



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.

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.

- Ball Handling**
- Extensive Combination Moves
- 2 Ball Advanced Dribbling
- Attacking Traps
- Reading the Hand Over/Under Crossover
- Hard Stops
- Rhythm Dribbling
- Open Stepbacks
- Dribbling with Contact
- Catching a 2nd Ball or Tennis Ball

- Passing**
- Baseball Pass
- Dribble to 1-Hand Pass
- Behind the Back Pass
- High-Low Passing
- Pocket Passing
- Lob Passing
- Slip Pass
- Hook Pass

- Shooting**
- Advanced Lay-Up Finishes
- Floaters
- Advanced Post Moves
- Advanced Dribble Moves To Shot
- Position Specific Shots
- Keeping It High
- Bump To Balance
- Same Foot Same Hand Finishes
- Pick & Roll Shots
- Spin Moves to Finishes
- Shoulder Shimmy

- Rebounding**
- Team Contact Rebounding

- Offense**
- Re-Post
- Sealing
- Taking the Defenders Space
- Attacking A Trap
- Get Hand On Top Drive
- Organizing the Team
- Balancing the Floor
- Advanced Ball Screens

- Advanced Schemes
- Offensive Alignments
- Special Situations
- Fast Break Spacing
- Reading The Pick & Roll
- Screen The Screener

- Defense**
- Dictate & Keep the Offense Alert
- Shot Blocking (On the Ball, Help, Open Court)
- Advanced Screening
- Advanced Schemes
- Transition
- Special Situations
- Stunt & Recover
- Defending Cross Screens
- Timing the Dribble
- Digging in the Post
- Loading to the Paint
- Screen the Screener
- Getting Multiple Stop

Practice Plans

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

