CAVS ACADEMY PRACTICE PLAN

ELITE LEVEL

	DRILLS	TIME	EXPLANATION
Mindset - Start off with positive words of encouragement and relationship building on and off-court	**Pre-practice/warm-up**	10 Mins	Free shooting, physical therapy, treatment & 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. All stretches are completed to fullcourt and back.
	Calfs		Single Leg Balancing x 2
	Groin		Lunge Twists/Hop Skips/Sumo Squats x 2
	Hamstring		High Knees/Russian Walks x 2
	Quadriceps		Heel Kick w/Arm extension x 2
	Hip Flexors		Hurdle Jumps x 2
	Speed		Full court Sprints Build-up (50%, 75%, 100%) x 2
	Core		Russian Twist, Reach the Sky, Planks & Crunches x :30 seconds each
Player Development - Dedicate time to develop players position based skills	**Ball-handling**	15 Mins	Improve player speed & performance w/live defense & game speed
Team Development - Scrimmages/games allow the team to reinforce principles & simulate a live game environment	Full Court Cone Dribbling		Players dribble through cones to simulate 1v1 moves-game speed
	Reaction Dribble Drill		Players will react to coaches whistle to change pace and direction, quickly
	Guard/wing Shooting	20 Mins	Improving team offense & strengthing individual skills
	Partner Shooting		2 dribble pull-up, screen n' roll, pick n' pop, combination move
	Jab Attack Series		Players work on jab steps and attacking defense
	Reverse Pivot Series		Players work on reverse pivots into scoring moves. Setup drill from on the middle, wings, mid/low post
	Forwards/bigs Shooting	20 Mins	Improving team offense & strengthing individual skills
	Mikan Drill/3-man Rebounding Drill		Lay-up drill focusing on balance and footwork/Rebounding drill focuses on athleticism and agility
	High Post Flash Drill		Players start baseline then flash to highpost to utilize 3 options -backdoor pass, jumpshot,
	Multi-effort Drill		3 man teams simulate offensive set-game speed. Add Defense to simulate game
	Team Defense	15 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
	3v2 To 2v1 Transition Drill		Fullcourt drill which simulates fastbreak 3v2 into 2v1
	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**	20-30 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
	Closeout, Slide & Backpedal Cone Drill		Conditioning drill working on footspeed & agility
	The German Circuit		This is a series of timed runs emphasizing conditioning, footwork & a player's competitve drive
	Dynamic Cool Down	10 Mins	Lowering lactic acid and adrenaline in the body to reduce injury for the next practice/game
	Static Stretching		Stationary stretches which focus on strengthening feet, ankles, shoulder & groin
	Partner Freethrows		Players partner up to shoot freethrows. Shoot for 90%