

Grade Level		K-1	Grade 2	Grade 3-4	Grade 5-6	Grades 7-12
Dribbling/Footwork						
How to Hold the Ball		X	X	X	X	X
Triple Threat Position		X	X	X	X	X
Front Pivot- R, L		X	X	X	X	X
Reverse Pivot R, L		X	X	X	X	X
Stationary 1 Ball Dribbling		Crossover Hesitation	Crossover Hesitation	X	X	X
Dribbling on the Move		X	X	X	X	X
Single change of direction moves		X	X	X	X	X
Change of Speed		X	X	X	X	X
Jump Stop		X	X	X	X	X
Stride Stop		X	X	X	X	X
Pump Fake		X	X	X	X	X
Jab Step		X	X	X	X	X
Passing						
Chest Pass		X	X	X	X	X
Bounce Pass		X	X	X	X	X
1 hand push pass		X	X	X	X	X
Ovehead pass		X	X	X	X	X
Passing on the Move		X	X	X	X	X
Pass Fake				X	X	X
Fake a Pass Make a Pass				X	X	X
Post Entry				X	X	X
Backdoor pass				X	X	X
Skip Pass					X	X
Pass ahead in transition					X	X
Screen and Roll					X	X
Hook Pass						X
Interior bounce pass						X
Behind the back pas						X
Behind the head pass						X
Shooting						
Lay up No Dribble		X	X	X	X	X
Lay up w/ 1 Dribble		X	X	X	X	X
Jumpstop Layup		X	X	X	X	X
Outside/Inside Layup				X	X	X

Lay up w/ dribble from 3 pt. Line				X	X	X
Lay up w/ dribble from half court				X	X	X
Reverse lay up				X	X	X
Euro					X	X
Same Foot Same Hand					X	X
Inside Hand					X	X
Floater					X	X
BEEF Shooting			INTRODUCING	DEVELOPING	X	X
Post						
Baby Hook					X	X
Drop Step					X	X
Up and Under					X	X
Turn Around Jumper					X	X
Screening/Cuts						
Setting Screens				X	X	X
Screen Away				X	X	X
Backdoor Cuts				X	X	X
Straight Cut				X	X	X
Down Screen					X	X
Flare Screen					X	X
Ball Screen					X	X
Hand Off					X	X
Team Offensive Concepts						
Floor Awareness	X	X		X	X	X
Identify Areas on the floor	X	X		X	X	X
Inbounding the Ball	X	X		X	X	X
Half Court Offensive Spacing				X	X	X
Transition Offense				X	X	X
Advantage/Disadvantage					X	X
Movement without the ball					X	X
Advantage					X	X
Press Break					X	X
Zone Offense					X	X
Time and Score Situations						X
Post						

Baby Hook					X	X
Drop Step					X	X
Up and Under					X	X
Turn Around Jumper					X	X

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Defense						
Athletic Stance		X	X	X	X	X
Inbetween man and Hoop		X	X	X	X	X
Stay in front w/dribble		X	X	X	X	X
Defending live change of Direction				X	X	X
Contest Shots				X	X	X
Closeouts - short choppy steps				X	X	X
1 pass away				X	X	X
2 pass away					X	X
Full Shell					X	X
Getting over/through screens					X	X
Switchng Screens					X	X
Charges					X	X
Team Defensive Concepts						
Help Side Defense				X	X	X
Defense Rotations				X	X	X
Transition Defense				X	X	X
Rebounding- Grab ball with 2 hands				X	X	X
Rebounding- Make Contact w/Opponent					X	X
Defend Ball Screens Hedge and recover					X	X
Defend Curl Screens (over the top w/ help from screener defender)					X	X
Defend Flare Screens (over the top w/help from screen defender)					X	X
Defend Back Screens (help and recover)					X	X
Switching Screens					X	X
Zone Defenses						X

Age/Grade/Ball Size		
Age	Grade	Ball Size
5/6/7 years old	K-2	27.5
8/9 years old	3rd-4th	28.5
10/11 years old	5th-6th	28.5
12/13 years old	7th-8th	Full Size