



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>