

SYB- Tier 3/4 (5th Grade) Skill Progressions (Draft-11/1/10)

(What they should know when they leave 5th Grade)

Ball Handling:

- Rocker Step-Change of Pace Dribbles
- Crossover Dribble
- Spin Move
- Overhead Pass
- Wrap Around Pass
- Jump Stop & 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!
- Hedging the screen 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 run 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.

SYB- Tier 3/4 (6th Grade) Skill Progressions (Draft-11/1/10)

(What they should know when they leave 6th Grade)

Ball Handling:

- Rocker Step
- Crossover Dribble
- Spin Move
- Overhead Pass
- Wrap Around Pass
- Jump Stop & Pivoting w/ defender and making a pass.
- Pistol Pete Quick hand dribbling
- Dribble Z

Shooting:

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

Defense/Rebounding:

- Man to Man defense-No Zone allowed!
- Hedging on the screen 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 underneath 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.
- On Ball Screen- two dribbles for pick and roll
- Teach Passing Game - basic motion offense (pass & screen away)
- UCLA cut for Girls
- Getting open on wing.
- Give & Go

SYB- Tier 4 (7th Grade) Skill Progressions (Draft-11/1/10)
 (What they should know when they leave 7th Grade)

Ball Handling:

- Rocker Step
- Crossover Dribble
- Spin Move
- Overhead Pass
- Wrap Around Pass
- Jump Stop & Pivoting w/ defender and making a pass.
- Pistol Pete Quick hand dribbling
- Dribble Z

Shooting:

- Inside Pivot, Turn & Face
- Power Lay-ups
- Step Through lay-ups
- Up, Down, Through
- Partner Shooting- pass/box out
- One on One moves with a defender
- Free Throw Routine
- Reverse lay-up with weak hand
- Correct Shooting Form

Defense/Rebounding:

- Emphasis on Man to Man Defense (75% Man-25% Zone). Teach pressure zone principals.
- Switching on screens allowed
- Taking a Charge
- 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)
- 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.

- On Ball Screen
- Teach Passing Game - basic motion offense (pass & screen away)
- UCLA cut for Girls
- Flex offense for boys

SYB- Tier 4 (8th Grade) Skill Progressions (Draft-11/1/10)

(What they should know when they leave 8th Grade)

Ball Handling:

- Rocker Step
- Crossover Dribble
- Spin Move
- Overhead Pass
- Wrap Around Pass
- Pistol Pete Quick hand dribbling
- Dribble Z

Shooting:

- Drop Step
- Power Lay-ups
- Inside Pivot Post-ups
- Bread Basket
- Full-Court 1 on 1
- One on One moves with a defender
- Free Throw Routine
- Reverse lay-up with weak hand
- Correct Shooting Form

Defense/Rebounding:

- Emphasis on Man to Man Defense (75% Man-25% Zone). Teach pressure zone principals.
- Switching on screens allowed
- Close Outs
- 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)
- 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.

- Read Screens
- Press Break
- Teach Passing Game - basic motion offense (pass & screen away)
- UCLA cut for Girls
- Flex offense for boys