

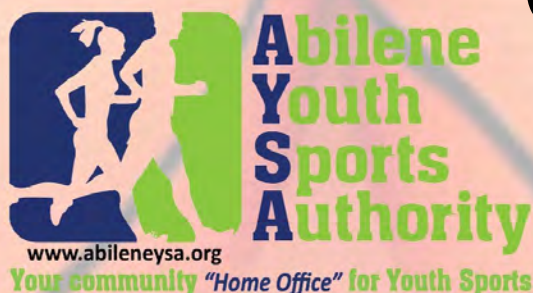
# **FIRM FOUNDATION**

## ***BASKETBALL ACADEMY 1***

### **PLAYER HANDBOOK**



***APRIL 2016***  
**Grades 5-7**



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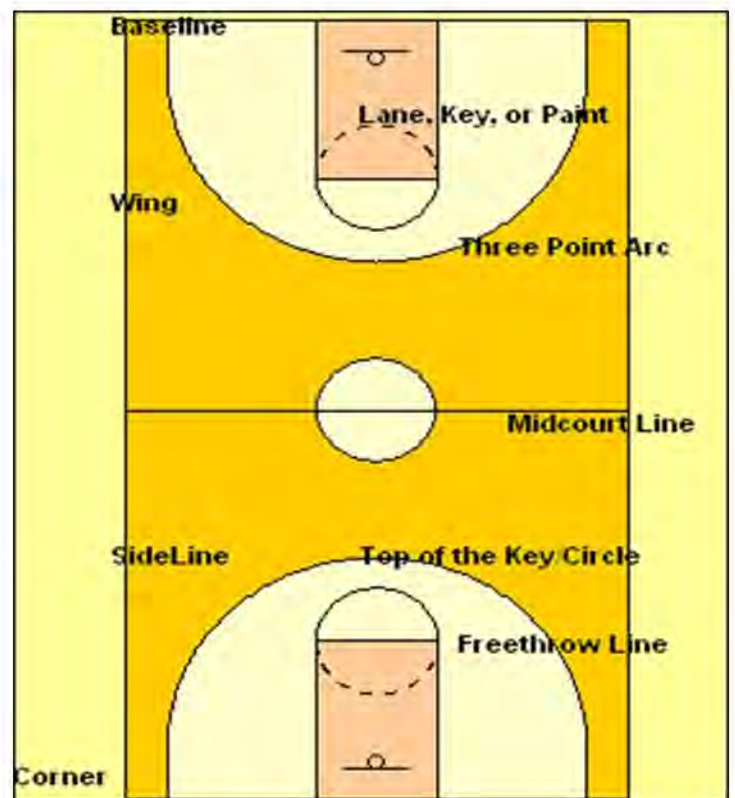
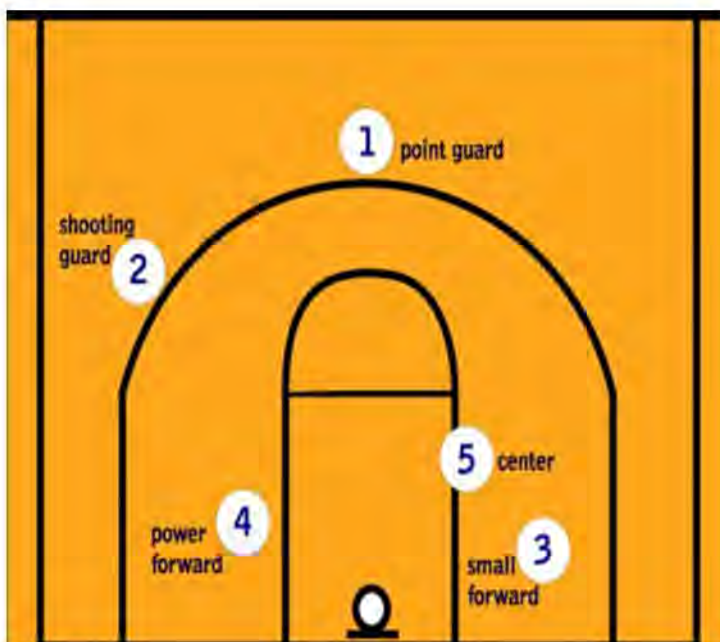


## Understanding Basketball Positions

The different basketball positions:

- **Point guard (1)** is the team leader. Typically, he has the best skills to handle and pass the ball. He calls the plays and often directs the other players. Today, instead of height, leadership qualities and talent for running and passing are considered while selecting the point guard.
- **Shooting guard (2)**. Typically the best shooter of the team. They create their own shot from dribbles. Long outside shots and three point shots are their forte. The position of shooting guard is generally the top scorer in the team.
- **Small forward (3)**. Typically shorter and fast runner, handling defense well. The most versatile of all basketball positions. The position of the shooting guard and small forward is often interchanged.
- **Power forward (4)**. The main job of the power forward is to score on rebounds and clear some area under the basket. They also block shots.
- **Center (5)**. Typically the largest member of the team. A good shooter, a shot blocker as well as a strong rebounder.

Apart from these five principle basketball positions, the bench can definitely be included in the list of important basketball positions. Basketball is typically played by five players. It is vital to have a good bench to support the team. Typically, at least three bench players can end up playing for considerable time.



# Week 1

# Confidence

Definition: **A feeling of trust and belief in yourself, another person or thing.**

**“Even though they had never beaten the Stephenville team, Julie had confidence that her team had been working hard and could win the game!”**

*“Such confidence we have through Christ...not in our abilities alone, but in God who gave us our abilities.” - 2 Corinthians 3:4-5*

**How will you practice CONFIDENCE this week?**

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## Weekly Challenges

### **Parent/Athlete Challenge: (3 times this week)**

1. Crossover Fives

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### **Skill Challenge Drills: (3 times each, 3 times this week)**

1. Pound Dribble (1 Minute X 3)
2. Pound Cross (1 Minute X 3)
3. Cross/Touch Wall Drill (3x30 sec)

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**\*Keep track of your score each week!**

### **Conditioning Challenge Drills: (2 times each, 3 times this week)**

#### **30 Second Drills**

1. Mountain Climbers
2. Line Hops (forward, side-to-side, 1 foot)

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### **Healthy Eating Challenge: (3 times this week)**

**Replace a sugary dessert for fruit with yogurt or peanut butter.**

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# Week 2

# Passion

Definition: **Any powerful or compelling emotion or feeling, as in love or hate.**

**"Bobby was widely-known as a passionate player. Practice, games, win, or lose, Bobby was always trying his best, always encouraging, and always upbeat - because he loved the game."**

*"I know your deeds, that you are neither cold nor hot. I wish you were either one or the other!"  
- Revelation 3:15*

**How will you practice PASSION this week?**

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## Weekly Challenges

### **Parent/Athlete Challenge: (3 times this week)**

1. Lay Up Form Freeze Contest

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### **Skill Challenge Drills: (3 times this week)**

1. Right & Left Hand Layups (1 Minute X 3)
2. Form Closed Reverse Layups (1 Minute X 3)
3. Add Week 1 Drills (Beat you score)
4. Between Touch Wall Drill (3x30 sec)
5. Pro Hop Forward R/L hand layup (2 Sets - Make 10)

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- **Keep track of your score each week!**

### **Conditioning Challenge Drills: (2 times each, 3 times this week)**

30 Second Drills:

1. Lunges (forward, side)
2. Tuck Jumps
3. Low to High Plank

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### **Healthy Eating Challenge:**

**Drink water or milk instead of soda or sugary drinks every meal.**

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# Week 3

## Committed

Definition: **Following through with a pledge, promise, or obligation made to yourself or with others.**

**“Zoe definitely didn’t feel like doing her practice drills at home, but her mother reminded her that she had committed to her coach that she would.”**

*“Commit to the Lord whatever you do, and He will establish your plans.” - Psalm 37:5*

**How will you practice being COMMITTED this week?**

## Weekly Challenges

### **Parent/Athlete Challenge: (3 times this week)**

1. BTL Fives

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### **Skill Challenge Drills: (2 times each, 2 times this week)**

1. Closed Reverse Layups (1 Minute X 3)
2. Pound Between (1 Minute X 3)
3. Pound Behind (1 Minute X 3)
4. Behind/Touch Wall Drill (3X30 sec)
5. Pro Hop Right (Make 10)

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- **Keep track of your score each week!**

### **Conditioning Challenge Drills: (2 times each, 3 times this week)**

#### **30 Second Drills**

1. Jumping Lunges
2. Stair Step-Ups
3. Wall-Sits

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### **Healthy Eating Challenge:**

**Eat a fruit or vegetable at every meal this week.**

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# Week 4

# Positive

Definition: **An attitude that focuses on what is good and hopeful about a person or situation.**

**“Even though they were down 10 points, Mike’s team stayed positive, encouraging each other and they eventually came back to win the game.”**

*“But the Israelites encouraged one another and went back to their stations, ready for the battle.”*  
- Judges 20:22

**How will you practice being POSITIVE this week?**

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## Weekly Challenges

### **Parent/Athlete Challenge: (3 times this week)**

1. BTB Fives

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### **Skill Challenge Drills: (3 times this week)**

1. Repeat Week 3 Drills (1 Minute X 3)
2. Windshield Wiper Shooting  
(Time how long it takes to make 10 shots)
3. Inside Out Dribble R/L (3x90 sec)
4. Pro Hop Left (Make 10)
5. Windshield Wiper Shooting w/o dribble (Make 20)

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**\* Keep track of your score each week!**

### **Conditioning Challenge Drills: (2 times each, 3 times this week)**

#### **30 Second Drills**

1. Burpees
2. Bounding Steps
3. Get-Up Sit-Ups

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### **Healthy Eating Challenge:**

**Eat something for breakfast every day this week.**

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# Week 5

# Accountable

Definition: **Being responsible to someone or for some action.**

**"Some of the players and parents were complaining that a bad call by the referee caused them to lose their game. The coach called everyone together and told them, don't blame the referee - we are responsible for losing that game. We had 10 turnovers and missed 12 free throws. The referee only made one error. We are accountable for that loss!"**

*"So then, each of us will give an account of ourselves to God."*  
- Romans 14:12

**How will you practice being ACCOUNTABLE this week?**

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## Weekly Challenges

### **Parent/Athlete Challenge: (3 times this week)**

1. Lay Up Challenge - 1 Min (total number together)
2. Closed Reverse Layup Contest - 1 min (total number together)


### **Skill Challenge Drills: (3 times this week)**

1. Repeat Week 4 Drills (1 Minute X 3)
2. Windshield Wiper Shooting 1 Dribble Middle  
(Time how long it takes to make 10 shots)
3. Inside Out Crossover Dribble (3x90 sec)
4. Windshield Wiper Shooting w/o dribble (Make 20)
5. Play a friend 1on1 (4 dribble limit each possession)


**\* Keep track of your score each week!**

### **Conditioning Challenge Drills: (2 times each, 3 times this week)**

1. Push-Ups (1 min.)
2. Deep Squat Blocking Jumps (1 min.)


### **Healthy Eating Challenge: (3 times this week)**

**Eat a green vegetable at least 3 times this week.**

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# Week 6

# Humble

Definition: **Not being proud or arrogant. Being courteous and respectful.**

**“The Lady Hoopsters had just won the state championship! But the crowd gave them an even bigger cheer when they showed they were still humble enough to pick up the trash around their bench before they left.”**

*“Be completely humble and gentle; be patient, bearing with one another in love..” - Ephesians 4:2*

**How will you practice being HUMBLE?**

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## **Parent/Athlete Challenge:**

1. V Cut Shooting Contest - 1 Min (Total Number Together)

# Forever Challenges

**KEEP PLAYING AS OFTEN AS YOU CAN!**

**ALWAYS REMEMBER**

**There are no shortcuts to becoming a better player,  
a better teammate, or a better person!**

**To succeed in anything you must stay teachable and work hard!**

**NEVER FORGET**

**Your value as a person is SO MUCH MORE than what you can do  
on the court!**

*“Never get tired of doing the right things!” - 2 Thess. 3:13*