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		Floor Sweeps
	Groin		Side Lunges into Sumo Squats
	Hamstring		Russian Walks/Knee Hugs
	Quadriceps		Rapid Heel Kicks
	Hip Flexors		Can Openers/Hurdle Jumps
	Speed		Sprints x 2 (50%, 75%, 100%)
	Core		Bridges, Planks & Crunches x :30 seconds each
Player Development - Dedicate time daily to individual skill devlopment & reinforce basic fundamentals	**Ball-handling + Footwork**	20 Mins	Improve player speed & performing moves off of the dribble
	Zig Zag Dribbling		Each player dribbles through cones to finish at the basket. Add additional cones or adjust cone positioning
	Partner Zig Zag Into 1v1		Players partner up and zig zag until halfcourt, then play 1v1 at opposite end. Offense and Defense change always
	Multi-effort Drill 1 On 0		Players are divided into small groups to simulate part of the offensive set. This drill requires no defense
	Shooting	20 Mins	Improving team offense & strengthing individual skills
	Partner Shooting		2 dribble pull-up, screen n' roll, pick n' pop, combination move
	Multi-effort Drill #1		Players partner up and perform pick n roll/pick n pop shooting drill
	1v1 & 2v2		Competitve drills simulating offensive sets
	Multi-effort Drill #2		In groups of 3, players work on screen away
	Defense	15-20 Mins	Improve defensive tactics utilizing athleticsm & court IQ
	Close Outs Into Live 1v1 Game		Players partner up and work on closing out from different spots on the floor. Add 1v1 challenge + dribble limits
	Close Outs To Transition Drill		Defense closes out to shooter, then continues running fullcourt to receive a pass + combination move and score
	11-man Continuous Break		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		Offense & Defense lines start opposite side line near jump circle. Both players enter jump circle until whistle is blown-1v1
	5v5 Game (Controlled Game V Live Game)		Competitive 5v5 games. Each game to 5 points or 5 minutes
	End Of Game Simulation		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		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
	The German Circuit		This is a series of timed runs emphasizing conditioning, footwork & a player's competitve drive
	Dynamic Cool Down	15 Mins	Lowering lactic acid and adrenaline in the body to reduce injury for the next practice/game
	Lower Heart Rate		Players run at own pace from side line to side line for 2 minutes
	Static Stretching		Stationary stretches which focus on strengthening feet, ankles, shoulder & groin
	Partner Freethrows		Players partner up to shoot freethrows. Shoot for 90%