Star level principles.
**Cultivating Values & Developing Wellness**

- Leadership: Have players attempt to define time management. Give examples & identify positive examples at the end of practice.

**Warm-Up & Injury Prevention**

- Active Stretch: Walking quad-skip: Do a dynamic stretch to ½ court do an active movement back.
- Lateral groin stretch: butt kicks
- Walking hamstring-jog forward
- Walking arm stretch: karioka
- Toe walk-jog backwards

**Building Skills**

- Ball-Handling: Stationary 2 ball dribble: Same time & alternate.
- Zig zag between the legs: Add speed when possible.
- Zig zag behind the back

- Passing: Backdoor pass: Timing & use 1 hand.
- Full court 5 man weave

- Shooting: Catch and shoot.
- 1 dribble step back shot
- 2 dribble jumpstop shot

- Rebounding: Backboard toss-rebound, keep it high, finish.
- Offensive rebound to quick putback.
- Backboard toss-rebound, chin it, pivot, outlet: defensive rebound to outlet

- Footwork & Conditioning: Lane slides

**Team Concepts**

- Offense: Backdoor cut: Good timing, set it up, plant and go.
- Extra pass

- Defense: Close out, trace ball, active hands.
- 5 on 5 shell: Teach players the importance of having active hands and getting deflections

**Competing**

- Competitive Games: 1 on 1 cut throat: If the offensive player scores, they remain on offense.
- 5 on 5: with 10 second shot clock

---

**Cultivating Values & Developing Wellness**

- Time Management: Have players try to define time management.
- Teach them how to prioritize.
- Explain how to budget time.
- Share the benefits

**Warm-Up & Injury Prevention**

- Active Stretch: Do a dynamic stretch to ½ court do an active movement back.
- Walking TFL stretch, light foot taps
- Walking shoulder swings: Light foot taps 3 & change directions

**Building Skills**

- Ball-Handling: Moving 2 ball dribble.
- Dribble 1 ball, catch and pass a 2nd ball

- Passing: Partners: Between the leg wrap to right hand pass.
- Between the leg wrap to left hand pass.
- In-out control dribble to one hand pass.

- Shooting: Reading a down screen
- Curl cut shot
- Straight cut shot
- Out cut shot

- Rebounding: 5 second box out drill

- Footwork & Conditioning: 5 spot close out & slide back

**Team Concepts**

- Offense: L-cut to shot.
- Drive baseline & fill the corner shot
- Motion offense

- Defense: Defending away screens
- Defending ball screens

**Competing**

- Competitive Games: 2 on 2 with ball screen: Emphasize the ball screen offensive and defensive points of emphasis.
- 5 on 5 with wait past 30 seconds to shot
Jr. NBA CURRICULUM

Cultivating Values & Developing Wellness

Humility
- Have players try to define
- Provide a quote about humility

Warm-Up & Injury Prevention
- Dynamic Warm-up
  - Jog down & back
  - Backwards lunge
  - 1 Foot hops

Building Skills
- Ball-Handling
  - Cone dribbling with moves: Attack a series of cones with specific dribble moves
- Passing: Partners
  - Stationary 1 hand control passing
  - Sliding 1 hand control passing

Shooting
- Reading a ball screen
- Defender over pull-up
- Defender under stop behind
- Defender under re-screen-pull up
- Hedge split for a lay-up

Rebounding
- 4 on 4 shell rebounding: Offense doesn’t move until the shot

Footwork & Conditioning
- Elbow close out, zig zag

Team Concepts
- Offense
  - Post pass & cut
  - Post pass & relocate
  - Post pass & screen
  - Offensive sets
- Defense
  - Defending the post before the catch
  - Defending the post on the catch
  - Defending the post after the dribble

Competing
- Competitive Games
  - 1 on 1 cut throat: If the offensive player scores, they remain on offense
  - 5 on 5: with 10 second shot clock

ALL-STAR LEVEL

Cultivating Values & Developing Wellness

Rest & Recovery
- Define rest
- Explain the types of recovery
- Teach the benefits

Warm-Up & Injury Prevention
- Active Stretch
  - Imaginary Hurdle Walk Forward & Backward
  - Chop While Slowly Moving Laterally
  - Circle Tag

Building Skills
- Ball-Handling
  - Stationary 1,2,3, cross 2, 3: Pound the ball hard for 3 dribbles, then crossover for 3 quick dribbles then pound for 3 quick dribbles and continue
  - Stationary behind the back dribble, low, middle, high
- Passing: Partners
  - Stationary 1 hand control passing
  - Sliding 1 hand control passing

Shooting
- Reading a ball screen
  - Defender over pull-up
  - Defender under stop behind
  - Defender under re-screen-pull up
  - Hedge split for a lay-up

Rebounding
- 4 on 4 shell rebounding: Offense doesn’t move until the shot

Footwork & Conditioning
- Elbow close out, zig zag

Team Concepts
- Offense
  - Where strong side post spaces on ball side drive/weak side drive: Teach the players how to move to the open space as a post player when another player is driving to the basket
  - Teach where strong & weak side posts space to on drives
- Defense
  - Help the helper

Competing
- Competitive Games
  - 2 on 2 post entry: work on post passes and relocation
  - 5 On 5 use offense
Jr. NBA CURRICULUM

Cultivating Values & Developing Wellness

Humility Part 2
- Why should we be humble
  - Discuss example of confident vs. cocky

Warm-Up & Injury Prevention

Leadership Warm-Up
- Have a player(s) lead

Building Skills

Ball-Handling
- 2 ball stationary with partner foul: As one partner dribbles 2 basketballs, have the other partner apply pressure and foul
  - 3 balls with partner
  - Dribble moves up & back

Passing
- 2 Teams: Transition offense passing (5 on 4, 4 on 3, 3 on 2, 2 on 1)

Shooting
- 3 man shooting repetitions: 3 players & 2 balls, after you shoot, get your rebound and pass it to the teammate without a ball

Rebounding
- Tag on perimeter
  - Help, ball, help tag

Footwork & Conditioning
- Big push clock to sprint

Team Concepts

Offense
- Offensive sets breakdown

Defense
- 5 possessions, team with the most stops wins: Have the teams compete to see who can get the most defensive stops

Competing

Competitive Games
- 1 on 1 with stops: The player must get 2 stops in a row to get off
- 3 on 3: King of the Court
- 5 on 5

Time Management Part 2

What is a good use of time after school?

What is a good use of time in practice?

Warm-Up & Injury Prevention

Dynamic Warm-Up
- Do a dynamic stretch to ½ court, do an active movement back
  - Walking quad-skip
  - Walking hamstring-jog forward
  - Toe walk-jog backwards

Building Skills

Ball-Handling
- 2 ball creative time: Give the players 15 seconds and encourage them to be creative with the ball as they dribble

Passing
- Skip pass
  - Read help, post or skip

Shooting
- Chase down lay-ups
  - Pull back shot

Rebounding
- Lane battle for the rebound & score

Footwork & Conditioning
- Backpedal, slide, sprint in for lay-up

Team Concepts

Offense
- Dummy offense

Defense
- Who is the loudest: Defensive team calls out their positioning loudly as the offense reverses the ball. Switch
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.
### MVP Level

#### 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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Skills</th>
</tr>
</thead>
</table>
| Ball Handling | - Extensive combination moves  
- 2 Ball advanced dribbling  
- Attacking traps  
- Scissors dribble  
- Reading the hand over/under crossover |
| Passing    | - Baseball pass  
- 1-Hand pass  
- Behind the back pass  
- High-low passing  
- Pocket passing  
- Lob passing |
| Shooting   | - Advanced lay-up finishes  
- Floaters  
- Advanced post moves  
- Advanced dribble moves to shot |
| Rebounding | - Team contact drills |

<table>
<thead>
<tr>
<th>Category</th>
<th>Skills</th>
</tr>
</thead>
</table>
| Offense    | - Re-post  
- Sealing  
- Taking the defenders space  
- Attacking a trap  
- Get hand on top drive  
- Shoulder shimmy  
- Organizing the team  
- Balancing the floor  
- Advanced ball screens  
- Advanced schemes  
- Offensive alignments  
- Special situations |
| Defense    | - Dictate & keep the offense alert  
- Shot blocking (on the ball, help, open court)  
- Advanced screening  
- Advanced schemes  
- Transition  
- Special situations |

#### Practice Plans

The chart below indicates approximate amounts of time to be spent on each portion of practice. The six practice plans to follow are samples that reinforce MVP level principles.
**Cultivating Values & Developing Wellness**

- **Responsibility**
  - Have players attempt to define how can we be responsible
  - Give examples & identify positive examples at the end of practice

**Warm-Up & Injury Prevention**

- **Active Stretch with a Ball**
  - All to be done while dribbling a ball
  - Jog
  - Walking hamstring
  - Walking quad
  - Skips
  - Knee in to a “T”
  - Open up the chest
  - 2 dribbles then chop

**Building Skills**

- **Ball-Handling**
  - Combination moves
  - Between-cross
  - Between-between
  - Between-behind
  - Baseball pass
  - Jump through the hips finish
  - 2 foot floater finishes
  - Shoot & shoot group competition
  - 5 on 5 rebounding drill

- **Passing**
  - Base ball pass

- **Shooting**
  - 1 foot floaters: Developing good touch and a good release point on floaters
  - In & out from ½ court shooting

- **Rebounding**
  - 5 on 5 rebounding drill

**Team Concepts**

- **Offense**
  - Bigs: catch, see the floor, pass, Re-post
  - Up back up pivoting finish
  - Guards-take the space of the defender & separate

- **Defense**
  - Defense dictates. Jump in & jump out

**Competing**

- **Competitive Games**
  - ½ court motion offense
  - Full court motion offense

**Cultivating Values & Developing Wellness**

- **Injury Prevention**
  - Have players try to define why do we & how do we prevent injuries

**Warm-Up & Injury Prevention**

- **Active Stretch with a Ball**
  - All to be done while dribbling a ball
  - Jog
  - Shoulder throw downs
  - Dribble drop & touch
  - Lateral in out turn
  - Right knee up & down, with right arm pound dribble
  - 2 dribbles then chop

**Building Skills**

- **Ball-Handling**
  - Cone combination moves: These combination moves should be practiced to work on handling but also to work on the footwork within a move
  - In & out behind the back low & skip
  - Behind behind
  - In & out behind

- **Passing**
  - 3 man weave to 2 on 1

- **Shooting**
  - 1 foot floaters: Developing good touch and a good release point on floaters
  - Shoot oop
  - Guards: Gallop finish
  - Jamal Crawford

- **Rebounding**
  - 4 on 4 shell box out

**Team Concepts**

- **Offense**
  - Attacking a trap. If trapped and can’t pass out of it, identify the weakest defender and attack them while looking for splits
  - Team sets

- **Defense**
  - Trapping
  - Team shell defense

**Competing**

- **Competitive Games**
  - Situational play: 2 minute game with small lead. Teach players how to play with poise & keep a lead
  - 5 on 5
Cultivating Values & Developing Wellness

**Receptiveness**
- Discuss what it means to be receptive
- Discuss why it’s hard to be receptive

**Warm-Up & Injury Prevention**

**Leadership Warm-up**
- Pick a player(s) to lead

Building Skills

**Ball-Handling**
- 2 ball explode out: Have the players alternate pounding 2 balls. When you hold up an arm, the players should take 1 big explosive step forward with the foot on that side
- Handling pressure & setting the team up

**Shooting**
- Same foot, same hand finishes
- Louisville timed shooting

**Rebounding**
- Free throw rebounding

**Footwork & Conditioning**
- Coach lead defensive slides

Team Concepts

**Offense**
- Transition offense: Guard should recognize how to balance the floor while 1 big runs to the basket
- Balancing the floor
- Full court press

**Defense**
- Transition defense
- Shot blocking-on the ball
- Full court press

Competing

**Competitive Games**
- Short full court press games

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**Healthy Relationships**

**Warm-Up & Injury Prevention**

**Active Stretch with a Ball**
- Jog
- Shoulder throw downs
- Dribble drop & touch
- Lateral in out turn
- Right knee up & down, with right arm pound dribble
- 2 dribbles then chop

Building Skills

**Ball-Handling**
- Scissors
- Read hand-over/under cross
- Get hand on top

**Passing**
- Outlet pass, full court dribble, jump stop bounce pass lay-up

**Shooting**
- Jab from ½ court shot
- Bigs- Shimmy to hook
- Dribble drop hook
- Guards: Drive. Show t. Stop. Turn
- Drive spin to 2 foot reverse

**Footwork & Conditioning**
- Player lead defensive slides

Team Concepts

**Offense**
- Teach situations from pushed down ball screen
- Dribble hand-off series

**Defense**
- Shot blocking-help side

Competing

**Competitive Games**
- Short competitive 5 on 5 games
### Jr. NBA CURRICULUM

#### PRACTICE 5

<table>
<thead>
<tr>
<th>Cultivating Values &amp; Developing Wellness</th>
<th>Cheerleading For Teammates</th>
<th>Discuss the importance of genuinely cheering for teammates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-Up &amp; Injury Prevention</td>
<td>Active Stretch with a Ball</td>
<td>All to be done while dribbling a ball</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jog</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shoulder drop downs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dribble drop &amp; touch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lateral in out turn</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Right knee up &amp; down, with right arm pound dribble</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 dribbles then chop</td>
</tr>
<tr>
<td>Building Skills</td>
<td>Ball-Handling</td>
<td>Between cross behind series: Time the players for 20 seconds and see who can dribble between the legs, crossover in front, then go behind the back. You must complete all 3 dribbles for it to count as 1. Early cross jabs</td>
</tr>
<tr>
<td></td>
<td>Passing</td>
<td>Bigs: Hi low passing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Guards: Pick &amp; roll pocket pass</td>
</tr>
<tr>
<td></td>
<td>Shooting</td>
<td>Bigs: Reverse pivot face up series</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Guards: Between push other direction shot</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pick &amp; roll pocket pass</td>
</tr>
<tr>
<td>Team Concepts</td>
<td>Offense</td>
<td>Bigs: Teaches the post player how to seal their defender based on their defensive positioning 3 man screen the screener</td>
</tr>
<tr>
<td></td>
<td>Defense</td>
<td>Post cross screen</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shot blocking-open court</td>
</tr>
<tr>
<td>Competing Competative Games</td>
<td>Situational</td>
<td>Under 10 seconds: Prepare your team for last second games</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 on 5</td>
</tr>
</tbody>
</table>

#### PRACTICE 6

<table>
<thead>
<tr>
<th>Cultivating Values &amp; Developing Wellness</th>
<th>Receptiveness Part 2</th>
<th>Being coachable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-Up &amp; Injury Prevention</td>
<td>Leadership Warm-up</td>
<td>Pick a player(s) to lead</td>
</tr>
<tr>
<td>Building Skills</td>
<td>Ball-Handling</td>
<td>2 ball creative. The more comfortable players are with dribbling 2 balls, the more comfortable and natural they will feel with 1 ball 2 ball to shot</td>
</tr>
<tr>
<td></td>
<td>Passing</td>
<td>Lob passing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Behind the back passing</td>
</tr>
<tr>
<td></td>
<td>Shooting</td>
<td>Shooter, screener, passing line. 1 line has the ball as the passer. The previous passer runs across the lane and sets a screen for a shooter coming off to catch and shoot. The screener becomes the next shooter Post entry screen &amp; shot</td>
</tr>
<tr>
<td></td>
<td>Footwork &amp; Conditioning</td>
<td>Jab stride pull-back, in &amp; out cross to finish</td>
</tr>
<tr>
<td>Team Concepts</td>
<td>Offense</td>
<td>Special situations</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Less than 10 seconds ball Under, side &amp; full court</td>
</tr>
<tr>
<td></td>
<td>Defense</td>
<td>Special situations: Make sure your players know what plays to run if you don't have timeouts Less than 10 seconds ball under, side &amp; full court</td>
</tr>
<tr>
<td>Competing Competative Games</td>
<td></td>
<td>5 on 5 games</td>
</tr>
</tbody>
</table>