



As the athleticism and skill of basketball While there remains a place in the game Developing skills takes repetition, patience

prevalent and the concept of teaching all players all skills is universally accepted as vital in developing players. can be no question that the biggest challenge facing coaches is the challenge of "multi-skilling" their players. fixes" and easy answers - practice makes permanent.

Fundamentals					
Running - Change of pace / direction					
Stopping – jump stops & stride stops					
Pivoting – forward & reverse	I	R	M		
Court terminology	I	R	M		

Passing / Receiving	U8	U10	U12	U14	U16
Catching / receiving ("ten fingers")	I	R	M		
Move to ball	I	R	M		
Chest pass	I	R	M		
Bounce pass	I	R	M		
Overhead pass		I	R	M	
Baseball pass		I	R	M	
Pass fakes		I	R	M	

Shooting	U8	U10	U12	U14	U16
Lay-up – strong hand	I	R	M		
Lay-up – weak hand		I	R	M	
Reverse lay-up		I	R	M	
Set shot		I	R	M	
Jump shot			I	R	M
Foul shots	I	R	M		
Power lay-up		I	R	M	
Catch & shoot		I	R	M	
Dribble & shoot		I	R	M	

Jump Ball	U8	U10	U12	U14	U16
Positioning (offensive & defensive)	I	R	M		
Technique	I	R	M		
Plays		I	R	M	

Individual Defense	U8	U10	U12	U14	U16
Defensive stance	I	R	M		
Maintaining position	I	R	M		
Footwork – shuffle / 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, two or more		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

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	
8 seconds in backcourt		I	R	M	
Jump balls – held ball	I	R	M		
Out of bounds	I	R	M		
Free throws – positions and rules	I	R	M		

Dribbling (strong and weak hands)	U8	U10	U12	U14	U16
Speed dribble	I	R	M		
Control dribble	I	R	M		
Power dribble		I	R	M	
Retreat dribble	I	R	M		
Change of pace / hesitation dribble		I	R	M	
Crossover dribble	I	R	M		
Reverse (spin) dribble		I	R	M	
Behind back dribble		I	R	R	M
Between legs dribble			I	R	M

Individual Offense	U8	U10	U12	U14	U16
Triple threat position	I	R	M		
Jab step – strong side drive		I	R	M	
Jab step – crossover, shoot		I	R	M	
Posting up technique & target hand			I	R	M
Post moves – drop-step			I	R	M
Post moves – turn-around			I	R	M
V-cuts	I	R	M		
Flash, Flare, Curl cuts		I	R	M	

Out-Of-Bounds Plays	U8	U10	U12	U14	U16
Offensive baseline		I	R	M	
Defensive baseline		I	R	M	
Offensive sideline		I	R	M	
Defensive sideline		I	R	M	

Rebounding	U8	U10	U12	U14	U16
Stance, Positioning		I	R	M	
Protection of ball		I	R	M	
Positioning		I	R	M	
Offensive – power layup			I	R	M
Defensive – outlet pass / power dribble		I	R	M	

Team Offense	U8	U10	U12	U14	U16
Court spacing	I	R	M		
Ball movement, ball reversal		I	R	M	
Pass, cut & replace		I	R	M	
Give & go		I	R	M	
Dribble entries		I	R	M	
Screen the ball & roll		I	R	M	
Screen away		I	R	M	
Skip passes		I	R	M	
Back screens		I	R	M	
Down screens		I	R	M	
Cross screens		I	R	M	
Offensive alignments		I	R	M	
Fast break		I	R	M	
Motion offense principles			I	R	M
Zone offense principles			I	R	

Team Defense	U8	U10	U12	U14	U16
Half-court man-to-man	I	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	I	R/M
Zone defense (2-1-2, 1-2-2, 1-3-1)				I	R/M
Fastbreak defense		I	R	M	
Trapping			I	R	M

I = Introduced
R = Reinforced
M = Mastered