



FIRM FOUNDATION

Basketball Academy 2

PLAYER HANDBOOK



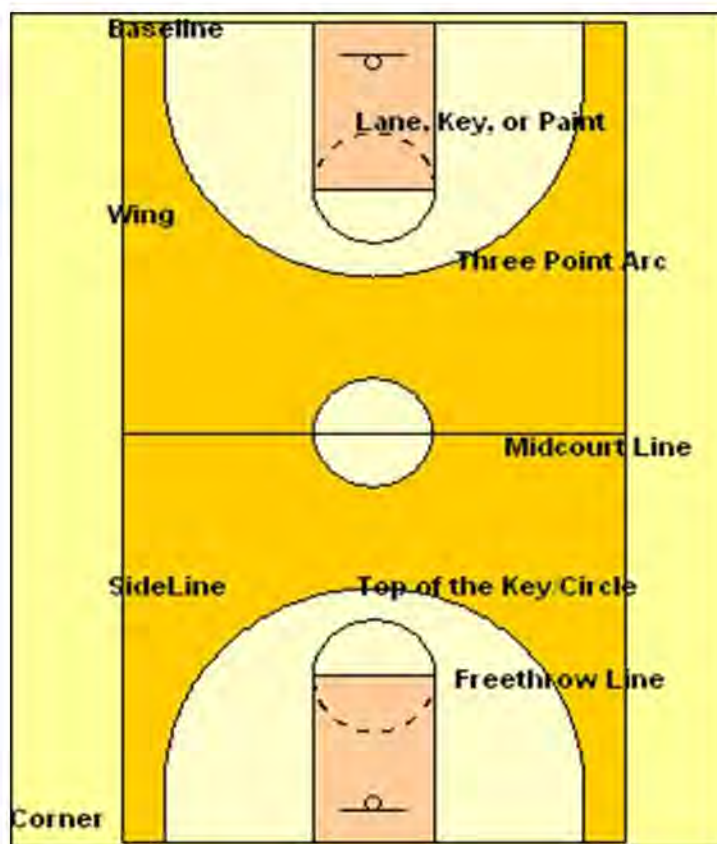
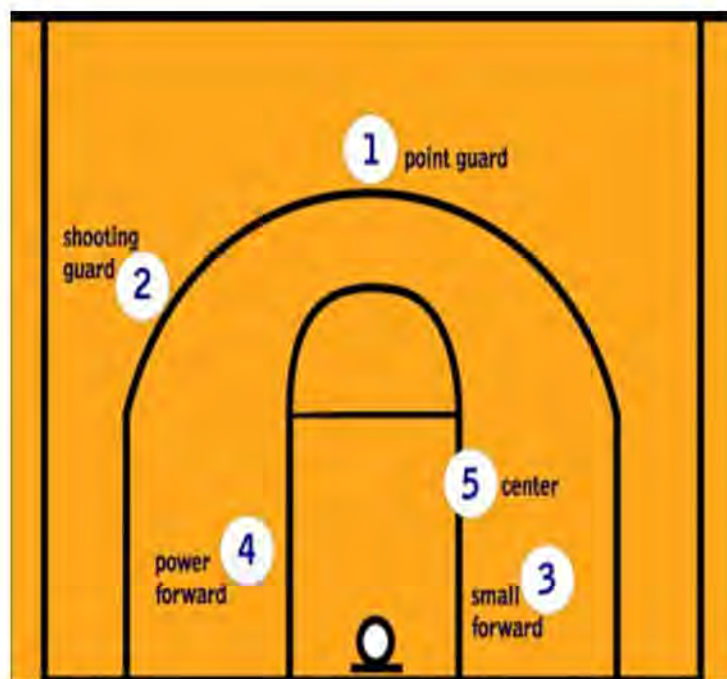
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Understanding Basketball Positions

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

Adaptable

Definition: **Able to adjust oneself readily to different conditions: an adaptable person**

"Mary was tall for a 7th grader, allowing her to play the power forward position but, when she got to high school she was the shortest girl on the team. She was moved from power forward to shooting guard, so she needed to be adaptable to be able to play. "

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."
- Philippians 4:12

How will you be ADAPTABLE this week?

Weekly Challenges

Parent/Athlete Challenge: (2 times each, 3 times this week)

1. Crossover Fives

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

1. Pound Dribble (1 Minute X 3)

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2. Pound Cross (1 Minute X 3)

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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

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

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3. Shuffles (slow & fast)

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Healthy Eating Challenge: (3 times this week)

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

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Week 2

Courageous

Definition: **Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty; brave.**

“Even though missing the free throw could cost them the game, Aaron was courageous when he stepped to the line - and drilled it!”

“Have I not commanded you? Be strong and courageous. Do not be terrified, do not be discouraged, for the LORD your God will be with you wherever you go.”

- Joshua 1:9

How are basketball players COURAGEOUS?

Weekly Challenges

Parent/Athlete Challenge: (3 times this week)

1. Layup From 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)

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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 at every meal.

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Week 3

Consistent

Definition: **Being fixed or firm in mind, purpose, affection or principle; unshaken; unmoved.**

“Miranda knew that tryouts were right around the corner, so every day at the same time she would do her practices and workouts to get ready!”

“Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the work of the Lord is not in vain.”

- 1 Corinthians 15:58

How does being CONSISTENT apply to basketball?

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)

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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

Grit

Definition: **Passion for a long-term goal combined with the perseverance to achieve it.**

“Although he struggled with his 3-pointers now, through his true grit to get better, Caleb would become one of the best shooting guards in the state!”

“By your endurance you will gain your lives.” - Luke 21:19

How can you be a GRITTY basketball player?

Weekly Challenges

Parent/Athlete Challenge: (3 times this week)

1. BTB Fives

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Skill Challenge Drills: (2 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)

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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

Optimistic

Definition: **Concentrating on the best conditions of any situation.**

“Even though Elizabeth missed her first free throw, she focused on staying relaxed and Optimistic for her second shot.”

“But if we hope for that we see not, then do we with patience wait for it.”
- Romans 8:25

What are ways that athletes can stay OPTIMISTIC?

Weekly Challenges

Parent/Athlete Challenge: (3 times this week)

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

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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)

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*** 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.)
3. 6 Get-Up Sprints (alternate stomach & back)

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Healthy Eating Challenge: (3 times this week)

Eat a green vegetable at least 3 times this week.

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Week 6

Resilient

Definition: **The capacity to prevent, minimize, or overcome the damaging effects of adversity.**

“Mark was cut from his high school basketball team, but, due to his resilient nature and never giving up, he practiced hard, made the club basketball team and went on to play for a Division 1 college team!”

“We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed.” - 2 Corinthians 4:8-9

What are ways that athletes can stay RESILIENT?

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