

## SYB- Tier 1 Skill Progressions

(What they should know when they leave Tier 1)

### **Ball Handling:**

- L & R stationary dribble
- L & R full speed dribble
- Crossover Dribble
- Bounce Pass- stationary/moving
- Chest Pass- stationary/moving
- Jump Stop into a triple threat position
- Basic pivot w/o a pass

### **Shooting:**

- R-handed lay-up 3 steps and a dribble
- Proper Shooting technique
  - dominant foot slightly forward
  - knees bent
  - toes facing target
  - elbow under the ball
  - thumbs forming a T
  - ball on finger pads.
  - follow through
- Consistently make on 8 ft hoop, ready to move up to 10 ft hoop.

### **Defense/Rebounding:**

- Defensive Stance-hands out.
- Defensive slide- not crossing feet or hopping
- Staying between their man and the basket off of the ball.
- Yell shot- hand in the face
- Box out in a one on one situation
- No Steals on the ball
- Don't rebound from under the basket

### **Team Play-Away from the ball:**

- Spacing, Spacing, Spacing- balancing the floor
- Introduction to a screen on the ball
- Possibly a pass, cut, fill offense by the end of the year.

## SYB- Tier 2 Skill Progressions

(What they should know when they leave Tier 2)

### **Ball Handling:**

- Rocker Step
- Spin Move
- Overhead Pass
- Wrap Around Pass
- Pivoting w/ defender and making a pass.
- Pistol Pete Quick hand dribbling

### **Shooting:**

- L-handed lay-up 3 steps and a dribble
- Proper Shooting technique
- Partner Shooting- pass/box out
- One on One moves with a defender
- Free Throw Routine
- Reverse lay-up with strong hand

### **Defense/Rebounding:**

- Man to Man defense-No Zone allowed!
- Team Defense
  - shade to weak hand on ball
  - deny the ball/ one pass away.
  - one foot in the key more than one pass away.
- 3 spot rebounding
  1. Pivot- initiate contact- go control the spots. Encourage kids to control an area (middle of the key and blocks)
  2. Don't rebound from under the basket.
- Stealing on the ball is encouraged

### **Team Play-Away from the ball:**

- 3 rules to a screen
  1. Wait for the screener to set-up defender
  2. Rub shoulder to shoulder. Read the defender: flair, curl etc.
  3. Roll- The screener needs to roll. The pivot can actually be into the defender trying to get around. Hands up and move to the ball.
- Teach Passing Game - basic motion offense (pass & screen away)
- Getting open on wing.