

Key: I = Introduce; D = Develop; M = Master; E = Extend

Footwork & athletic development	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Running technique	I	D	D/M	M			
Change of pace	I	I/D	D	M			
Change of direction	I	I/D	D/M	M			
Jumping/ bounding	I	I/D	D/M	M	E		
Stopping – jump stops & stride stops	I	I/D	D/M	M	E		
Pivoting – forward & reverse	I	I/D	D/M	M	E		

Jargon/ terminology	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Court terminology	I	I/D	D	M	E		
Player positions / roles		I	I/D	D	D/M	M	E

Rules of the game	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Scoring (2s, 3s, 1 for free-throws)		I	D/M	M			
Double dribble	I	D	M				
Traveling violation	I	D	M				
Backcourt violation (cross-court)		I	D/M				
Jump ball	I	D	M				
Fouls – hands/ hand checking	I	D	M				
Fouls – blocking	I	D	M				
Fouls – on shooter	I	D	M				
Five fouls on a player (fouling out)		I	D/M				
5 team fouls (bonus situation)		I	D/M				
3 seconds in key		I	D	M			
8 seconds in backcourt			I/D	D/M			
Jump balls – held ball (possession arrow)	I	D	M				
Out of bounds	I/D	M					
24 second shot clock				I/D	D/M		
Free throws – (how to line up etc.)		I	D	M			

Dribbling & ball handling (dominant and non-dominant hands)	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Fundamental ball control (<i>Maravich drills</i>)	I	D	M	E			
Speed dribble		I	D	M	E		
Control dribble	I	D	M	E			
Straddle/ protection dribble		I	I/D	D/M	M/E		
Retreat dribble		I	I/D	D/M	M/E		
Freeze/ hesitation dribble		I	I/D	D/M	M/E		
Crossover dribble	I	I/D	D	M	E		
Reverse (spin) dribble			I	D	M	E	
Behind back dribble			I	D	M	E	
In & out dribble (fake the crossover)		I	D	M	E		
Between legs dribble			I	D	M	E	

Passing & catching (dominant and non-dominant hands)	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Ready position/ stance	I	I/D	D	M	E		
Catching/ receiving ("show ten/ block & tuck")	I	I/D	D	M			
Move to ball/ meet the pass	I	I/D	D	M			
Chest pass	I	I/D	D	M			
Bounce pass	I	I/D	D	M			
Overhead pass/ skip pass			I	D	M	E	
Baseball pass (long outlet)			I	D	M	E	
Push pass		I	D	M	E		
Pass fakes ("fake a pass to make a pass")		I	D	M	E		
Over the bottle (step around)			I	D	M	E	
Swing step ("use your pivots")			I	D	M	E	
1 bounce flick/ push pass			I	D	M	E	
2 bounce flick/ push pass			I	D	M	E	
Curl pass (to the post)				I	D	M	E
High/ low "touch pass" (to the post)				I	D	M	E
Lob pass (to the post)				I	D	M	E
Drag & kick back <i>i.e. off a ball screen</i>				I	D	M	E
Hook pass <i>i.e. off dribble penetration</i>				I	D	M	E
Creative passing – "behind the back"				I	D	M	E
Creative passing – "between the legs"				I	D	M	E

Shooting & finishing	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Lay-up – dominant hand	I	I/D	D	M	E		
Lay-up – non dominant hand		I	D	D/M	M/E	E	
Reverse lay-up (both hands/ sides)			I	D	M	E	
Power lay-up			I	D	M	E	
Running hook shot				I	D	M	E
Dead ball move (off 2 feet) – "Hook"			I	I/D	D/M	M/E	E
Dead ball move – "Step through"			I	I/D	D/M	M/E	E
Dead ball move – "Step across"			I	I/D	D/M	M/E	E
Dead ball move – "Reverse pivot"			I	I/D	D/M	M/E	E
Dead ball move – "Forward pivot"			I	I/D	D/M	M/E	E
Form shooting & shot technique			I	D	D/M	M/E	E
Jump shot & shot technique			I	D	D/M	M/E	E
Free throws (routine)			I	D	M		
Catch/ shoot – 2's <i>("heel, toe, toe"/ "hips down & hands up)</i>			I	D	M	E	
Shooting off the dribble – 2's (1/ 2 bounce jumpers)			I	D	M	E	
Catch/ shoot – 3's <i>("heel, toe, toe"/ "hips down & hands up)</i>				I	D	M	E
Shooting off the dribble – 3's (i.e. coming off ball screens)				I	I/D	D/M	M/E

Individual offence	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Triple threat position – “ready position”	I	I	D	D/M	M	E	
Jab step – onside move/ step							
Jab step – crossover move/ step							
Jab step – shoot				I	I/D	D	M/E
“Throw down” dribble			I	I/D	D/M	M	E
Shot fakes (“short & sharp”)		I	I/D	D	M	E	
Posting up technique & target hand				I	D	M	E
Post moves – drop-step moves				I	D	M	E
Post moves – spin moves				I	D	M	E
Post moves – face up moves				I	D	M	E
Post moves – low & slow moves				I	D	M	E
Getting open – making a lead (V-cut, L-cut, inside cut & flare)		I	I/D	D	D/M	M	E
1/2 dribble & change moves			I	D	M	E	

Individual defence	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Defensive stance	I	I/D	D	D/M	M		
Guarding the ball - Maintaining a gap	I	I/D	D	D/M	M		
Footwork – big to bigger		I	I/D	M	M/E		
Footwork – don’t open the gate			I	I/D	M	M/E	
Use of hands (spear hand/ deflection hand)			I	D	M	M/E	
Turning the handler			I	D	M	M/E	
Channeling/ shading the handler			I	D	M	M/E	
“Pointing pistols” off the ball (ball-you-man)			I	I/D	M	M/E	
Jumping to the ball			I	D	M	E	
Closing out (to contest, but contain)			I	D	M	E	
Defending cutters (jump to ball/ bump cutter)			I	D	M	E	
Defending screens (avoiding picks)			I	I/D	D/M	M/E	E

Rebounding	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Protection of ball (“chin the ball”)		I	I/D	D	M	E	
Anticipation (“assume every shot will miss”)	I	I/D	D	M	E		
BOXING OUT		I	I/D	D	M	E	
Offensive – swim technique/ positioning		I	I/D	D	M	E	
Defensive – outlet pass, bust out		I	I/D	D	M	E	
Team rebounding	I	I	I/D	D	M	E	

Team offence	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Transition offence – floor spots	I	I	I/D	D	M	E	
Transition offence – advanced <i>i.e. ball screening in transition</i>					I	D	M/E
Fast break principles – 2 v 1	I	I	D	D/M	M	E	
Fast break principles – 3 v 2			I	D	M	E	
Fast break principles – 4 v 3				I	D	M	E
Spacing (floor spots)	I	I/D	D	D/M	M	E	
Timing			I	D	M	E	
Pass, cut & replace			I	D	M	E	
Ball reversal		I	I/D	D	M	E	
Receiver spots – wing baseline drive			I	D	M	E	
Receiver spots – wing middle drive			I	D	M	E	
Receiver spots – guard baseline drive			I	D	M	E	
Receiver spots – guard middle drive			I	D	M	E	
2 man game – ball screens				I	D	M	E
2 man game – dribble handoff				I	D	M	E
2 man game – pinch post (high post HO)				I	D	M	E
Post triangle (wing pass to post)				I	D	M	E
Post triangle (high/ low pass)				I	D	M	E
Down screens				I	D	M	E
Back screens/ up screens				I	D	M	E
Flare screens				I	D	M	E
Staggered (double) screens				I	D	M	E

Team defence	U/8	U/10	U/12	U/14	U/16	U/18	U/20
Communication – declare “ball”		I	I/D	D	M	E	
Communication – “shot” (box out prep)			I	D	M	E	
Communication – “stay” or “go” (rotations)			I	I/D	D	M	E
Communication – advanced				I	D	M	E
Transition defence – “rebound to the inside”			I	D	M	E	
On the line/ up the line			I	D	M	E	
Advantage/ disadvantage – 2 v 1		I	D	D/M	M	E	
Advantage/ disadvantage – 3 v 2			I	D	M	E	
Advantage/ disadvantage – 4 v 3				I	D	M	E
Shell drill principles – positioning			I	D	M	E	
Shell drill principles – rotation			I	D	M	M/E	E
On-ball screen (side) defence				I	D	M	E
On-ball screen (middle) defence				I	D	M	E
On-ball screen (various angles) defence					I	D	M
Defending down screens				I	D	M	E
Defending back/ up screens				I	D	M	E
Defending flare screens				I	D	M	E
Defending staggers (double screens)					I/D	D/M	M/E