



**Redbacks Basketball Fundamentals**  
**Development Plan**

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# Introduction

This is a coaching resource that has been put together to help coaches who are new to coaching or who would like some more direction on how to approach a domestic season. The skills checklist in this document is there so that all coaches know what boxes need to be ticked off by each player as they move through the age groups. The weekly training progressions for a domestic season found in this document does not need to be followed to the letter, they are to help give coaches direction. Coaches may need to spend less or more time on certain skills or concepts depending on their players. The purpose of these weekly progressions is to give coaches an idea on how to build throughout a season and have their team progress towards an end goal.

When coaching these skills and concepts, it is important to remember to coach them in a way where there are repetitions, game application, and gameplay.

- **Repetitions:** this is where the skill or concept is broken down to make it easy for players to understand and practice. It is important to coach skills in such a way that has minimal waiting around time and maximum repetitions for all players. For concepts, it is best to have no defence at the start, so players can learn and understand what is being taught to them. Again, minimising waiting around time and maximising time on court for each player.
- **Game Application:** This is where the skill or concept is applied to a game situation, so players can practice the skill or concept in a modified, but game like environment. This area becomes particularly important once players and teams get comfortable with the skill or concept without any defensive pressure.
- **Gameplay:** Gameplay is important for players as this is what they will be doing on gameday. Allowing players to practice skills and concepts they have learned in 1v1, 2v2, 3v3, 4v4, and 5v5 concepts is important for them to be able to transfer what is learned in training, into a game.

This document is broken down into each of the domestic age groups: U12's, U14's, U16's, and U18's. Each age group will have progressions from the previous age group; however, it is important to revisit skills and concepts learned in previous age groups to help players move into the mastery category and remain there.

If any coaches feel they require clarification on anything in this document, or require further assistance with coaching their team, please don't hesitate to contact Josh Wallace for help.

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## Perth Redbacks Basketball Skills Checklist

Key: N – Not Yet

I – Introduced

R – Reinforced

M – Mastered

SKILL	DEVELOPMENT	U/12	U/14	U/16	U/18
<b>GENERAL</b>					
SPRINTING	I	R	R/M	M	M
CHANGE PACE	I	I/R	R/M	M	M
CHANGE DIRECTION	I	I/R	R/M	M	M
STOPS; JUMP/STRIDE	I	I/M	R/M	M	M
JUMPING + LANDING	I	I/R	R/M	M	M
PIVOTS + CHOP	I	I/M	M	M	M
COURT TERMINOLOGY	I	I/R	R/M	M	M
PLAYER ROLES	I	R	R	M	M

BALL HANDLING					
STATIONARY DRIBBLE	I	I/M	M	M	M
DRIBBLE UNDER STRESS	I	I/R	R/M	M	M
ARCO CONCEPTS	I	I/M	M	M	M
RETREAT DRIBBLE	I	I/M	M	M	M
BASIC CROSSOVERS	I	I/M	M	M	M
ON-SIDE CROSSOVERS	N	I	R	M	M
ADVANCED CROSSOVERS	N	N	I/R	R/M	M

BALL MOVEMENT					
PASSING TECHNIQUE	I	I/R	M	M	M
CATCH IN POWER STANCE	I	I/M	M	M	M
MOVING WITHOUT THE BALL	I	I	R	M	M
BASIC PASSING	I	I/M	M	M	M
FAKE PASSES	I	I/R	M	M	M
ADVANCED PASSING	N	N	I	R	M
PASSING TO THE OUTSIDE HAND	N	I	R	M	M
PASSING TO MOVING TARGETS	I	I/R	R/M	M	M
WHEN TO PASS	I	R	M	M	M
WHEN TO MOVE WITHOUT THE BALL	N	I	R	M	M
PASS, CUT AND REPLACE	N	I	R	M	M
BASIC CUTS: V-CUTS, BACKDOOR CUTS	N	I	R	M	M
ADVANCED CUTS: CURLS, FLARES, STRAIGHTS	N	N	I	R	M
SCREENING: OFF BALL	N	N	I	R	M
SCREENING: ON BALL	N	N	I	R	M
"SEALING" TO GET OPEN	N	N	I	R	M

INDIVIDUAL SCORING					
CORRECT FOOTWORK FOR SHOTS	I	R	M	M	M
CORRECT FOOTWORK FOR LAYUPS	I	R	M	M	M
BASIC LAYUPS ON BOTH HANDS	I	R	M	M	M

SHOOTING TECHNIQUE: BEEF	I	R	M	M	M
FREE THROWS	I	R	M	M	M
INSIDE/OUTSIDE FOOTWORK	N	I	R	M	M
CATCH AND SHOOT	I	R	M	M	M
DRIBBLE PULL-UPS	N	I	R	R	M
SHOT SELECTION	I	R	R	M	M
LOW POST POSITION AND MOVES	N	I	R	R/M	M
HIGH POST POSITION AND MOVES	N	I	R	R/M	M
DROP STEPPING VS SQUARING UP TO BASKET	N	I	R	R/M	M

<b>SHOT CREATION</b>					
RIP AND GO	N	I	R	M	M
JAB SERIES	N	I	R	M	M
SHOT FAKES	N	I	R	M	M
ATTACKING THE DEFENDER'S HIP	N	I	R	M	M
CHANGING SPEED AND DIRECTION	I	R	M	M	M
SPLIT, KICK, EXTRA	N	I	R	M	M
TEAM MOVEMENT OFF THE BALL	I	R	M	M	M
COLLAPSING THE DEFENCE WITH PENETRATION	N	I	R	M	M

<b>TEAM OFFENCE CONCEPTS</b>					
SPACING THE FLOOR	I	R	R	M	M
BALL REVERSAL	N	I	R	M	M
GIVE AND GO	N	I	R	M	M
DRIBBLE ENTRY	N	I	R	R/M	M
PICK AND ROLL	N	N	I	R	M
PICK AND POP	N	N	I	R	M
SCREEN VARIATIONS: AWAY, PINDOWN	N	I	R	R	M
ADVANCED SCREENS: STEP UPS, STAGGERS	N	N	I	R/M	M
TRANSITION AND KICK AHEADS	N	I	R	M	M
MOTION OFFENCE PRINCIPLES	N	I	R	R/M	M
ZONE OFFENCE PRINCIPLES	N	N	N	I/R	M
PRESS AND TRAP BREAKER CONCEPTS	N	I	R	R	M
BASELINE AND SIDELINE PLAYS	N	I	R	M	M
AFTER TIME OUT AND END OF GAME PLAYS	N	N	I	R	M

<b>REBOUNDING</b>					
ESTABLISHING POWER STANCE EARLY	I	R	M	M	M
SECURING THE BALL IN THE AIR	I	R	M	M	M
BOXING OUT YOUR PLAYER	N	I	R	M	M
REBOUNDING POSITIONING	N	I	R	M	M
SECOND CHANCE CREATION/RESETS	N	N	I	R	M
LONG VS SHORT REBOUND SITUATIONS	N	N	I	R	M

ESCAPE DRIBBLES TO KICKSTART TRANSITION	N	I	R	R	M
QUARTER TURN IN MID-AIR	I	R	M	M	M
OUTLET PASSES	N	I	R	M	M
CRASHING THE GLASS VS FLOODING BACK	N	I	R	M	M

INDIVIDUAL DEFENCE					
STAYING IN YOUR POWER STANCE	I	R	R	M	M
SPRINTING TO STAY IN FRONT	I	I/R	M	M	M
GETTING YOUR CHEST IN FRONT	I	R	R	M	M
QUICK FEET THAT NEVER CROSS	N	I	R	M	M
HOW TO PLAY PRESSURE ON BALL DEFENCE	N	I	R	M	M
HOW TO PLAY PRESSURE OFF BALL DEFENCE	N	I	R	M	M
MAINTAINING PRESSURE WITHOUT FOULING	N	I	R	M	M
GUARDING THE BALL HANDLER	N	I	R	R	M
TURNING THE DRIBBLER	N	I	R	R/M	M
CHANNELING THE DRIBBLER	N	N	I	R	M
DEFENDING POST PLAYERS	N	I	R	R/M	M
MAN TO MAN BASICS	I	R	R	M	M
DENYING PASS ENTRY	N	I	R	R/M	M
CLOSE OUTS	N	I	R	R/M	M
DEFENDING CUTTERS	N	I	R	R/M	M
TAKING A CHARGE	N	N	I	R	M

TEAM DEFENCE					
GAPS, HELP, NAIL AND CAPTAIN	N	I	R	R/M	M
DEFENDING SCREENS	N	N	I	R	M
DEFENSIVE TRIANGLE STRATEGIES	N	N	I	R	M
COMMUNICATION ON DEFENCE	N	I	R	M	M
DEFLECTIONS AND BLOWBYS	N	I	R	R	M
MAN TO MAN TEAM CONCEPTS	I	R	M	M	M
ZONE TEAM CONCEPTS	N	N	I	R	M
PRESS AND TRAP TEAM CONCEPTS	N	I	R	R	M



**U12's Skills Checklist & Weekly Progressions**

<b>Body Movement Fundamentals</b>	
Running	Introduced
Change of Pace	Introduced
Change of Direction	Introduced
Stopping – Jump Stops & Stride Stops	Introduced
Jumping	Introduced
Pivoting – Forward & Reverse	Introduced
<b>Miscellaneous</b>	
Court Terminology	Introduced
Player Positions/Roles	Introduced
<b>Dribbling (Strong &amp; Weak Hands)</b>	
Control Dribble	Introduced
Speed Dribble	Introduced
Retreat Dribble	Introduced
Crossover Dribble	Introduced
Backup & Cross Over	Introduced
Change of Pace/Hesitation Dribble	Introduced
<b>Passing/Receiving</b>	
Thumbs Up/Thumbs Down	Introduced
Catching in Shooting Stance	Introduced
Move to Ball	Introduced
Chest Pass	Introduced
Bounce Pass	Introduced
Overhead Pass	Introduced
Pass Fakes	Introduced
Off the Dribble Pass	Introduced
Target Hand	Introduced
Leading & Receiving	Introduced
<b>Shooting</b>	
Lay-Up – Strong Hand	Introduced
Lay-Up – Weak Hand	Introduced
Speed Lay-Up – Strong Hand	Introduced
Speed Lay-Up – Weak Hand	Introduced
Jump Shot (BEEF)	Introduced
Foul Shots	Introduced
Catch & Shoot	Introduced
<b>Individual Perimeter Offence</b>	
V-Cut	Introduced
Back Cut	Introduced
Front Cut	Introduced
Curl Cut	Introduced
Deep Cut	Introduced
Shallow Cut	Introduced
Catch Pass with Defender Away	Introduced
Catch Pass with Defender Close	Introduced
Catch & Go with Defender Close	Introduced



Jab Step & Shoot	Introduced
Jab Step & Drive	Introduced
Jab Step & Crossover Drive	Introduced
<b>Rebounding</b>	
Stance	Introduced
Protection of Ball	Introduced
Positioning	Introduced
Blocking Out Technique	Introduced
Defensive – Outlet Pass	Introduced
<b>Team Offense</b>	
Court Spacing	Introduced
Ball Movement & Ball Reversal	Introduced
Pass, Cut & Replace	Introduced
Give & Go	Introduced
Dribble Entries	Introduced
Offensive Transition	Introduced
Motion Offense Principles	Introduced
<b>Out-Of-Bounds Plays</b>	
Offensive Baseline	Introduced
Defensive Baseline	Introduced
Offensive Sideline	Introduced
Defensive Sideline	Introduced
<b>Individual Defence</b>	
Defensive Stance	Introduced
Maintaining Position	Introduced
Footwork – Slide	Introduced
Footwork – Drop-Step	Introduced
Use of Hands	Introduced
Turning the Dribbler	Introduced
Channelling the Dribbler	Introduced
Guarding the Ball Handler	Introduced
Man-To-Man – One Pass Away	Introduced
Two or More Passes Away	Introduced
Defensive Triangle (“Pointing Pistols”)	Introduced
Close Out	Introduced
Taking the Charge	Introduced
<b>Team Defence</b>	
Communication on Defence	Introduced
Rebound Triangle, Safety & Deep	Introduced
Defensive Transition	Introduced
Nail, Captain & Help Rotation	Introduced

Week 1	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions/Roles</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Thumbs Up/Thumbs Down</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Lay-Up – Strong Hand</li> <li>• Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul>
Week 2	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions/Roles</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Thumbs Up/Thumbs Down</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Lay-Up – Strong Hand</li> <li>• Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul>
Week 3	<p><b><u>Body Movement Fundamentals:</u></b></p>

	<ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions/Roles</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Thumbs Up/Thumbs Down</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up – Strong Hand</li> <li>• Speed Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul>
Week 4	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions/Roles</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Thumbs Up/Thumbs Down</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up – Strong Hand</li> <li>• Speed Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul>

Week 5	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions/Roles</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Thumbs Up/Thumbs Down</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up – Strong Hand</li> <li>• Speed Lay-Up – Weak Hand</li> </ul> <p>Jump Shot (BEEF)</p>
Week 6	<p><b><u>Dribbling (strong and weak hands):</u></b></p> <ul style="list-style-type: none"> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Catching in Shooting Stance</li> <li>• Overhead Pass</li> <li>• Pass Fakes</li> <li>• Leading &amp; Receiving</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Individual Perimeter Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover Drive</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Pass, Cut &amp; Replace</li> <li>• Offensive Transition</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> <li>• Maintaining Position</li> <li>• Footwork - Slide</li> </ul>

	<ul style="list-style-type: none"> <li>• Footwork - Drop-Step</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Transition</li> </ul>
Week 7	<p><b><u>Dribbling (strong and weak hands):</u></b></p> <ul style="list-style-type: none"> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Catching in Shooting Stance</li> <li>• Overhead Pass</li> <li>• Pass Fakes</li> <li>• Leading &amp; Receiving</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Individual Perimeter Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover Drive</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Pass, Cut &amp; Replace</li> <li>• Offensive Transition</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> <li>• Maintaining Position</li> <li>• Footwork - Slide</li> <li>• Footwork - Drop-Step</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Transition</li> </ul>
Week 8	<p><b><u>Dribbling (strong and weak hands):</u></b></p> <ul style="list-style-type: none"> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Catching in Shooting Stance</li> <li>• Overhead Pass</li> <li>• Pass Fakes</li> <li>• Leading &amp; Receiving</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Individual Perimeter Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover Drive</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> </ul>

	<ul style="list-style-type: none"> <li>• Pass, Cut &amp; Replace</li> <li>• Offensive Transition</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> <li>• Maintaining Position</li> <li>• Footwork - Slide</li> <li>• Footwork - Drop-Step</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Transition</li> </ul>
Week 9	<p><b><u>Dribbling (strong and weak hands):</u></b></p> <ul style="list-style-type: none"> <li>• Backup &amp; Cross Over</li> <li>• Change of Pace/Hesitation Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Foul Shots</li> </ul> <p><b><u>Individual Perimeter Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Back Cut</li> <li>• Front Cut</li> <li>• Curl Cut</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Ball Movement, Ball Reversal</li> <li>• Give &amp; Go</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> </ul>
Week 10	<p><b><u>Dribbling (strong and weak hands):</u></b></p> <ul style="list-style-type: none"> <li>• Backup &amp; Cross Over</li> <li>• Change of Pace/Hesitation Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Foul Shots</li> </ul> <p><b><u>Individual Perimeter Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Back Cut</li> <li>• Front Cut</li> <li>• Curl Cut</li> </ul>

	<p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Ball Movement, Ball Reversal</li> <li>• Give &amp; Go</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> </ul>
Week 11	<p><b><u>Dribbling (strong and weak hands):</u></b></p> <ul style="list-style-type: none"> <li>• Backup &amp; Cross Over</li> <li>• Change of Pace/Hesitation Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Foul Shots</li> </ul> <p><b><u>Individual Perimeter Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Back Cut</li> <li>• Front Cut</li> <li>• Curl Cut</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Ball Movement, Ball Reversal</li> <li>• Give &amp; Go</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> </ul>
Week 12	<p><b><u>Individual Perimeter Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Deep Cut</li> <li>• Shallow Cut</li> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> </ul>

	<ul style="list-style-type: none"> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Dribble Entries</li> <li>• Motion Offense Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Man-To-Man - One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle ("Pointing Pistols")</li> <li>• Close Out</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> <li>• Nail, Captain &amp; Help Rotation</li> </ul>
Week 13	<p><b><u>Individual Perimeter Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Deep Cut</li> <li>• Shallow Cut</li> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Dribble Entries</li> <li>• Motion Offense Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Man-To-Man - One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle ("Pointing Pistols")</li> <li>• Close Out</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> <li>• Nail, Captain &amp; Help Rotation</li> </ul>
Week 14	<p><b><u>Individual Perimeter Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Deep Cut</li> </ul>



	<ul style="list-style-type: none"> <li>• Shallow Cut</li> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Team Offense:</u></b></p> <ul style="list-style-type: none"> <li>• Dribble Entries</li> <li>• Motion Offense Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Man-To-Man - One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle ("Pointing Pistols")</li> <li>• Close Out</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> <li>• Nail, Captain &amp; Help Rotation</li> </ul>
Week 15	<p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up – Strong Hand</li> <li>• Speed Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Baseline</li> <li>• Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Out</li> <li>• Taking the Charge</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> </ul> <p>Nail, Captain &amp; Help Rotation</p>

Week 16	<p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up – Strong Hand</li> <li>• Speed Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Baseline</li> <li>• Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Out</li> <li>• Taking the Charge</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> <li>• Nail, Captain &amp; Help Rotation</li> </ul>
Week 17	<p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up – Strong Hand</li> <li>• Speed Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Baseline</li> <li>• Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Out</li> <li>• Taking the Charge</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>

	<ul style="list-style-type: none"> <li>• Defensive Transition</li> <li>• Nail, Captain &amp; Help Rotation</li> </ul>
Week 18	<p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Sideline</li> <li>• Defensive Sideline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> <li>• Use of Hands</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> <li>• Nail, Captain &amp; Help Rotation</li> </ul>
Week 19	<p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Sideline</li> <li>• Defensive Sideline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> <li>• Use of Hands</li> </ul> <p><b><u>Team Defence:</u></b></p>

	<ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> <li>• Nail, Captain &amp; Help Rotation</li> </ul>
Week 20	<p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Protection of Ball</li> <li>• Positioning</li> <li>• Blocking Out Technique</li> <li>• Defensive - Outlet Pass</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Sideline</li> <li>• Defensive Sideline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> <li>• Use of Hands</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Rebound Triangle, Safety &amp; Deep</li> <li>• Defensive Transition</li> <li>• Nail, Captain &amp; Help Rotation</li> </ul>



**U14's Skills Checklist & Weekly Progressions**

<b>Body Movement Fundamentals</b>	
Running	Mastered
Change of Pace	Mastered
Change of Direction	Mastered
Stopping – Jump Stops & Stride Stops	Mastered
Jumping	Mastered
Pivoting – Forward & Reverse	Mastered
<b>Miscellaneous</b>	
Court Terminology	Mastered
Player Positions/Roles	Mastered
<b>Dribbling (Strong &amp; Weak Hands)</b>	
Control Dribble	Mastered
Speed Dribble	Mastered
Retreat Dribble	Mastered
Crossover Dribble	Mastered
Backup & Cross Over	Mastered
Change of Pace/Hesitation Dribble	Mastered
Fake Crossover Dribble (In & Out)	Introduced
Spin Dribble	Introduced
Fake Spin Dribble	Introduced
Between the Legs Dribble	Introduced
Behind the Back Dribble	Introduced
<b>Passing/Receiving</b>	
Thumbs Up/Thumbs Down	Mastered
Catching in Shooting Stance	Mastered
Move to Ball	Mastered
Chest Pass	Mastered
Bounce Pass	Mastered
Overhead Pass	Mastered
Baseball Pass	Introduced
Pass Fakes	Mastered
Off the Dribble Pass	Mastered
Push Pass	Introduced
Target Hand	Mastered
Leading & Receiving	Mastered
<b>Shooting</b>	
Lay-Up – Strong Hand	Mastered
Lay-Up – Weak Hand	Mastered
Speed Lay-Up – Strong Hand	Mastered
Speed Lay-Up – Weak Hand	Mastered
Reverse Lay-Up	Introduced
Euro-Step Lay-Up	Introduced
Jump Shot (BEEF)	Mastered
Foul Shots	Mastered
Power Lay-Up	Introduced
Hook Shots	Introduced

Catch & Shoot	Mastered
Dribble & Shoot (Pull Up)	Introduced
<b>Individual Perimeter Offense</b>	
V-Cut	Reinforced
Back Cut	Reinforced
Front Cut	Reinforced
Curl Cut	Reinforced
Deep Cut	Reinforced
Shallow Cut	Reinforced
Catch Pass with Defender Away	Reinforced
Catch Pass with Defender Close	Reinforced
Catch & Go with Defender Close	Reinforced
Jab Step & Shoot	Reinforced
Jab Step & Drive	Reinforced
Jab Step & Crossover Drive	Reinforced
<b>Post Play</b>	
Low Post Drop Step	Introduced
Low Post Square Up	Introduced
Up & Under	Introduced
Jump Hook	Introduced
<b>Rebounding</b>	
Stance	Mastered
Protection of Ball	Reinforced
Positioning	Reinforced
Blocking Out Technique	Reinforced
Offensive Rebounding Technique	Introduced
Defensive – Outlet Pass	Reinforced
<b>Team Offense</b>	
Court Spacing	Mastered
Ball Movement & Ball Reversal	Mastered
Pass, Cut & Replace	Mastered
Post Feed Movement	Introduced
Give & Go	Mastered
Dribble Entries	Mastered
Screen – Pick & Roll	Introduced
Screen Away	Introduced
Skip Passes	Introduced
Offensive Transition	Reinforced
Back Screen	Introduced
Motion Offense Principles	Reinforced
Delay Game	Introduced
Press Break	Introduced
<b>Out-Of-Bounds Plays</b>	
Offensive Baseline	Mastered
Defensive Baseline	Mastered
Offensive Sideline	Mastered

Defensive Sideline	Mastered
<b>Individual Defence</b>	
Defensive Stance	Mastered
Maintaining Position	Mastered
Footwork – Slide	Mastered
Footwork – Drop-Step	Mastered
Use of Hands	Mastered
Turning the Dribbler	Reinforced
Channelling the Dribbler	Mastered
Guarding the Ball Handler	Mastered
Man-To-Man – One Pass Away	Mastered
Two or More Passes Away	Mastered
Defensive Triangle (“Pointing Pistols”)	Mastered
Close Out	Reinforced
Defending Cutters	Introduced
Defending Screens	Introduced
Defending Post Players	Introduced
Taking the Charge	Reinforced
<b>Team Defence</b>	
Communication on Defence	Reinforced
Rebound Triangle, Safety & Deep	Reinforced
Defensive Transition	Reinforced
Nail, Captain & Help Rotation	Reinforced
Pressing Defence	Introduced



Week 1	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions/Roles</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Lay-Up – Strong Hand</li> <li>• Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul>
Week 2	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions/Roles</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> <li>• Backup &amp; Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Overhead Pass</li> <li>• Push Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up – Strong Hand</li> </ul>

	<ul style="list-style-type: none"> <li>• Speed Lay-Up – Weak Hand</li> <li>• Jump Shot (BEEF)</li> </ul>
Week 3	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions/Roles</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> <li>• Backup &amp; Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Overhead Pass</li> <li>• Push Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up – Strong Hand</li> <li>• Speed Lay-Up – Weak Hand</li> <li>• Dribble &amp; Shoot (Pull Up)</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> <li>• Maintaining Position</li> <li>• Footwork – Slide</li> <li>• Footwork – Drop-Step</li> <li>• Use of Hands</li> </ul>
Week 4	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Change of Pace/Hesitation Dribble</li> <li>• Fake Crossover Dribble (In &amp; Out)</li> <li>• Spin Dribble</li> <li>• Fake Spin Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Euro-Step Lay-Up</li> <li>• Dribble &amp; Shoot (Pull Up)</li> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> </ul>

	<ul style="list-style-type: none"> <li>• Maintaining Position</li> <li>• Footwork – Slide</li> <li>• Footwork – Drop-Step</li> <li>• Use of Hands</li> </ul>
Week 5	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Between the Legs Dribble</li> <li>• Behind the Back Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Euro-Step Lay-Up</li> <li>• Dribble &amp; Shoot (Pull Up)</li> <li>• Catch &amp; Shoot</li> <li>• Foul Shots</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Outs</li> <li>• Taking the Charge</li> </ul>
Week 6	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Between the Legs Dribble</li> <li>• Behind the Back Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Reverse Lay-Up</li> <li>• Foul Shots</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Back Cut</li> <li>• Front Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Pass, Cut &amp; Replace</li> <li>• Ball Movement &amp; Ball Reversal</li> <li>• Delay Game</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Outs</li> </ul>

	<ul style="list-style-type: none"> <li>• Taking the Charge</li> <li>• Defending Cutters</li> </ul>
Week 7	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Reverse Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Back Cut</li> <li>• Front Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Pass, Cut &amp; Replace</li> <li>• Ball Movement &amp; Ball Reversal</li> <li>• Delay Game</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 8	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Power Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Curl Cut</li> <li>• Deep Cut</li> <li>• Shallow Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Screen Away</li> </ul>

	<ul style="list-style-type: none"> <li>• Dribble Entries</li> <li>• Skip Passes</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 9	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Power Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Curl Cut</li> <li>• Deep Cut</li> <li>• Shallow Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Screen Away</li> <li>• Dribble Entries</li> <li>• Skip Passes</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 10	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p>

	<ul style="list-style-type: none"> <li>• Hook Shots</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> </ul>
Week 11	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Hook Shots</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> <li>• Defensive Outlet Pass</li> <li>• Positioning</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> <li>• Offensive Transition</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>
Week 12	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> <li>• Defensive Outlet Pass</li> </ul>

	<ul style="list-style-type: none"> <li>• Positioning</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> <li>• Offensive Transition</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>
Week 13	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>• Low Post Drop Step</li> <li>• Low Post Square Up</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Post Feed Movement</li> <li>• Pick &amp; Roll</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Baseline</li> <li>• Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Screens</li> <li>• Defending Post Players</li> </ul>
Week 14	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>• Low Post Drop Step</li> <li>• Low Post Square Up</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Post Feed Movement</li> <li>• Pick &amp; Roll</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Baseline</li> <li>• Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p>

	<ul style="list-style-type: none"> <li>Defending Screens</li> <li>Defending Post Players</li> </ul>
Week 15	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>Target Hand</li> <li>Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>Up &amp; Under</li> <li>Jump Hook</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>Give &amp; Go</li> <li>Back Screen</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Sideline</li> <li>Defensive Sideline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>Defending Screens</li> <li>Defending Post Players</li> </ul>
Week 16	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>Target Hand</li> <li>Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>Up &amp; Under</li> <li>Jump Hook</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>Give &amp; Go</li> <li>Back Screen</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Sideline</li> <li>Defensive Sideline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>Defending Screens</li> <li>Defending Post Players</li> </ul>
Week 17	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p>



	<ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> </ul>
Week 18	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> </ul>
Week 19	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> </ul>

	<ul style="list-style-type: none"> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> </ul>
Week 20	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> </ul>



**U16's Skills Checklist & Weekly Progressions**

<b>Body Movement Fundamentals</b>	
Running	Mastered
Change of Pace	Mastered
Change of Direction	Mastered
Stopping – Jump Stops & Stride Stops	Mastered
Jumping	Mastered
Pivoting – Forward & Reverse	Mastered
<b>Miscellaneous</b>	
Court Terminology	Mastered
Player Positions/Roles	Mastered
<b>Dribbling (Strong &amp; Weak Hands)</b>	
Control Dribble	Mastered
Speed Dribble	Mastered
Retreat Dribble	Mastered
Crossover Dribble	Mastered
Backup & Cross Over	Mastered
Change of Pace/Hesitation Dribble	Mastered
Fake Crossover Dribble (In & Out)	Mastered
Spin Dribble	Mastered
Fake Spin Dribble	Mastered
Between the Legs Dribble	Mastered
Behind the Back Dribble	Mastered
<b>Passing/Receiving</b>	
Thumbs Up/Thumbs Down	Mastered
Catching in Shooting Stance	Mastered
Move to Ball	Mastered
Chest Pass	Mastered
Bounce Pass	Mastered
Overhead Pass	Mastered
Baseball Pass	Mastered
Pass Fakes	Mastered
Off the Dribble Pass	Mastered
Push Pass	Mastered
Target Hand	Mastered
Leading & Receiving	Mastered
<b>Shooting</b>	
Lay-Up – Strong Hand	Mastered
Lay-Up – Weak Hand	Mastered
Speed Lay-Up – Strong Hand	Mastered
Speed Lay-Up – Weak Hand	Mastered
Reverse Lay-Up	Mastered
Euro-Step Lay-Up	Mastered
Jump Shot (BEEF)	Mastered
Foul Shots	Mastered
Power Lay-Up	Mastered
Hook Shots	Mastered

Catch & Shoot	Mastered
Dribble & Shoot (Pull Up)	Mastered
<b>Individual Perimeter Offense</b>	
V-Cut	Mastered
Back Cut	Mastered
Front Cut	Mastered
Curl Cut	Mastered
Deep Cut	Mastered
Shallow Cut	Mastered
Catch Pass with Defender Away	Mastered
Catch Pass with Defender Close	Mastered
Catch & Go with Defender Close	Mastered
Jab Step & Shoot	Mastered
Jab Step & Drive	Mastered
Jab Step & Crossover Drive	Mastered
<b>Post Play</b>	
Low Post Drop Step	Mastered
Low Post Square Up	Mastered
Up & Under	Reinforced
Jump Hook	Mastered
<b>Rebounding</b>	
Stance	Mastered
Protection of Ball	Mastered
Positioning	Mastered
Blocking Out Technique	Mastered
Offensive Rebounding Technique	Mastered
Defensive – Outlet Pass	Mastered
<b>Team Offense</b>	
Court Spacing	Mastered
Ball Movement & Ball Reversal	Mastered
Pass, Cut & Replace	Mastered
Post Feed Movement	Mastered
Give & Go	Mastered
Dribble Entries	Mastered
Screen – Pick & Roll	Mastered
Screen Away	Mastered
Skip Passes	Mastered
Offensive Transition	Mastered
Back Screen	Mastered
Motion Offense Principles	Mastered
Zone Offense Principles	Introduced
Delay Game	Mastered
Press Break	Mastered
<b>Out-Of-Bounds Plays</b>	
Offensive Baseline	Mastered
Defensive Baseline	Mastered

Offensive Sideline	Mastered
Defensive Sideline	Mastered
<b>Individual Defence</b>	
Defensive Stance	Mastered
Maintaining Position	Mastered
Footwork – Slide	Mastered
Footwork – Drop-Step	Mastered
Use of Hands	Mastered
Turning the Dribbler	Mastered
Channelling the Dribbler	Mastered
Guarding the Ball Handler	Mastered
Man-To-Man – One Pass Away	Mastered
Two or More Passes Away	Mastered
Defensive Triangle (“Pointing Pistols”)	Mastered
Close Out	Mastered
Defending Cuttlers	Mastered
Defending Screens	Mastered
Defending Post Players	Mastered
Taking the Charge	Mastered
<b>Team Defence</b>	
Communication on Defence	Mastered
Rebound Triangle, Safety & Deep	Mastered
Defensive Transition	Mastered
Nail, Captain & Help Rotation	Mastered
Pressing Defence	Mastered
Zone Defence	Introduced

Week 1	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> <li>• Backup &amp; Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> <li>• Push Pass</li> <li>• Target Hand</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up Strong Hand</li> <li>• Speed Lay-Up Weak Hand</li> <li>• Euro-Step Lay-Up</li> <li>• Jump Shot (BEEF)</li> <li>• Foul Shots</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> <li>• Maintaining Position</li> <li>• Footwork – Slide</li> <li>• Footwork – Drop-Step</li> <li>• Use of Hands</li> </ul>
Week 2	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Change of Pace/Hesitation Dribble</li> <li>• Fake Crossover Dribble (In &amp; Out)</li> <li>• Spin Dribble</li> <li>• Fake Spin Dribble</li> <li>• Between the Legs Dribble</li> </ul>

	<ul style="list-style-type: none"> <li>• Behind the Back Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> <li>• Push Pass</li> <li>• Target Hand</li> <li>• Catching in Shooting Stance</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up Strong Hand</li> <li>• Speed Lay-Up Weak Hand</li> <li>• Reverse Lay-Up</li> <li>• Catch &amp; Shoot</li> <li>• Dribble &amp; Shoot (Pull Up)</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> <li>• Maintaining Position</li> <li>• Footwork – Slide</li> <li>• Footwork – Drop-Step</li> <li>• Use of Hands</li> </ul>
Week 3	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> <li>• Backup &amp; Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> <li>• Push Pass</li> </ul>



	<ul style="list-style-type: none"> <li>• Target Hand</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up Strong Hand</li> <li>• Speed Lay-Up Weak Hand</li> <li>• Power Lay-Up</li> <li>• Jump Shot (BEEF)</li> <li>• Foul Shots</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Outs</li> <li>• Taking the Charge</li> </ul>
Week 4	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Change of Pace/Hesitation Dribble</li> <li>• Fake Crossover Dribble (In &amp; Out)</li> <li>• Spin Dribble</li> <li>• Fake Spin Dribble</li> <li>• Between the Legs Dribble</li> <li>• Behind the Back Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> <li>• Push Pass</li> <li>• Target Hand</li> <li>• Catching in Shooting Stance</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up Strong Hand</li> <li>• Speed Lay-Up Weak Hand</li> <li>• Hook Shots</li> <li>• Catch &amp; Shoot</li> <li>• Dribble &amp; Shoot (Pull Up)</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Outs</li> <li>• Taking the Charge</li> </ul>
Week 5	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p>

	<ul style="list-style-type: none"> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> <li>• Zone Offensive Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> <li>• Zone Defence</li> </ul>
Week 6	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> <li>• Zone Offensive Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> <li>• Zone Defence</li> </ul>
Week 7	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> <li>• Zone Offensive Principles</li> </ul>

	<p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> <li>• Zone Defence</li> </ul>
Week 8	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> <li>• Zone Offensive Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> <li>• Zone Defence</li> </ul>
Week 9	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Euro-Step Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Back Cut</li> <li>• Front Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Pass, Cut &amp; Replace</li> <li>• Ball Movement &amp; Ball Reversal</li> <li>• Delay Game</li> </ul>

Week 10	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Reverse Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Back Cut</li> <li>• Front Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Pass, Cut &amp; Replace</li> <li>• Ball Movement &amp; Ball Reversal</li> <li>• Delay Game</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 11	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Power Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Curl Cut</li> <li>• Deep Cut</li> <li>• Shallow Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Screen Away</li> <li>• Dribble Entries</li> <li>• Skip Passes</li> </ul>

	<p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 12	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Hook Shots</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Curl Cut</li> <li>• Deep Cut</li> <li>• Shallow Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Screen Away</li> <li>• Dribble Entries</li> <li>• Skip Passes</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 13	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Rebounding:</u></b></p>

	<ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> </ul>
Week 14	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Dribble &amp; Shoot (Pull Ups)</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> <li>• Defensive Outlet Pass</li> <li>• Positioning</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> <li>• Offensive Transition</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>
Week 15	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> <li>• Defensive Outlet Pass</li> <li>• Positioning</li> </ul> <p><b><u>Team Offence:</u></b></p>

	<ul style="list-style-type: none"> <li>• Motion Offence Principles</li> <li>• Offensive Transition</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>
Week 16	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> <li>• Defensive Outlet Pass</li> <li>• Positioning</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> <li>• Offensive Transition</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>
Week 17	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>• Low Post Drop Step</li> <li>• Low Post Square Up</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Post Feed Movement</li> <li>• Pick &amp; Roll</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Baseline</li> <li>• Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Screens</li> </ul>

	<ul style="list-style-type: none"> <li>Defending Post Players</li> </ul>
Week 18	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>Target Hand</li> <li>Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>Low Post Drop Step</li> <li>Low Post Square Up</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>Post Feed Movement</li> <li>Pick &amp; Roll</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Baseline</li> <li>Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>Defending Screens</li> </ul> <p>Defending Post Players</p>
Week 19	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>Target Hand</li> <li>Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>Up &amp; Under</li> <li>Jump Hook</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>Give &amp; Go</li> <li>Back Screen</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Sideline</li> <li>Defensive Sideline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>Defending Screens</li> <li>Defending Post Players</li> </ul>
Week 20	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>Target Hand</li> </ul>



	<ul style="list-style-type: none"><li>• Move to Ball</li></ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"><li>• Up &amp; Under</li><li>• Jump Hook</li></ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"><li>• Offensive Rebounding Technique</li></ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"><li>• Give &amp; Go</li><li>• Back Screen</li></ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"><li>• Offensive Sideline</li><li>• Defensive Sideline</li></ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"><li>• Defending Screens</li><li>• Defending Post Players</li></ul>
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**U18's Skills Checklist & Weekly Progressions**

<b>Body Movement Fundamentals</b>	
Running	Mastered
Change of Pace	Mastered
Change of Direction	Mastered
Stopping – Jump Stops & Stride Stops	Mastered
Jumping	Mastered
Pivoting – Forward & Reverse	Mastered
<b>Miscellaneous</b>	
Court Terminology	Mastered
Player Positions/Roles	Mastered
<b>Dribbling (Strong &amp; Weak Hands)</b>	
Control Dribble	Mastered
Speed Dribble	Mastered
Retreat Dribble	Mastered
Crossover Dribble	Mastered
Backup & Cross Over	Mastered
Change of Pace/Hesitation Dribble	Mastered
Fake Crossover Dribble (In & Out)	Mastered
Spin Dribble	Mastered
Fake Spin Dribble	Mastered
Between the Legs Dribble	Mastered
Behind the Back Dribble	Mastered
<b>Passing/Receiving</b>	
Thumbs Up/Thumbs Down	Mastered
Catching in Shooting Stance	Mastered
Move to Ball	Mastered
Chest Pass	Mastered
Bounce Pass	Mastered
Overhead Pass	Mastered
Baseball Pass	Mastered
Pass Fakes	Mastered
Off the Dribble Pass	Mastered
Push Pass	Mastered
Target Hand	Mastered
Leading & Receiving	Mastered
<b>Shooting</b>	
Lay-Up – Strong Hand	Mastered
Lay-Up – Weak Hand	Mastered
Speed Lay-Up – Strong Hand	Mastered
Speed Lay-Up – Weak Hand	Mastered
Reverse Lay-Up	Mastered
Euro-Step Lay-Up	Mastered
Jump Shot (BEEF)	Mastered
Foul Shots	Mastered
Power Lay-Up	Mastered
Hook Shots	Mastered

Catch & Shoot	Mastered
Dribble & Shoot (Pull Up)	Mastered
<b>Individual Perimeter Offence</b>	
V-Cut	Mastered
Back Cut	Mastered
Front Cut	Mastered
Curl Cut	Mastered
Deep Cut	Mastered
Shallow Cut	Mastered
Catch Pass with Defender Away	Mastered
Catch Pass with Defender Close	Mastered
Catch & Go with Defender Close	Mastered
Jab Step & Shoot	Mastered
Jab Step & Drive	Mastered
Jab Step & Crossover Drive	Mastered
<b>Post Play</b>	
Low Post Drop Step	Mastered
Low Post Square Up	Mastered
Up & Under	Mastered
Jump Hook	Mastered
<b>Rebounding</b>	
Stance	Mastered
Protection of Ball	Mastered
Positioning	Mastered
Blocking Out Technique	Mastered
Offensive Rebounding Technique	Mastered
Defensive – Outlet Pass	Mastered
<b>Team Offense</b>	
Court Spacing	Mastered
Ball Movement & Ball Reversal	Mastered
Pass, Cut & Replace	Mastered
Post Feed Movement	Mastered
Give & Go	Mastered
Dribble Entries	Mastered
Screen – Pick & Roll	Mastered
Screen Away	Mastered
Skip Passes	Mastered
Offensive Transition	Mastered
Back Screen	Mastered
Motion Offence Principles	Mastered
Zone Offence Principles	Mastered
Delay Game	Mastered
Press Break	Mastered
<b>Out-Of-Bounds Plays</b>	
Offensive Baseline	Mastered
Defensive Baseline	Mastered

Offensive Sideline	Mastered
Defensive Sideline	Mastered
<b>Individual Defence</b>	
Defensive Stance	Mastered
Maintaining Position	Mastered
Footwork – Slide	Mastered
Footwork – Drop-Step	Mastered
Use of Hands	Mastered
Turning the Dribbler	Mastered
Channelling the Dribbler	Mastered
Guarding the Ball Handler	Mastered
Man-To-Man – One Pass Away	Mastered
Two or More Passes Away	Mastered
Defensive Triangle (“Pointing Pistols”)	Mastered
Close Out	Mastered
Defending Cutters	Mastered
Defending Screens	Mastered
Defending Post Players	Mastered
Taking the Charge	Mastered
<b>Team Defence</b>	
Communication on Defence	Mastered
Rebound Triangle, Safety & Deep	Mastered
Defensive Transition	Mastered
Nail, Captain & Help Rotation	Mastered
Pressing Defence	Mastered
Zone Defence	Mastered

Week 1	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> <li>• Backup &amp; Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> <li>• Push Pass</li> <li>• Target Hand</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up Strong Hand</li> <li>• Speed Lay-Up Weak Hand</li> <li>• Euro-Step Lay-Up</li> <li>• Jump Shot (BEEF)</li> <li>• Foul Shots</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> <li>• Maintaining Position</li> <li>• Footwork – Slide</li> <li>• Footwork – Drop-Step</li> <li>• Use of Hands</li> </ul>
Week 2	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Change of Pace/Hesitation Dribble</li> <li>• Fake Crossover Dribble (In &amp; Out)</li> <li>• Spin Dribble</li> <li>• Fake Spin Dribble</li> <li>• Between the Legs Dribble</li> </ul>

	<ul style="list-style-type: none"> <li>• Behind the Back Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> <li>• Push Pass</li> <li>• Target Hand</li> <li>• Catching in Shooting Stance</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up Strong Hand</li> <li>• Speed Lay-Up Weak Hand</li> <li>• Reverse Lay-Up</li> <li>• Catch &amp; Shoot</li> <li>• Dribble &amp; Shoot (Pull Up)</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defensive Stance</li> <li>• Maintaining Position</li> <li>• Footwork – Slide</li> <li>• Footwork – Drop-Step</li> <li>• Use of Hands</li> </ul>
Week 3	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Change of Pace</li> <li>• Change of Direction</li> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Jumping</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Miscellaneous:</u></b></p> <ul style="list-style-type: none"> <li>• Court Terminology</li> <li>• Player Positions</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Control Dribble</li> <li>• Speed Dribble</li> <li>• Retreat Dribble</li> <li>• Crossover Dribble</li> <li>• Backup &amp; Crossover Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> <li>• Push Pass</li> </ul>

	<ul style="list-style-type: none"> <li>• Target Hand</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up Strong Hand</li> <li>• Speed Lay-Up Weak Hand</li> <li>• Power Lay-Up</li> <li>• Jump Shot (BEEF)</li> <li>• Foul Shots</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Outs</li> <li>• Taking the Charge</li> </ul>
Week 4	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Dribbling (Strong &amp; Weak Hands):</u></b></p> <ul style="list-style-type: none"> <li>• Change of Pace/Hesitation Dribble</li> <li>• Fake Crossover Dribble (In &amp; Out)</li> <li>• Spin Dribble</li> <li>• Fake Spin Dribble</li> <li>• Between the Legs Dribble</li> <li>• Behind the Back Dribble</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Thumbs Up/Thumbs Down</li> <li>• Move to Ball</li> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> <li>• Push Pass</li> <li>• Target Hand</li> <li>• Catching in Shooting Stance</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Speed Lay-Up Strong Hand</li> <li>• Speed Lay-Up Weak Hand</li> <li>• Hook Shots</li> <li>• Catch &amp; Shoot</li> <li>• Dribble &amp; Shoot (Pull Up)</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Close Outs</li> <li>• Taking the Charge</li> </ul>
Week 5	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p>



	<ul style="list-style-type: none"> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> <li>• Zone Offensive Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> <li>• Zone Defence</li> </ul>
Week 6	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Catch Pass with Defender Away</li> <li>• Catch Pass with Defender Close</li> <li>• Catch &amp; Go with Defender Close</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> <li>• Zone Offensive Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> <li>• Zone Defence</li> </ul>
Week 7	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> <li>• Zone Offensive Principles</li> </ul>

	<p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> <li>• Zone Defence</li> </ul>
Week 8	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Jab Step &amp; Shoot</li> <li>• Jab Step &amp; Drive</li> <li>• Jab Step &amp; Crossover</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Press Break</li> <li>• Zone Offensive Principles</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Turning the Dribbler</li> <li>• Channelling the Dribbler</li> <li>• Guarding the Ball Handler</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Pressing Defence</li> <li>• Zone Defence</li> </ul>
Week 9	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Euro-Step Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Back Cut</li> <li>• Front Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Pass, Cut &amp; Replace</li> <li>• Ball Movement &amp; Ball Reversal</li> <li>• Delay Game</li> </ul>

Week 10	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Reverse Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• V-Cut</li> <li>• Back Cut</li> <li>• Front Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Pass, Cut &amp; Replace</li> <li>• Ball Movement &amp; Ball Reversal</li> <li>• Delay Game</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 11	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Power Lay-Up</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Curl Cut</li> <li>• Deep Cut</li> <li>• Shallow Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Screen Away</li> <li>• Dribble Entries</li> <li>• Skip Passes</li> </ul>

	<p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 12	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Leading &amp; Receiving</li> <li>• Pass Fakes</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Hook Shots</li> </ul> <p><b><u>Individual Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Curl Cut</li> <li>• Deep Cut</li> <li>• Shallow Cut</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Court Spacing</li> <li>• Screen Away</li> <li>• Dribble Entries</li> <li>• Skip Passes</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Cutters</li> <li>• Man-To-Man One Pass Away</li> <li>• Two or More Passes Away</li> <li>• Defensive Triangle (“Pointing Pistols”)</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Nail, Captain &amp; Help Rotations</li> <li>• Communication on Defence</li> </ul>
Week 13	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Catch &amp; Shoot</li> </ul> <p><b><u>Rebounding:</u></b></p>

	<ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> </ul>
Week 14	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Shooting:</u></b></p> <ul style="list-style-type: none"> <li>• Dribble &amp; Shoot (Pull Ups)</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> <li>• Defensive Outlet Pass</li> <li>• Positioning</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> <li>• Offensive Transition</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>
Week 15	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> <li>• Defensive Outlet Pass</li> <li>• Positioning</li> </ul> <p><b><u>Team Offence:</u></b></p>

	<ul style="list-style-type: none"> <li>• Motion Offence Principles</li> <li>• Offensive Transition</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>
Week 16	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> <li>• Baseball Pass</li> <li>• Off the Dribble Pass</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Blocking Out Technique</li> <li>• Stance</li> <li>• Protection of the Ball</li> <li>• Defensive Outlet Pass</li> <li>• Positioning</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Motion Offence Principles</li> <li>• Offensive Transition</li> </ul> <p><b><u>Team Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Communication on Defence</li> <li>• Defensive Transition</li> <li>• Rebound Triangle, Safety &amp; Deep</li> </ul>
Week 17	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>• Stopping – Jump Stops &amp; Stride Stops</li> <li>• Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>• Target Hand</li> <li>• Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>• Low Post Drop Step</li> <li>• Low Post Square Up</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>• Post Feed Movement</li> <li>• Pick &amp; Roll</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>• Offensive Baseline</li> <li>• Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>• Defending Screens</li> </ul>

	<ul style="list-style-type: none"> <li>Defending Post Players</li> </ul>
Week 18	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>Target Hand</li> <li>Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>Low Post Drop Step</li> <li>Low Post Square Up</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>Post Feed Movement</li> <li>Pick &amp; Roll</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Baseline</li> <li>Defensive Baseline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>Defending Screens</li> </ul> <p>Defending Post Players</p>
Week 19	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>Target Hand</li> <li>Move to Ball</li> </ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"> <li>Up &amp; Under</li> <li>Jump Hook</li> </ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Rebounding Technique</li> </ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"> <li>Give &amp; Go</li> <li>Back Screen</li> </ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"> <li>Offensive Sideline</li> <li>Defensive Sideline</li> </ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"> <li>Defending Screens</li> <li>Defending Post Players</li> </ul>
Week 20	<p><b><u>Body Movement Fundamentals:</u></b></p> <ul style="list-style-type: none"> <li>Stopping – Jump Stops &amp; Stride Stops</li> <li>Pivoting – Forward &amp; Reverse</li> </ul> <p><b><u>Passing/Receiving:</u></b></p> <ul style="list-style-type: none"> <li>Target Hand</li> </ul>

	<ul style="list-style-type: none"><li>• Move to Ball</li></ul> <p><b><u>Post Play:</u></b></p> <ul style="list-style-type: none"><li>• Up &amp; Under</li><li>• Jump Hook</li></ul> <p><b><u>Rebounding:</u></b></p> <ul style="list-style-type: none"><li>• Offensive Rebounding Technique</li></ul> <p><b><u>Team Offence:</u></b></p> <ul style="list-style-type: none"><li>• Give &amp; Go</li><li>• Back Screen</li></ul> <p><b><u>Out-Of-Bounds Plays:</u></b></p> <ul style="list-style-type: none"><li>• Offensive Sideline</li><li>• Defensive Sideline</li></ul> <p><b><u>Individual Defence:</u></b></p> <ul style="list-style-type: none"><li>• Defending Screens</li><li>• Defending Post Players</li></ul>
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