

WAA Boys Traveling Basketball - Skills Progression

	4th Grade		5th & 6th Grade		7th-8th-9th Grade	
	Key Concepts & Skills	Drills & Games	Key Concepts & Skills	Drills & Games	Key Concepts & Skills	Drills & Games
Ball Handling	Dribbling with eyes up!	Show numbers	Dribbling with eyes up!	Show numbers	Dribbling with eyes up!	
	Left and right hand (stationary & moving)		Stationary & moving - 2 ball power dribbling	Relays	Attack mode dribbling (even stationary)	
	Moving - hesitation, crossover, reverse pivot	Knock-out (in the lane)	Dribbling against pressure (control dribble)	Knockout		
	Perimeter -- left hand going left (& visa versa)		Attack mode (rip & go, body low, head up)	Attack right; left	Stagger dribble (high dribble, head fake)	
	Single move - crossover & reverse pivot	Zig Zag	Single move - behind back; between legs	Zig-Zag		
	Backward dribble (facing forward)		Double move - right-left-right & L-R-L	Cone drills	Jump Stop	
	Push dribble	Relay races	Change speeds, begin jump stop & pivot		Euro-Step	
Passing	Two hands (chest & bounce passes)	Line passing	Ball fakes, ball fakes, ball fakes		Ball fakes, ball fakes, ball fakes	
	Moving target (lead the pass)	3-man weave	Post entry passes (bounce passes)		Post entry passes (bounce passes & lobs)	
	Pass & Cut; Continue through lane	Star passing drill	Passing on the move (to the left & right)	2-line passing	Passing on the move (to the left & right)	2-line passing
	Pass & Pick Away (Fill to top of key)		Interior bounce passes		Skip passes & over-the-top press break	As part of shell drill
	Move towards ball to receive pass		Move towards ball to receive pass	Full court v-cut	Drop pass	Full court v-cut
Screens	Basics of setting screens (wide stance, arms down, hands protect) (stationary set - not moving)	3-on-3	Execute following screens: Ball, Back & Cross Interior screens/curls		Execute following screens: UCLA, Down, Fade/Flare Staggered screens	
Shooting	Layups - right & left hand	Mikan drill (no dribble)	Right & Left Hand - lay-ups & 4-6 footers		Right & Left Hand - lay-ups & 6-8 footers	
	Form work (balance, eyes, elbow, finish)		Form work (balance, eyes, elbow, finish)	1 hand shooting	Form work (balance, eyes, elbow, finish)	
	4-8-12-16 foot progressions	Kentucky	Catch & shoot	Stationary & Off Pick	Introduce jump shot; Close out shooting	
	Free Throws (form, knee bend, release)	Lightning	Free Throws, Elbow & Short Corner		Free Throws, Elbow & Short Corner	
	Pump fakes		Begin reverse lay-ups & running floaters	Pump fake & drive	Reverse lay-ups & running floaters	
	Limit 3-point shooting (focus on form)	Form first!	Introduce 3-point shooting	Team competitions	3-point shooting (catch & shoot, off pick)	
Rebounding	Locate - Hips low - elbows out - hands up	1:1, 3:3, 4:4	Locate - Hips low - elbows out - hands up		Locate - Hips low - elbows out - hands up	
	Get low, push back, jump to ball w/2 hands		Get low, push back, jump to ball w/2 hands	Line rebounding	Get low, push back, jump to ball w/2 hands	Line rebounding
	Keep ball high & pivot to nearest sideline		Keep ball high & pivot to nearest sideline (ball fake and 1-3 dribble clear)		Keep ball high & pivot to nearest sideline	
	Outlet to wing (not up the middle)		Outlet to wing (or up court for transition)		Pin, swim & spin Outlet to wing (or up court for transition)	
Post Moves	Seal defender; offer target		Pick and Seal		Turn around	
	Drop step (right & left); Power right/left		Drop step (right & left); Power right/left		Double move (up & under, step through, etc.)	
	Short corner step out		Low curl		Jump hook	
Attacking the Basket	Triple Threat (jab step, pump fakes, swing)		Triple Threat (jab step, pump fakes, swing)		Triple threat	
	To the basket, not around the man		Rip & Go; Hesitation		Step back; Stop & pop	
	Quick acceleration & eyes up!		Eyes up (look for double team - open man)		Eyes up (look for double team - open man)	
Team Offense	Easy, open shots (open space)		Easy, open shots & spacing	No dribbling; 4-on-5	Transition Offense - hustle & beat your man	
	Pass & Move (cut, pick away, or pick ball)	5-out	Press Break & transition offense		Secondary Break - posts streak	
	Pick & Roll (drive or pass)	2-on-2	Pick & Roll (drive, pass, or shoot)	2-on-2	Pick & Roll (drive, pass, shoot, pull defender)	2-on-2
	Basic motion or flex offense		Finish ball reversals (make the extra pass)		Spread the floor; curls & backcuts	
	Inbound Plays - pick the picker		Dribble Drive (shot, drop pass or kick-out)		Plays against zone defense (overload & picks)	
	Side Inbound - line		Triangle & diamond sets; Timing			

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On-Ball Defense	Proper position		Position & Footwork		
	(Footwork, knees, hips low, arms out)		Take away drive to basket		
	Ball pressure (eliminate easy passes)		Ball pressure		
	Mirror the ball (high/low)		Slide steps (use of angles)		
	Contest the shot, but don't jump		Defending the Post (including double teams)		
	Defensive slide steps (no crossover)	Zig-Zag			
	Short, quick steps		Taking a charge (positioning, set, etc.)		
	Overplay strong hand / turn the dribbler		Overplay strong hand / turn the dribbler		
	Communication		Communication		Communication
	Dead!, Help!		Dead!, Help!		Defending the Pick & Roll (with switches)
Defending the Pick & Roll (no switch)		Defending the Pick & Roll (no switch)			
Team Defense	Protect the basket (see man & ball)		Protect the basket (see man & ball)		Protect the basket
	Good defense leads to offense		Man-to-Man focus (half court & full court)	Transition lane fill	Man-to-Man focus
	On ball, one-away, two away positions	Concept (shell drill)	Up the line & on the line (passing lane)		
	Strong side & Weak side defense		Strong/Weak side; Ball above/below FY line		2-3 Zone & 1-3-1 Zone Trap
	Up the line; on the line		Stop dribble-drive penetration		Zone responsibilities
	Help & recover		Full deny		Stop dribble-drive penetration
	Jump to the Ball	Defend pass & cut	Presses / Corner traps / Ball traps	Keep away	Presses / Corner traps / Ball traps
	Communication (picks, help, etc.)		Communication; Help & Recover	5-on-4 shell	Communication; Help & Recover
Rules & Situations					
	Sportsmanship! (teammates, opponents, ref)		Sportsmanship! (teammates, opponents, ref)		Sportsmanship! (teammates, opponents, ref)
	Free Throw (bonus / double bonus)		Clock Management (Stalls, Traps)		
	Inbounding (running baseline after made basket, set on sideline)		Backcourt inbounding		
	5 second and 10 second rules				
Intentional Fouls (must go for ball)					