



CAVS ACADEMY PRACTICE PLAN

BEGINNER LEVEL

	DRILLS	TIME	EXPLANATION
<p>Mindset - Start off with any type of positive quote that relates to the day.</p>			<p>This can start off in a group huddle in the center of the court. (Jump Ball Circle)</p>
<p>Stretching - Make sure the player always starts each practice with a dynamic stretch</p>	<p>Dynamic Warm-up</p>	<p>8-10 Mins</p>	<p>This is important as you want to loosen up the joints/muscles to be prepared for the practice, and injury prevention purposes.</p>
	<p>Light jog x2 High Knees Butt Kicks Power Skips Jumping Jacks</p>		<p>Down and Back - Full Court Half Court and Back to Baseline Half Court and Back to Baseline (Similar to a layup with no ball) Half Court and Back to Baseline Stationary</p>
<p>Player Development - Drills can vary within this category daily. Player development is a huge piece to the game of basketball.</p>	<p>Basic Ladder Drills</p>	<p>8-10 Mins</p>	
	<p>Single foot in each square Two feet in each square Two feet in two feet out Jumping jack feet</p>		<p>Right foot down, Left foot return Hopping & sprint out at the end of the ladder Moving down the ladder Two feet jump together in a square, then jump out moving down the ladder</p>
	<p>Teach Triple Threat</p> <p>Baseline Triple Threat Full Court Triple Threat</p>	<p>8-10 Mins</p>	<p>Feet Spacing - Making sure each player is in an athletic stance (Shoulder width apart) Bend Knees - Make sure each player is low to the ground with knees bent. (This is essential as everything you do in basketball your knees are bent. Shoot, Pass and Dribble) Head Up - Making sure each player is aware of everything going on around them on the court, and focused on whatever needs to happen whether it is to pass, shoot or dribble. Ball Positioning - Making sure each player is aware that the ball must be protected at all times in triple threat. The ball should be waist level on the right/left side of the hip depending on which hand they are. Pivot Foot - Make sure each player understands the value of how important establishing a pivot. If you are right handed you will more than likely use your left foot as your pivot foot, and vice versa for the left hand. Players should line up along the baseline with a ball and the coach should emphasize the focus points. Have the players throw the ball up to themselves, catch it and come down in the triple threat stance.</p>
	<p>Teach Fundamentals of Passing</p> <p>Partner Passing Target Wall Passing</p>	<p>15 Mins</p>	<p>Feet Spacing - Making sure each player is in an athletic stance (Shoulder width apart) Bend Knees - Make sure each player is low to the ground with knees bent. (Balanced stance) Stepping towards the receiver of the pass Thumbs Down - Upon the completion of the chest, bounce and overhead pass. Chest Pass - When throwing a chest pass, the players should strive to throw it to the receiver's chest, nothing lower or higher Bounce Pass - Should be thrown far enough out that the ball bounces waist high to the receiver Overhead - The overhead pass is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and follow through. Aim for the teammate's chin. Make sure the passes are snapped & crisp Lane line to Out-Of-Bounds line extended: Chest, Bounce, Overhead. Make sure the passes are snapped, crisp and your thumbs are down as the ball is released. Place a target on the wall, have each player stand in-front of the target (or have each player find a target on the wall) Each player should execute the chest, bounce and overhead pass making sure they hit the target each time.</p>
	<p>Teach Fundamentals of Ball-handling</p> <p>Stationary Ball Smacks Finger Tip Taps Ball Waist Wraps Head Wraps Ankle Wraps</p>	<p>15 Mins</p>	<p>Using your fingertips, Fingers should be spread wide, Keep your hand on top of the ball, It's ok to look at the ball if you are starting out, but you should progress to keeping your head up, Pounding the ball, Focus on keeping the ball low to the ground, Knees should be bent while dribbling. Fingers should be spread wide, using your whole hand, each player should slap the ball alternating hands to get comfortable with the ball . Each player should extend their arms out in front of their body, place the ball on the finger tips and proceed to tap the ball back and forth between the finger tips. Players can also extend their arms above the head to perform the same drill. Fingers should be spread wide, and each player should proceed to pass the ball from one hand to the other around their waste. Players will start off at a slow pace, but the speed should increase as they get comfortable. Fingers should be spread wide, and each player should proceed to pass the ball from one hand to the other around their head. Players will start off at a slow pace, but the speed should increase as they get comfortable. Fingers should be spread wide, and each player should proceed to pass the ball from one hand to the other around their ankles. (Knees should be slightly bent during this portion) Players will start off at a slow pace, but the speed should increase as they get comfortable.</p>
	<p>Teach Fundamentals of Shooting</p> <p>Baseline Air- Shooting (No Basket) Form Shooting (At the Basket) Two Feet Lay-Ups</p>	<p>10 Mins</p>	<p>Balance - Balanced stance and both feet/body should be going toward the target. Eyes - Your eyes should only be focused on your target (aiming for the front of the rim, back of the rim or center of the hoop) Elbow - Your shooting elbow (on the shooting arm) should be close to the body and in line with the target (Not away from the body) Finger Tips - The ball should Always be on your fingertips when shooting Follow Through - When releasing the ball, you should flick your wrist (Motion: downward toward the ground) Your follow through should be towards the target. The ball should roll off your pointer finger and middle finger. Each player should line up along the baseline with their own ball. Coaches should emphasize the steps above and have each player perform them. Form lines in 3 spots around the basket. (Front of the rim, Right side of the rim, Left side of the rim) Each player should take a turn focusing on the emphasis in the previous drills, but this time attempting to make the basket. The player will grab their own rebound and pass it to the next person in line. Each player will start on the right side of the basket. The player will proceed to take a big right-foot-left-foot step towards the basket and jump off both feet to shoot a layup off the backboard with right hand. The player will grab their own rebound and pass it to the next person in line.</p>



CAVS ACADEMY PRACTICE PLAN

INTERMEDIATE LEVEL

	DRILLS	TIME	EXPLANATION
<p>Mindset - Start off with any type of positive quote that relates to the day</p>			<p>Before practice starts allow players free time to work on individual skills. After the team can gather together in the center of the court to receive the quote or anything the coach wants to talk about. (Jump Ball Circle)</p>
<p>Stretching - Make sure the player always starts each practice with a dynamic stretch</p>	<p>Dynamic Warm-up</p>	<p>8-10 Mins</p>	<p>This is important as you want to loosen up the joints/muscles to be prepared for the practice, and injury prevention purposes.</p>
	<p>Light Jog X2 High Knees Butt Kicks Power Skips Russian Walks Rdl Hamstring Stretch Lunge - Twists Defensive Slides X2</p>		<p>Down and Back - Full Court Half Court and Back to Baseline Half Court and Back to Baseline (Similar to a layup with no ball) Half Court and Back to Baseline Half Court and Back to Baseline Half Court and Back to Baseline Half Court and Back to Baseline Half Court and Back to Baseline</p>
<p>Player Development - Drills can vary within this category daily. Player development is a huge piece to the game of basketball.</p>	<p>Ladder Drills</p>	<p>5-7 Mins</p>	<p>Improves quickness, agility and change of speed Each drill will require the player to be on their toes and move their feet in some form down the ladder.</p>
	<p>Single Foot In Each Square Two Feet In Each Square Two Feet In Two Feet Out Two Feet In Two Feet Out (Squat) Jumping Jack Feet Lateral Quick Steps Ickey Shuffle</p>		<p>Right foot down, Left foot return Hopping & sprint out at the end of the ladder Two feet in two feet out Two feet in two feet out (Squat) Two feet jump together in a square, then jump out Lateral Quick Steps (Explain) Ickey Shuffle (Explain)</p>
	<p>Passing Drills</p> <p>Partner/coach Passing</p> <p>3 Around The Key</p>	<p>15 Mins</p>	<p>Feet Spacing - Making sure each player is in an athletic stance (Shoulder width apart). Bend Knees - Make sure each player is low to the ground with knees bent. (Balanced stance). Stepping towards the receiver of the pass. The receiver of the pass should be calling for the ball. Thumbs Down - Upon the completion of the chest, bounce and overhead pass. Chest Pass - When throwing a chest pass, the players should strive to throw it to the receiver's chest, nothing lower or higher. Bounce Pass - Should be thrown far enough out that the ball bounces waist high to the receiver. Overhead - The overhead pass is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and follow through. Aim for the teammate's chin. Make sure the passes are snapped & crisp. One player should be on the Lane line and the opposite player should be on the Out-Of-Bounds line: 1st time down and back Chest, 2nd time bounce, 3rd time overhead. Make sure the passes are snapped, crisp and your thumbs are down as the ball is released. Have 3 players stand around the 3 point line. (One at the top, wing, other wing) The remaining players will be in a line in the right/left baseline corner. The ball can start on either wing (Which ever side the line is on) and should be swung around the 3 with each player following their pass. This drill should emphasize the key points above. 1 time around with chest pass, and follow suit with the other passes.</p>
	<p>Ball-handling</p> <p>Stationary Ball Smacks</p> <p>Finger Tip Taps</p> <p>Stationary/half-court Ball-handling</p>	<p>15 Mins</p> <p>50/100 reps with each dribbling move</p>	<p>Is essential that players work on this daily as you can NEVER do too much ball handling. Ball handling can be really good for guard/post players as it really puts an emphasis on using your fingertips, spreading your fingers wide while dribbling (which is also good when shooting the ball) staying low, head up, and controlling the ball. Fingers should be spread wide, using your whole hand, each player should slap the ball alternating hands to get comfortable with the ball. Each player should extend their arms out in front of their body, place the ball on the finger tips and proceed to tap the ball back and forth between the finger tips. Players can also extend their arms above the head to perform the same drill. Each player should start in the triple threat position. From this position players should start to dribble with their right hand and proceed to the left and crossover. Emphasizing all the points above. Players can advance to dribbling to half-court and back.</p>
	<p>Footwork Drills</p> <p>1-2-3 Dribble Pivot</p> <p>Full Court Reverse Pivot</p>	<p>7-8 Mins</p>	<p>Make sure each player understands the importance of pivoting during the game of basketball. Coming to a two-foot jump stop on the catch or after picking up the dribble allows the player to establish which ever foot as a pivot foot. Establishing a pivot foot will allow the player to pivot around as long as it remains anchored to the floor. In return the player is now able to move the other foot without a causing a traveling violation. A pivot should only be used to gain a positional or tactical advantage like maintaining balance, to get away from the opposing player or to protect the basketball. From the pivot position on the perimeter a player should be ready to dribble, pass or shoot. Each player should start in the triple threat position along the baseline. From this position players should take one/two/three dribbles and jump stop. After coming to a jump stop each player should work on the right/left foot pivots. This drill will allow the players to get comfortable with pivoting. Each player should start in the triple threat position along the baseline. On the coaches whistle each player will dribble to half court and come to a jump stop. After coming to a jump stop each player will reverse pivot with their right/left foot (which ever foot the coaches decides is first) causing the player to be turned backwards from the initial direction. Each player will then dribble backwards with their right/left hand to the opposite baseline. This drill will repeat from the opposite baseline taking the player back to the original baseline he/she started the drill on.</p>



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INTERMEDIATE LEVEL

DRILLS	TIME	EXPLANATION
<p>Defensive Drills</p> <p>Defensive Fun</p> <p>Defensive Slides</p> <p>Defensive Zig-Zags (Full - Court)</p>	<p>10 Mins</p>	<p>Each player should be on the balls of their feet (toes), feet wide (balanced base), knees bent, butt down (sit like you are in a chair), hands out wide (active hands), eyes locked in on players stomach or belly button (these things don't move on a players body). Players will look at certain things as they get more comfortable playing defense, but these are the two common things that most players focus on.</p> <p>Each player will spread out in front of the coach within the half court line. On the coaches whistle each player will slap the floor and yell "Defense". (This phrase can be whatever the coach wants the player to say to get them energized) Make sure each player is in the proper stance emphasized above and have them hold it for about 30 seconds.</p> <p>Each player will start along the baseline facing the right/left wall. On the coaches whistle players will slide to the half court line and back to the baseline, then proceed to the opposite baseline and back. Really make sure each player stays in their defensive stance the entire time.</p> <p>Each player will start in the right or left corner. The players will proceed to get in a defensive stance slide out about 3 steps and change direction into a zig zag format until the player reaches the opposite baseline. Once each player gets to the opposite end of the court, the players can re-start the drill.</p>
<p>Shooting Drills</p> <p>3 Dribble Layups</p> <p>Form Shooting (At the Basket)</p> <p>5 Spot Shooting (Inside the 3-point line)</p>	<p>10 Mins</p>	<p>Balance - Balanced stance and both feet/body should be going toward the target.</p> <p>Eyes - Your eyes should only be focused on your target (aiming for the front of the rim, back of the rim or center of the hoop)</p> <p>Elbow - Your shooting elbow (on the shooting arm) should be close to the body and in line with the target (Not away from the body)</p> <p>Finger Tips - The ball should Always be on your fingertips when shooting</p> <p>Follow Through - When releasing the ball, you should flick your wrist (Motion: downward toward the ground) Your follow through should be towards the target. The ball should roll off your pointer finger and middle finger.</p> <p>Each player will start on the wing/right side of the basket. The player will proceed to take 3 dribbles into a big right-foot-left-foot step towards the basket and jump off both feet to shoot a layup off the backboard with right hand. The player will grab their own rebound and pass it to the next person in line. As the player starts to get comfortable challenge them to jump off of their left foot, driving there right knee towards the rim up to complete a right hand layup. This can also be done on the left side of the basket. Make 5 each.</p> <p>Form lines in 3 spots around the basket. Players will take turns shooting the ball. (1st Front of the rim, 2nd Right side of the rim, 3rd Left side of the rim) A coach can stand under the basket to pass the rebounds back to each line. Each player should take a turn focusing on the shooting emphasis.</p> <p>In this drill there are 5 spots. (Right Block Elbow, Free Throw, Left Elbow, Block) Each player should line up at each spot and proceed to make 5 shots at each spot. Rotating counter clockwise.</p>
<p>Conditioning - Conditioning can take place at any point in the practice. It is vital for players to be in shape to play a full game of basketball. Most importantly have fun!</p>	<p>Times will vary according to the fatigue level of the players at the end of practice. Coaches decision.</p>	<p>Emphasizing conditioning to your players at a early age is important. Letting them know that it isn't a punishment but it only helps them stay on the court longer by having enough stamina. Without the proper conditioning level players will get tired quickly causing them to not be able to play during a game as much as someone who is properly conditioned. "Everybody wants to stay on the court and not get subbed out."</p>
<p>Champion "Suicides"</p> <p>6~4~6</p> <p>Sprints</p>	<p>32 seconds - Post Players 28 Seconds - Guards</p> <p>2 Mins</p> <p>10 seconds</p>	<p>Players will start on the baseline. On the coaches whistle players will run to the free throw line - back to the baseline, half court line - back to baseline, opposite free throw line - back to baseline, opposite baseline line - back to baseline.</p> <p>Sprint to opposite baseline & back 6 times, back pedal 4 times, sprint to opposite baseline & back 6 times.</p> <p>Players will line up along the baseline and race to the opposite baseline. Make it as competitive as you want. They can also go to half court instead of the full court.</p>



CAVS ACADEMY PRACTICE PLAN

ADVANCED LEVEL

	DRILLS	TIME	EXPLANATION
Mindset - Start off with positive words of encouragement and relationship building on and off-court	Individual Warm-up	10 Mins	Pre-practice free shooting & coach is able to touch base with players
Stretching - Make sure the player always starts each practice with a dynamic stretch	Dynamic Warm-up	15 Mins	This is important as you want to loosen up the joints/muscles to be prepared for the practice, and injury prevention purposes.
	Calfs Groin Hamstring Quadriceps Hip Flexors Speed Core		Floor Sweeps Side Lunges into Sumo Squats Russian Walks/Knee Hugs Rapid Heel Kicks Can Openers/Hurdle Jumps Sprints x 2 (50%, 75%, 100%) Bridges, Planks & Crunches x :30 seconds each
Player Development - Dedicate time daily to individual skill development & reinforce basic fundamentals	Ball-handling + Footwork	20 Mins	Improve player speed & performing moves off of the dribble
	Zig Zag Dribbling Partner Zig Zag Into 1v1 Multi-effort Drill 1 On 0 Shooting Partner Shooting Multi-effort Drill #1 1v1 & 2v2 Multi-effort Drill #2 Defense Close Outs Into Live 1v1 Game Close Outs To Transition Drill 11-man Continuous Break	20 Mins 15-20 Mins	Each player dribbles through cones to finish at the basket. Add additional cones or adjust cone positioning Players partner up and zig zag until halfcourt, then play 1v1 at opposite end. Offense and Defense change always Players are divided into small groups to simulate part of the offensive set. This drill requires no defense Improving team offense & strengthening individual skills 2 dribble pull-up, screen n' roll, pick n' pop, combination move Players partner up and perform pick n roll/pick n pop shooting drill Competitive drills simulating offensive sets In groups of 3, players work on screen away Improve defensive tactics utilizing athleticism & court IQ Players partner up and work on closing out from different spots on the floor. Add 1v1 challenge + dribble limits Defense closes out to shooter, then continues running fullcourt to receive a pass + combination move and score Start with a 3-on-2 situation with 1,2 and 3 on offense vs. 4 and 5. Two defensive players are waiting on the opposite end of the floor, and there are four lines, two along each sideline. 1, 2 and 3 try to score against 4 and 5. When a shot is taken (even if it is made), the rebounder makes the quick outlet pass to either 6 or 7 who step inbounds from the sidelines for the outlet pass. Now the rebounder, 6 and 7 break down the floor where the other two defenders are waiting for them. After the shot, the 8 and 9 come in for the outlet pass.
Team Development - Scrimmages/games allow the team to reinforce principles & simulate a live game environment	Competitive Games	20-25 Mins	Improve overall team play and execution
	1v1 Fullcourt Via Jump Circle 5v5 Game (Controlled Game V Live Game) End Of Game Simulation		Offense & Defense lines start opposite side line near jump circle. Both players enter jump circle until whistle is blown-1v1 Competitive 5v5 games. Each game to 5 points or 5 minutes Simulate end of game situations (Clock awareness, foul strategy)
Conditioning - Conditioning can take place at any point in the practice. It is vital for players to be in shape to play a full game of basketball. Most importantly, have fun!	Running Drills	20 Mins	Improving speed, agility & footwork
	The 16 Line Touch Drill The German Circuit Dynamic Cool Down Lower Heart Rate Static Stretching Partner Freethrows	15 Mins	Players lineup across sideline to start. They must complete a run to the opposite sideline and back 8 times until the time expires. 16 sideline touches are the goal This is a series of timed runs emphasizing conditioning, footwork & a player's competitive drive Lowering lactic acid and adrenaline in the body to reduce injury for the next practice/game Players run at own pace from side line to side line for 2 minutes Stationary stretches which focus on strengthening feet, ankles, shoulder & groin Players partner up to shoot freethrows. Shoot for 90%

