

Keys

- I Introduced
- U Understood
- R Regularly used at practice
- E Executed in games

Body Movement Fundamentals

	U8	U10	U12	U14	U16	U18
Running	I	U/R	E			
Change of pace	I	U/R	E			
Change of direction	I	U/R	E			
Stopping – jump stops & stride stops	I	U/R	E			
Jumping	I	U/R	E			
Pivoting – forward & reverse	I	U/R	E			

Ball Handling Drills

	U8	U10	U12	U14	U16	U18
Various "tapping, rapping & catching"	I	U	R/E			
Various "dribbling & catching"	I	U	R/E			
Various - stationary	I	U	R/E			
Various - moving		I	U/R	E		

Miscellaneous

	U8	U10	U12	U14	U16	U18
Court terminology	I	U	R	E		
Rules of the game	I	U	R	E		
Player positions / roles	I	U	R	E		
Knowledge of game situations / tempo & clock			I	U	R	E

Dribbling (strong and weak hands)

	U8	U10	U12	U14	U16	U18
Fundamentals	I	U/R	E			
Speed dribble	I	U/R	E			
Control dribble	I	U/R	E			
Power dribble		I	U/R	R/E		
Retreat dribble		I	U/R	E		
Change of pace / stutter / hesitation dribble		I	U/R	E		
Crossover dribble	I	U	R/E			
Reverse (spin) dribble		I	U/R	E		
Behind back dribble		I	U/R	E		
Fake crossover dribble (wave, inside / out)		I	U/R	E		
Between legs dribble		I	U/R	E		
Combination dribble			I	U/R	R/E	E

Passing / Receiving

	U8	U10	U12	U14	U16	U18
Fundamentals	I	U/R	E			
Catching / receiving ("ten fingers")	I	U/R	E			
Move to ball	I	U/R	E			
Chest pass	I	U/R	E			
Bounce pass	I	U/R	E			
Overhead pass		I	U/R	E		
Baseball pass		I	U/R	E		
Push pass		I	U/R	E		
Pass fakes		I	U/R	E		

Shooting

	U8	U10	U12	U14	U16	U18
Fundamentals / technique	I	U/R	E			
Lay-up – strong hand	I	U/R	E			
Lay-up – weak hand		I	U/R	E		
Reverse lay-up			I/U	R	R/E	
Set shot	I	U	R/E			
Jump shot		I	U/R	R/E		
Foul shots	I	U/R	R/E			
Power lay-up	I	U	R	R/E		
Hook shots			I/U	R	R/E	
Catch & shoot	I	U	R/E	E		
Dribble & shoot		I	U/R	R/E		
Runner				I	U/R	R/E
Step through				I	U/R	R/E
Three point shot			I/U	U/R	R/E	
Put backs / tip in				I/U	R/E	

Individual Offense

	U8	U10	U12	U14	U16	U18
Triple threat position	I	U/R	R/E			
Jab step – strong side drive		I	U/R	R/E		
Jab step – crossover		I	U/R	R/E		
Jab step – shoot		I	U/R	R/E		
Shot fakes		I	U/R	R/E		
Step back / fade away				I	U/R	R/E
Posting up technique & target hand		I	U/R	R/E		
Post moves – drop-step			I	U/R	R/E	
Post moves – turn-around			I	U/R	R/E	
V-cuts	I	U/R	R/E			
Flash cuts		I	U/R	R/E		
Flare cuts		I	U/R	R/E		
Curl cuts		I	U/R	R/E		
Pull through		I	U/R	R/E		
Hesitation & go			I	U/R	R/E	

Rebounding

	U8	U10	U12	U14	U16	U18
Stance	I	U/R	R/E			
Protection of ball (chin the ball elbows out)	I	U/R	R/E			
Positioning		I	U/R	R/E		
Timing / coordination		I	U/R	R/E		
Blocking out		I	U/R	R/E		
Offensive – power layup & shot fake			I/U	U/R/E	R/E	
Defensive – outlet pass, power dribble out		I/U	U/R	R/E		

Team Offense

	U8	U10	U12	U14	U16	U18
Court spacing	I	U	R	E		
Ball movement, ball reversal	I	U	R	E		
Pass, cut & replace		I	U/R	R/E		
Give & go		I	U/R	R/E		
Dribble entries			I	U/R	R/E	
Screen on the ball & roll				I	U/R	R/E
Screen away			I	U/R	R/E	
Back screens			I	U/R	R/E	
Down screens			I	U/R	R/E	
Cross screens			I	I	U/R	R/E
Screen separation from cutter & target				I	U/R	R/E
Skip passes				I	U/R	R/E
Offensive alignments		I	U	R	E	
Fast break	I	I/U	R	R/E		
Motion offense principles			I	U/R	R/E	E
Zone offense principles			I	U/R	R/E	E
Delay game				I/U	U/R	E

Individual Defense

	U8	U10	U12	U14	U16
Defensive stance	I	R	M		
Maintaining position	I	R	M		
Footwork – shuffle	I	R	M		
Footwork – drop-step	I	R	M		
Use of hands	I	R	M		
Turning the dribbler		I	R	M	
Channeling the dribbler		I	R	M	
Man-to-man – guarding the ballhandler	I	R	M		
Man-to-man – one pass away		I	R	M	
Man-to-man – two or more passes away		I	R	M	
Defensive triangle ("pointing pistols")		I	R	M	
Jumping to the ball		I	R	M	
Close out		I	R	M	
Defending cutters			I	R	M
Defending screens			I	R	M
Defending post players			I	R	M
Taking the charge			I	R	M

Team Defense

	U8	U10	U12	U14	U16
Half-court man-to-man		I	R	M	
Full-court man-to-man		I	R	M	
Rotation principles			I	R	M
Zone press			I	R	M
Run and jump				I	R
Zone defense (2-1-2, 1-2-2, 1-3-1)			I	R	M
Fastbreak defense		I	R	M	
Trapping			I	R	M

Rules

	U8	U10	U12	U14	U16
Scoring	I	R/M			
Double (illegal) dribble	I	R/M			
Travel	I	R/M			
Backcourt violation	I	R/M			
Jump ball – start of each half	I	R/M			
Jump ball – held ball	I	R/M			
Fouls – hands	I	R/M			
Fouls – blocking	I	R/M			
Fouls – on shooter	I	R/M			
Five fouls on a player	I	R/M			
Eight team fouls	I	R/M			
3 seconds in key		I	R	M	
5 seconds guarded		I	R	M	
10 seconds in backcourt		I	R	M	
Jump balls – held ball	I	R	M		
Out of bounds	I	R	M		
In-bounds passes and defense of	I	R	M		
Free throws – player positions and rules	I	R	M		