

TeamX Skill Outcomes and Building Blocks

7U

1. Dribble ball with dominate hand without traveling and/or double dribbling
2. Introduction of correct shooting techniques
3. Introduce basic pass skills- chest and bounce pass
4. Introduce basic rebounding concepts.
5. Basic defensive stance and skills
6. Play as a team

8U/9U

1. Dribble ball with dominate hand and some use of off-hand.
2. Basic dribble moves such as the speed dribble, crossover, protect-the-ball dribble, and back-up dribble.
3. Understand correct form of layups
4. Correct shooting form- toe, knee, elbow, fingertips
5. Be able to control and protect the ball- jump stop, pivoting, triple threat position.
6. Introduce man to man defense (correct movement)
7. Continue to focus rebounding concepts- turn towards basket, use both hands, box out
8. Introduce basic motion offense plays

11U

1. Ball handling with BOTH hands
2. Being able to finish with both hands from both sides
3. Continue to focus on shooting form (shooting drills)
4. Passing the ball with bounce, chest, over the head and baseball passes
5. Moving with and without the ball- spacing and off ball principles
6. Defense on and off the ball- spacing concepts
7. Continue to hone rebounding technique
8. Introduce basic screening techniques
9. Incorporate additional motion type offense plays

14U

1. Expand onto more advanced skills for everything mentioned above.
2. Ball Handling & Dribbling - teach more dribble moves such as the spin move, behind-the-back. Incorporate some double-moves
3. Advanced passing techniques
4. Passing under pressure
5. Continue to focus on screening concepts
6. More emphasis on rebounding technique
7. Post moves, drop step, jump hook
8. Advanced levels of spacing
9. Offense - introduce more motion offense situations.
10. Defense- Emphasize basics from previous levels and move on to rotations and situations.
11. Introduce basic zone defense concepts