



How We Practice Document

Casey Cavaliers Representative program has set its goals high. We aim to have our teams playing in the highest possible division on a consistent basis.

In order to do this, we must be elite in everything that we do. Every team and its staff, along with parents, need to be held to the same standards to achieve our goal.

Casey Basketball NON-NEGOTIABLES

Coaches

- Embrace and emphasize the Casey System of Play & Language
- Planned sessions
- Stay on task
- Elite communication
- Coaches eye
- Great body language

Athletes

- Practice elite standards on and off the court.
- Compete every possession
- Great body language and positivity
- Elite communication
- Listen with your eyes
- Put into action what the coach instructs
- Sprint in and out of drills & huddles
- Participate in every rep. If you are on the sideline you are coaching or cheering
- **DO NOT INTERRUPT THE PRACTICE BEFORE OR AFTER YOURS. THIS INCLUDES BOUNCING OF BALLS AND EXCESSIVE NOISE.**

Parents

- Practice good supporter habits
- No coaching from the sideline (this hurts your child)
- No undermining of the coach on the ride home
- Controlling other children if they are in the venue. This is distracting to your child's development. (noise, basketballs and running up and down the sideline)