

Skill: 1 ball Stationary Dribble	Description	Link: Demo or Drills	Grade level
<b>Athletic position</b>  <b>Ball warm-up</b>	Standing with feet 1 ½ shoulder width apart, feet pointing forward. Knees bent, and back straight.	<a href="https://www.youtube.com/watch?v=iATsNAEK6Fo">https://www.youtube.com/watch?v=iATsNAEK6Fo</a>  <a href="https://www.youtube.com/watch?v=8OO-RzWzh74">https://www.youtube.com/watch?v=8OO-RzWzh74</a>	All
<b>Control Dribble</b>	Ability to dribble and control the basketball comfortably with either hand and without looking at the ball.	<a href="https://www.youtube.com/watch?v=ndL8oQ7F9_0">https://www.youtube.com/watch?v=ndL8oQ7F9_0</a> <a href="https://www.youtube.com/watch?v=SugL51IPUyc">https://www.youtube.com/watch?v=SugL51IPUyc</a> <a href="https://www.youtube.com/watch?v=iiQv-m6EKwY">https://www.youtube.com/watch?v=iiQv-m6EKwY</a> <a href="https://www.youtube.com/watch?v=X9tEMTYVdeg">https://www.youtube.com/watch?v=X9tEMTYVdeg</a>	All    7-8 <sup>th</sup> D
<b>Protect Dribble</b>	From a wide stance, dribble the basketball just behind the back foot. Create an arm bar with the off-hand to protect the ball from the defenders. Put chin on front shoulder to see the court.	Same as above but ball at side of back leg in a shuffle position	All
<b>Crossover Dribble</b>	Swing or 2 pound snap ball back & forth in front	See Control dribble video above	All
<b>V dribble</b>	Move ball back & forth in front of one leg with one hand or on one side	See Control dribble video above	All   <b>KEY</b> <b>All= All Develop</b> <b>D= Develop</b> <b>P= Proficient</b>

Skill: 2 balls Stationary Dribble	Description	Link: Demo or Drills	Grade level
Same	Dribble each ball in front of legs below knee level	<a href="https://www.youtube.com/watch?v=5I9nXwhmBSI">https://www.youtube.com/watch?v=5I9nXwhmBSI</a>	All
Alternate	Dribble each ball in front of legs below knee level in piston formation		All
Windshield	Move balls in one direction side to side		6 <sup>th</sup> -8 <sup>th</sup> p
V	Move balls in-out together		6 <sup>th</sup> -8 <sup>th</sup> p
High-low	Dribble one above knee level and other below		6 <sup>th</sup> -8 <sup>th</sup> p
2 Ball Dribble Moving	Same, alternate, between legs or behind back with crossovers	In line or Zig Zag <a href="https://www.youtube.com/watch?v=0kmG4LxeRjw">https://www.youtube.com/watch?v=0kmG4LxeRjw</a>	7 <sup>th</sup> -8 <sup>th</sup> p

Skill: Dribbling On the Move	Description	Link: Demo or Drills	Grade level
Speed	Run the length of the court pushing the ball out in front and using as few dribbles as possible to get from baseline to baseline	<a href="https://www.youtube.com/watch?v=5dL5FRzqTP4">https://www.youtube.com/watch?v=5dL5FRzqTP4</a>	All
Shuffle	From a protect dribble stance, shuffle forward and backward maintaining control of the dribble.	<a href="https://www.youtube.com/watch?v=5ugL51PUyc">https://www.youtube.com/watch?v=5ugL51PUyc</a>  *above includes several moves	All
Crossover	Move the ball from one hand to the other while moving straight ahead and coming to a jump-stop to change direction. The dribble should be low; below the knees.	<a href="https://www.youtube.com/watch?v=AK6S9-rWp-U">https://www.youtube.com/watch?v=AK6S9-rWp-U</a>  4 cones in line or zig zag	All

<b>Hesitate</b>	From a speed dribble, the ability to slow down momentarily and then accelerate pushing the ball out in front to get past the defender.	<a href="https://www.youtube.com/watch?v=0Wwv5nDpL6k">https://www.youtube.com/watch?v=0Wwv5nDpL6k</a> <a href="https://www.breakthroughbasketball.com/fundamentals/Chris-Paul-Hesitation-Move.html">https://www.breakthroughbasketball.com/fundamentals/Chris-Paul-Hesitation-Move.html</a>  4 cones in line	All
<b>In-Out</b>	Similar to the crossover dribble, except instead of releasing the ball to the other hand, the dribbler rotates the hand over the ball and pulls the ball back.	<a href="https://www.youtube.com/watch?v=b73g2s6HpC4">https://www.youtube.com/watch?v=b73g2s6HpC4</a>  4 cones in line	7 <sup>th</sup> -8 <sup>th</sup> P
<b>Spin</b>	Plant the foot opposite the hand dribbling and then reverse pivot, taking a large step with the other foot and bringing the ball around the body.	<a href="https://www.youtube.com/watch?v=skK0uGQemLE">https://www.youtube.com/watch?v=skK0uGQemLE</a>  4 cones in line or zig zag	4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Back up-Crossover</b>	Pull ball (shuffle) back 2 hard dribbles crossover past defender.	<a href="https://www.youtube.com/watch?v=8MUEN3rqwt8">https://www.youtube.com/watch?v=8MUEN3rqwt8</a>  4 cones in line	5 <sup>th</sup> -8 <sup>th</sup> P
<b>Between the legs</b>	Ability to change direction while executing a crossover-dribble between the legs.	<a href="https://www.youtube.com/watch?v=zlxM7CUFBcw">https://www.youtube.com/watch?v=zlxM7CUFBcw</a> <a href="https://www.youtube.com/watch?v=8MUEN3rqwt8">https://www.youtube.com/watch?v=8MUEN3rqwt8</a>  Zig Zag cones	7 <sup>th</sup> -8 <sup>th</sup> P
<b>Behind the back</b>	Use a jump-stop off a speed dribble and put the ball behind the back and then move in that direction. Also, wrap the ball around the back while on the run.	<a href="https://www.youtube.com/watch?v=8MUEN3rqwt8">https://www.youtube.com/watch?v=8MUEN3rqwt8</a>  Zig Zag cones	7 <sup>th</sup> -8 <sup>th</sup> P
<b>Dribble vs Defender</b>	Work on all moves against a defender	<a href="https://www.youtube.com/watch?v=KNSrRQ1OFy8">https://www.youtube.com/watch?v=KNSrRQ1OFy8</a> <a href="https://www.youtube.com/watch?v=3DZjef1Oqw">https://www.youtube.com/watch?v=3DZjef1Oqw</a> <a href="https://www.youtube.com/watch?v=2R-MVTalZ8g">https://www.youtube.com/watch?v=2R-MVTalZ8g</a>  1v1 in alley(outside 1/3) down/back or in highway(middle 1/3)	All

Skill: Passing	Description	Link: Demo or Drills	Grade level
<b>Triple Threat</b>	Eyes on rim Look to shoot, drive or pass	<a href="https://www.youtube.com/watch?v=A0g9hjf9rkl">https://www.youtube.com/watch?v=A0g9hjf9rkl</a> <a href="https://www.youtube.com/watch?v=KYct_U274JA">https://www.youtube.com/watch?v=KYct_U274JA</a>	All
<b>Pivot-Protect</b>	Forward-reverse pivot ripping ball high or low	<a href="https://www.youtube.com/watch?v=PMrRpbq40nl">https://www.youtube.com/watch?v=PMrRpbq40nl</a>	4 <sup>th</sup> -5 <sup>th</sup> Develop 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Catch-Squeeze ball in air</b>	Jump to ball Squeeze with 2 hands	<a href="https://www.youtube.com/watch?v=-9SOcopNykg">https://www.youtube.com/watch?v=-9SOcopNykg</a> <a href="https://www.youtube.com/watch?v=SbOxamKyzY">https://www.youtube.com/watch?v=SbOxamKyzY</a>	6 <sup>th</sup> -8 <sup>th</sup> P
<b>Crisp Passes(on a rope) to hands of target</b>	Pass with strength See eyes/ hands of target	<a href="https://www.youtube.com/watch?v=-9SOcopNykg">https://www.youtube.com/watch?v=-9SOcopNykg</a>	4 <sup>th</sup> -5 <sup>th</sup> Develop 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Chest(air) pass</b>	Two hand pass that hits the receiver in the hands. Step in the direction of the pass and finish with thumbs pointing down.	<a href="https://www.youtube.com/watch?v=-9SOcopNykg">https://www.youtube.com/watch?v=-9SOcopNykg</a> <a href="https://www.youtube.com/watch?v=y9UtZEY6maE">https://www.youtube.com/watch?v=y9UtZEY6maE</a>	All
<b>Bounce Pass</b>	Two hand pass that bounces once and hits the receiver near waist-level. Step in the direction of the pass and finish with thumbs pointing down.	<a href="https://www.youtube.com/watch?v=-9SOcopNykg">https://www.youtube.com/watch?v=-9SOcopNykg</a>	All
<b>Overhead</b>	Two hand pass that comes from above the passer's head and hits the receiver between the chest and head. Thumbs should also point down after pass.	<a href="https://www.youtube.com/watch?v=-9SOcopNykg">https://www.youtube.com/watch?v=-9SOcopNykg</a>	4 <sup>th</sup> -5 <sup>th</sup> Develop 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Baseball</b>	Long distance overhand pass. Start with two hands on the ball and step to the target while releasing the ball with one hand.	<a href="https://www.youtube.com/watch?v=-9SOcopNykg">https://www.youtube.com/watch?v=-9SOcopNykg</a>	6 <sup>th</sup> -8 <sup>th</sup> P
<b>Wrap(Step) Around</b>	Pass made from the side of the body used to pass the ball around a defender, usually to player posting up. Step away from the defender and make a quick one or two hand pass.	<a href="https://www.youtube.com/watch?v=-9SOcopNykg">https://www.youtube.com/watch?v=-9SOcopNykg</a> <a href="https://www.youtube.com/watch?v=SbOxamKyzY">https://www.youtube.com/watch?v=SbOxamKyzY</a> <a href="https://www.youtube.com/watch?v=XefDqM9nrTo">https://www.youtube.com/watch?v=XefDqM9nrTo</a>	5 <sup>th</sup> -6 <sup>th</sup> Develop 7 <sup>th</sup> -8 <sup>th</sup> P
<b>Pass to a Moving Target</b>	Execute chest or bounce passes to a receiver that is on the move.	<a href="https://www.youtube.com/watch?v=kxdbukqbLA">https://www.youtube.com/watch?v=kxdbukqbLA</a> <a href="https://www.youtube.com/watch?v=PkpymnO7Sgc">https://www.youtube.com/watch?v=PkpymnO7Sgc</a> <a href="https://www.youtube.com/watch?v=qaQKiZsLNYU">https://www.youtube.com/watch?v=qaQKiZsLNYU</a>	4 <sup>th</sup> -5 <sup>th</sup> Develop 6 <sup>th</sup> -8 <sup>th</sup> P

<b>Jump Stop Pass</b>	Ability to come to a jump stop from a speed dribble and make a chest or bounce pass to a target.	<a href="https://www.youtube.com/watch?v=SZ076luKYvw">https://www.youtube.com/watch?v=SZ076luKYvw</a> <a href="https://www.youtube.com/watch?v=bUSOZTnPtMY">https://www.youtube.com/watch?v=bUSOZTnPtMY</a> *good for drive & kick to teammate	All
<b>Off the Dribble Two hand Push Pass</b>	From an active dribble, players are able to make an accurate pass to a teammate. Pick up the ball with two hands and push the ball toward the target with a wrist snap, like the follow-through when taking a shot.	<a href="https://www.youtube.com/watch?v=Qx20lxJ_to">https://www.youtube.com/watch?v=Qx20lxJ_to</a> In line passing drill-see below- but increase distance and add one or two dribbles before pass <a href="https://www.youtube.com/watch?v=-6jAsCBizqk">https://www.youtube.com/watch?v=-6jAsCBizqk</a>	4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Off the Dribble to a Moving Target</b>	Execute the off the dribble pass to a receiver that is moving, usually on the fast break.	3 on 2 on 1	All
<b>Off the Dribble One hand Push Pass</b>	From an active dribble, players are able to make an accurate pass to a teammate. Pass ball off the dribble with one hand and push the ball toward the target.	<a href="https://www.youtube.com/watch?v=P3xHRzr7-1g">https://www.youtube.com/watch?v=P3xHRzr7-1g</a>	7 <sup>th</sup> -8 <sup>th</sup> D

Skill: Shooting	Description	Link: Demo or Drills	Grade level
<b>Form Shooting (“straight”)</b>	Starting close to the basket, maintain proper shooting mechanics. Use both one and two-hand form shooting.	Arc(elbow extends 60 degrees from shooting pocket) Rotation(ball rolls off finger pads(index-middle) Accuracy(elbow in-index/middle finish “up & over the rim” Off-hand “karate” <a href="https://www.youtube.com/watch?v=MxO-5-bJmoM">https://www.youtube.com/watch?v=MxO-5-bJmoM</a> <a href="https://www.youtube.com/watch?v=iTp4ijpLivs">https://www.youtube.com/watch?v=iTp4ijpLivs</a> <a href="https://www.youtube.com/watch?v=nWgcOIUQM4U">https://www.youtube.com/watch?v=nWgcOIUQM4U</a>	All
<b>Catch and Shoot (stationary)</b>	With the non-dominant foot forward, step in with your opposite foot while receiving the pass and flow into the shot maintaining good technique.	Stationary Partner catch & shoot drills with feet & hands ready <a href="https://www.youtube.com/watch?v=4PRQjKCX3-w">https://www.youtube.com/watch?v=4PRQjKCX3-w</a>	All
<b>1-2 Step Catch and Shoot (moving)</b>	The foot of the first step should land as the ball is caught. Bring the other foot into position squaring up to the basket while moving the basketball into shooting position.	<a href="https://www.youtube.com/watch?v=4PRQjKCX3-w">https://www.youtube.com/watch?v=4PRQjKCX3-w</a> <a href="https://www.youtube.com/watch?v=rKjTXq3FUfs">https://www.youtube.com/watch?v=rKjTXq3FUfs</a> <a href="https://www.youtube.com/watch?v=tgb0bFX4d-l">https://www.youtube.com/watch?v=tgb0bFX4d-l</a> <a href="https://www.youtube.com/watch?v=CDysYxvWtMs">https://www.youtube.com/watch?v=CDysYxvWtMs</a>	All  *Shoot across drill
<b>Hop-Turn</b>	Alternative to 1-2 step catch & shoot. Small hop to ball with slight turning of feet/body left of center.	<a href="https://www.youtube.com/watch?v=6iMpVVibMmc">https://www.youtube.com/watch?v=6iMpVVibMmc</a>	
<b>Bank Shot</b>	Develop the ability to execute a bank shot and where on the court provides the best angle to shoot a bank shot.	<a href="https://www.youtube.com/watch?v=TackHHEhRTM">https://www.youtube.com/watch?v=TackHHEhRTM</a>	
<b>Beginner Right(strong)hand Layup</b>	No dribble; 1 or 2 dribble	<a href="https://www.youtube.com/watch?v=SzWGTsjsALY">https://www.youtube.com/watch?v=SzWGTsjsALY</a> <a href="https://www.youtube.com/watch?v=Tm7N2HU4noQ">https://www.youtube.com/watch?v=Tm7N2HU4noQ</a> <a href="https://www.youtube.com/watch?v=Q9ma-CTcX_l">https://www.youtube.com/watch?v=Q9ma-CTcX_l</a>	4 <sup>th</sup> -5 <sup>th</sup> P
<b>Layup</b>	Ability to complete a layup from both sides jumping off the inside foot and shooting with the outside hand. This is done off	<a href="https://www.youtube.com/watch?v=BwR1DPCVsP8">https://www.youtube.com/watch?v=BwR1DPCVsP8</a> <a href="https://www.youtube.com/watch?v=ParXMZbxgRc">https://www.youtube.com/watch?v=ParXMZbxgRc</a> <a href="https://www.youtube.com/watch?v=6lyBb7u7SAg">https://www.youtube.com/watch?v=6lyBb7u7SAg</a>	4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P

<b>Reverse</b>	the dribble and after receiving a pass.	<a href="https://www.youtube.com/watch?v=IGcalXmWUwA">https://www.youtube.com/watch?v=IGcalXmWUwA</a>	7 <sup>th</sup> -8 <sup>th</sup>
<b>Power Layup</b>	Dribble to the basket, execute a two-foot jump with the shoulders parallel to the backboard and feet pointed to the baseline. Power the ball up off the board.	<a href="https://www.youtube.com/watch?v=qkHBMmMIEr8">https://www.youtube.com/watch?v=qkHBMmMIEr8</a>  <b>*alternative for 4<sup>th</sup>-5<sup>th</sup> grade non-dominant layups</b> Player dribble in with outside hand to jump-stop layup shot with outside hand or strong hand	All
<b>Layup off Shot Fake/Jab Step</b>	From the triple threat position, make a shot fake or jab step, drive past defender towards the basket and execute a layup	<a href="https://www.youtube.com/watch?v=yZb8OAXnl24">https://www.youtube.com/watch?v=yZb8OAXnl24</a>	All
<b>Shooting off the Dribble</b>	Dribble moves to shooting off the dribble	<a href="https://www.youtube.com/watch?v=FF-jpP6gTa4">https://www.youtube.com/watch?v=FF-jpP6gTa4</a> <a href="https://www.youtube.com/watch?v=opyflGsyicE">https://www.youtube.com/watch?v=opyflGsyicE</a> <a href="https://www.youtube.com/watch?v=V9lsb83eII4">https://www.youtube.com/watch?v=V9lsb83eII4</a> <a href="https://www.youtube.com/watch?v=Kzaj1oMtS4k">https://www.youtube.com/watch?v=Kzaj1oMtS4k</a> <a href="https://www.youtube.com/watch?v=PlrTNkdb8ZA">https://www.youtube.com/watch?v=PlrTNkdb8ZA</a> <a href="https://www.youtube.com/watch?v=eGGEAhSFFB0">https://www.youtube.com/watch?v=eGGEAhSFFB0</a>	All
<b>Attacking the Basket</b>  <b>Step(snap) back</b>	From the triple threat position, make a shot fake or jab step, take 1-2 dribbles towards the basket and shoot off a 1-2 step or jump stop (hop).	<a href="https://www.youtube.com/watch?v=cKyw7iVYgOc">https://www.youtube.com/watch?v=cKyw7iVYgOc</a> <a href="https://www.youtube.com/watch?v=UunALJ4Hr0w">https://www.youtube.com/watch?v=UunALJ4Hr0w</a> <a href="https://www.youtube.com/watch?v=6dMc2nGSYYc">https://www.youtube.com/watch?v=6dMc2nGSYYc</a> <a href="https://www.youtube.com/watch?v=fyDe8xRtB2s">https://www.youtube.com/watch?v=fyDe8xRtB2s</a> <a href="https://www.youtube.com/watch?v=1U45tau_6DY">https://www.youtube.com/watch?v=1U45tau_6DY</a>	6 <sup>th</sup> -8 <sup>th</sup> D
<b>Free Throws</b> <b>3 Pointers</b> <b>PRO SHOT SYSTEM</b>	Focus on "straight" shot Age-appropriate (3's) <b>BEEF vs FOREST</b>  <b>Index Finger</b>  <b>The DIP</b>  <b>Sweep &amp; Sway</b>	Include in each Practice-competition drills  <a href="https://www.youtube.com/watch?v=YZqiofwd1tg">https://www.youtube.com/watch?v=YZqiofwd1tg</a>  <a href="https://www.youtube.com/watch?v=SDVXmaEXWQI">https://www.youtube.com/watch?v=SDVXmaEXWQI</a> <a href="https://www.youtube.com/watch?v=kPaSKllNeCs">https://www.youtube.com/watch?v=kPaSKllNeCs</a>  <a href="https://www.youtube.com/watch?v=SmbFZpykTIY&amp;list=PLwTAc-hJuHbTGliPTXTQAddD_IsJIVt_c">https://www.youtube.com/watch?v=SmbFZpykTIY&amp;list=PLwTAc-hJuHbTGliPTXTQAddD_IsJIVt_c</a>  <a href="https://www.youtube.com/watch?v=Nq_EppDGO6Q">https://www.youtube.com/watch?v=Nq_EppDGO6Q</a>	All  6 <sup>th</sup> D 7 <sup>th</sup> -8 <sup>th</sup> P Alternative

Skill: Team Offense Skills and Concepts	Description	Link: Demo or Drills	Grade level
<b>Front and Back(reverse) Pivots</b>	Ability to execute both a front pivot (chest leads) and a back pivot (backside leads) using both right and left feet	<a href="https://www.youtube.com/watch?v=S9eWP-Qg7Jg">https://www.youtube.com/watch?v=S9eWP-Qg7Jg</a>	All
<b>Jump Stop</b>	Players are able to stop on balance using both a two-foot jump stop (both feet land at the same time) and a 1-2 jump stop (back foot lands first) both off the catch and off the dribble.	<a href="http://www.basketballforcoaches.com/teaching-the-jump-stop/">http://www.basketballforcoaches.com/teaching-the-jump-stop/</a>	All
<b>Rim, Post/Cutter, Action “Triple threat”</b>	Every time receiving a pass on the perimeter, players should square up to the basket, in an athletic stance, with their “eyes to the rim” (catch to shoot, look for pass to Post/cutter inside or react to drive).	<a href="https://www.youtube.com/watch?v=A0g9hjf9rkl">https://www.youtube.com/watch?v=A0g9hjf9rkl</a>	All
<b>Give-and-Go (front cut)</b>	After passing the ball to a teammate, the player sets up her defender by taking 1-2 steps away from the ball and then cuts to the basket.	<a href="https://www.youtube.com/watch?v=xehL3cHw3U">https://www.youtube.com/watch?v=xehL3cHw3U</a>	All
<b>Backdoor (rear cut)</b>	If one pass away from ball and defender overplaying on perimeter(in passing lane) make a cut to basket behind defender	<a href="https://www.youtube.com/watch?v=xehL3cHw3U">https://www.youtube.com/watch?v=xehL3cHw3U</a>	All
<b>Get Open Cuts</b>	Ability to execute a V-cut, L-cut and change speeds in order to get open to receive a pass. Also, Flash or flare.	<a href="https://www.youtube.com/watch?v=hquaGAUWCH4">https://www.youtube.com/watch?v=hquaGAUWCH4</a>	All
<b>Spacing</b>	Players develop an understanding of the importance of proper spacing of 12-15 feet for effective offensive execution. Players do not chase the ball or crowd near the basket.	<a href="https://www.youtube.com/watch?v=7xAzANFC74c">https://www.youtube.com/watch?v=7xAzANFC74c</a>	All
<b>Screening</b>	Ability to set a solid screen for a teammate. Player sprints to set the screen, comes to jump stop and on balance and holds the screen until teammate cuts.	<a href="https://www.youtube.com/watch?v=SxyKF2gwkMI">https://www.youtube.com/watch?v=SxyKF2gwkMI</a>	All

<b>Post Up Position</b>	Ability to post up a defender in the low post with a wide stance, bent knees and using the arms to hold off the defender and call for the ball.	<a href="https://www.youtube.com/watch?v=JH_qOB_QT3A">https://www.youtube.com/watch?v=JH_qOB_QT3A</a>	All
<b>Drop Step baseline</b>	Show shoulder and react to defender. Drop outside/baseline with forward pivot. Finish with no dribble or power dribble.	<a href="https://www.youtube.com/watch?v=9ZYyvCcephs">https://www.youtube.com/watch?v=9ZYyvCcephs</a>	6 <sup>th</sup> -8 <sup>th</sup> D
<b>2 Dribble middle Drop Step</b>	2 hard dribbles middle(lane) before drop step outside foot/front pivot	<a href="https://www.youtube.com/watch?v=UGnV7UMQHMc">https://www.youtube.com/watch?v=UGnV7UMQHMc</a> <a href="https://www.youtube.com/watch?v=79BBYhLGGQQ">https://www.youtube.com/watch?v=79BBYhLGGQQ</a>	6 <sup>th</sup> -8 <sup>th</sup> D
<b>Back(Reverse) pivot shot</b>	With back to basket, back pivot to shoot	<a href="https://www.youtube.com/watch?v=bfmADWVQp3o">https://www.youtube.com/watch?v=bfmADWVQp3o</a>	All
<b>Back(Reverse) pivot Up-under</b>	With back to basket, back pivot, fake shot & drive to basket	<a href="https://www.youtube.com/watch?v=bfmADWVQp3o">https://www.youtube.com/watch?v=bfmADWVQp3o</a>	All
<b>Seal(block-out) Defender</b>	Can use for guards on entry of ball from BLOB or posts inside low block or after cut to basket and back pivot	<a href="https://www.youtube.com/watch?v=t2dJ6EpQlqk">https://www.youtube.com/watch?v=t2dJ6EpQlqk</a>	All
<b>Sikma-Post Move</b>	Step out from block to short corner(SC) Back(reverse) pivot for shot or up/under	<a href="https://www.youtube.com/watch?v=L6B6M_rb6CO">https://www.youtube.com/watch?v=L6B6M_rb6CO</a>	7 <sup>th</sup> -8 <sup>th</sup> D
<b>Screen and Roll Or Pop</b>	Players are able to execute an on-the-ball screen where the player with the ball dribbles hard off the screen looking to score and the screener either rolls to the basket or pops back for a jump shot.	<a href="https://www.youtube.com/watch?v=ffjo8ReDzhA">https://www.youtube.com/watch?v=ffjo8ReDzhA</a> <a href="https://www.youtube.com/watch?v=egIHCJHuGXA">https://www.youtube.com/watch?v=egIHCJHuGXA</a> <a href="https://www.youtube.com/watch?v=DiQMQPDIRyM">https://www.youtube.com/watch?v=DiQMQPDIRyM</a>	All
<b>Off ball(Back) Screens</b>	Screen a player away from the ball. Back screen & fill spot. Ability to come off a screen with a curl cut, fade or backdoor.	Pass & screen away; Guards down screen on low block/wing <a href="https://www.youtube.com/watch?v=7eHjZCaGOmg">https://www.youtube.com/watch?v=7eHjZCaGOmg</a>	6 <sup>th</sup> -8 <sup>th</sup> D

Skill: Team Defense Skills and Concepts	Description	Link: Demo or Drills	Grade level
<b>Stance</b>	Players consistently play defense in an athletic stance and on balance.	Ball-defender-basket	All
<b>Lateral Movement (Defensive Step-slides or Push-step)</b>	Side-to-Side movement improves over time thereby improving a player's ability to guard the ball.	<a href="https://www.youtube.com/watch?v=myd2ozcpiwg">https://www.youtube.com/watch?v=myd2ozcpiwg</a> <a href="https://www.youtube.com/watch?v=xaZztoa2Ldc&amp;index=45&amp;list=PLF-5cY3NQmBOzanuD1DdT9xwlAlje1pDc">https://www.youtube.com/watch?v=xaZztoa2Ldc&amp;index=45&amp;list=PLF-5cY3NQmBOzanuD1DdT9xwlAlje1pDc</a> <a href="https://www.youtube.com/watch?v=EPK65nswetc">https://www.youtube.com/watch?v=EPK65nswetc</a>	All
<b>Drop Steps/Back pedal</b>	Drop forward foot back or back pedal slide		All
<b>Turn &amp; Sprint Recover</b>	Turn hips and run ahead of ball	If beat off dribble player needs to turn hips get out of stance to sprint ahead of ball & recover stance <a href="https://www.youtube.com/watch?v=BOxdd58MGUg">https://www.youtube.com/watch?v=BOxdd58MGUg</a>	All
<b>Plant &amp; GO</b>	Push off back foot	Used in closeouts or guarding the ball	All
<b>Close out on the Ball</b>	Players are able to close out on the ball-handler on balance and under control. Sprint 2-3 strides and then stutter-step the remaining distance with hands-up (take away jump shot) and butt down (take away the drive).	<a href="https://www.youtube.com/watch?v=fw-VefO1x3g">https://www.youtube.com/watch?v=fw-VefO1x3g</a> <a href="https://www.youtube.com/watch?v=TggzvtDTG_k">https://www.youtube.com/watch?v=TggzvtDTG_k</a> <a href="https://www.youtube.com/watch?v=8ad4bX76pO4">https://www.youtube.com/watch?v=8ad4bX76pO4</a>	All
<b>Ball Pressure (Guard the ball)</b>  <b>"Guard a yard"</b>	Develop the understanding of what it means to apply ball pressure which improves their ability to guard the ball and not get beat off the dribble.	<a href="https://www.youtube.com/watch?v=hHvEDgKepf4">https://www.youtube.com/watch?v=hHvEDgKepf4</a> <a href="https://www.youtube.com/watch?v=NJT7wqYm1fQ">https://www.youtube.com/watch?v=NJT7wqYm1fQ</a>	All
<b>Deny/Gap (1 pass away)</b>	Develop the knowledge and ability to get in correct position 1 pass away. Denying the ball(on the line) or in the gap(below the line) helping on ball defender	<a href="https://www.youtube.com/watch?v=6mDElcbE0J8">https://www.youtube.com/watch?v=6mDElcbE0J8</a> <a href="https://www.youtube.com/watch?v=7NHZpDT4l8M">https://www.youtube.com/watch?v=7NHZpDT4l8M</a> *Gap defender is half way between ball and opponent player they are guarding	All

<b>Help-Side</b>	Develop the knowledge and ability to get in correct help position depending on whether a player is 1 or 2 passes away from the ball. Gap or foot in lane/midline	<a href="https://www.youtube.com/watch?v=C-dNmzxNQkc">https://www.youtube.com/watch?v=C-dNmzxNQkc</a> <a href="https://www.youtube.com/watch?v=7NHZpDT4l8M">https://www.youtube.com/watch?v=7NHZpDT4l8M</a>	All
<b>Jump to the Ball</b>	When an opponent makes a pass, the defender moves towards the ball in order to get in proper help position and to prevent the passer from cutting in front.	<a href="https://www.youtube.com/watch?v=TggzvtDTG_k">https://www.youtube.com/watch?v=TggzvtDTG_k</a> <a href="https://www.youtube.com/watch?v=8ad4bX76pO4">https://www.youtube.com/watch?v=8ad4bX76pO4</a>	4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Help and Recover</b>	Player is able to get into position to stop dribble penetration and then able to recover back to her player or rotate to an open player.	<a href="https://www.youtube.com/watch?v=t9GWqQI-XVM">https://www.youtube.com/watch?v=t9GWqQI-XVM</a> <a href="https://www.youtube.com/watch?v=kqgJuX5l-wg">https://www.youtube.com/watch?v=kqgJuX5l-wg</a>	All
<b>Help the helper</b>	Weak-side defender needs position to be level with basketball	<a href="https://www.youtube.com/watch?v=t9GWqQI-XVM">https://www.youtube.com/watch?v=t9GWqQI-XVM</a> <a href="https://www.youtube.com/watch?v=bUFItGgQRts">https://www.youtube.com/watch?v=bUFItGgQRts</a>	7 <sup>th</sup> -8 <sup>th</sup> D
<b>Post Defense</b>	Full front, ¾ or behind	<a href="https://www.youtube.com/watch?v=BfyY4uyDJNU">https://www.youtube.com/watch?v=BfyY4uyDJNU</a>	4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Dig/double down</b>	Guards help defend the post with the ball		4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Defending On-the-Ball Screens</b>	Players are able to defend an on-the-ball screen by showing and recover, switching or trapping the ball-handler	<a href="http://www.fastmodelsports.com/library/basketball/fastdraw/19287/play-5-WAYS-TO-DEFEND-BALL-SCREENS">http://www.fastmodelsports.com/library/basketball/fastdraw/19287/play-5-WAYS-TO-DEFEND-BALL-SCREENS</a> <a href="https://www.youtube.com/watch?v=6Ao9Ya2eXjM">https://www.youtube.com/watch?v=6Ao9Ya2eXjM</a>	4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Defending Off-the-Ball Screens</b>	Switch or fight around		4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Trap the Ball</b>	Players can execute a 2-person trap of the ball-handler without fouling. Shoulder/hip to shoulder/hip.	<a href="https://www.youtube.com/watch?v=zg5lNNp6scg">https://www.youtube.com/watch?v=zg5lNNp6scg</a> <a href="https://www.youtube.com/watch?v=CnK-EWShTfo">https://www.youtube.com/watch?v=CnK-EWShTfo</a>	6 <sup>th</sup> -8 <sup>th</sup> D

<b>Positioning Overview</b>	See ball-man at all times(point to each)	<a href="https://www.youtube.com/watch?v=NEjED9pD3SA">https://www.youtube.com/watch?v=NEjED9pD3SA</a>  *Be half way & below the Line of the ball drawn between the ball and the player you are guarding	All
<b>Communication</b>	Players are vocal and talk to their teammates. "Ball", "Help", "Screen", "Dead" and "Shot" are some keywords that players should be able to communicate.		4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P
<b>Box Out in Lane (reverse/back pivot)</b>	Players develop the habit of boxing out a defender every time the opponent takes a shot.	<a href="https://www.youtube.com/watch?v=fvu-QCVfBzU">https://www.youtube.com/watch?v=fvu-QCVfBzU</a>  <a href="https://www.youtube.com/watch?v=ChDw_04BUNU">https://www.youtube.com/watch?v=ChDw_04BUNU</a>	All
<b>Block Out on Perimeter</b>	On perimeter look to step into opponent and arm bar	<a href="https://www.youtube.com/watch?v=gOofKe4_NnE">https://www.youtube.com/watch?v=gOofKe4_NnE</a>  <a href="https://www.youtube.com/watch?v=czyD6hZt7IO">https://www.youtube.com/watch?v=czyD6hZt7IO</a>	All
<b>Jump for Rebound</b>	Jumping from 2 feet with 2 hands landing with solid/wide base. Chin the ball	<a href="https://www.youtube.com/watch?v=Aj3q3ovtOBw">https://www.youtube.com/watch?v=Aj3q3ovtOBw</a>  <a href="https://www.youtube.com/watch?v=aX7NJTOYVPM">https://www.youtube.com/watch?v=aX7NJTOYVPM</a>	All
<b>Rebounding</b>	Awareness, anticipation, aggressiveness to the ball	<a href="https://www.youtube.com/watch?v=fvu-QCVfBzU">https://www.youtube.com/watch?v=fvu-QCVfBzU</a>  <a href="https://www.youtube.com/watch?v=rCEshnfG4f0">https://www.youtube.com/watch?v=rCEshnfG4f0</a>  <a href="https://www.youtube.com/watch?v=KFCbA0KcC6U">https://www.youtube.com/watch?v=KFCbA0KcC6U</a>	All
<b>Defensive Transition</b>	After a change of possession, players sprint back on defense and match-up to prevent easy baskets.	<a href="https://www.youtube.com/watch?v=UKGkBTCJ-EE">https://www.youtube.com/watch?v=UKGkBTCJ-EE</a>  Fast break drills/Scrimmage	All

Skill : PG Position Specific Skill Set	Description	Link: Demo or Drill	Grade level 6 <sup>th</sup> -8 <sup>th</sup> D
<b>At least one-go-to move and a counter move</b> i.e. <b>Hesitate/Crossover</b>	PG's who cannot penetrate and create shots for themselves and their teammates are less effective than those who can.	<a href="https://www.youtube.com/watch?v=0Wwv5nDpL6k">https://www.youtube.com/watch?v=0Wwv5nDpL6k</a>	
<b>The ability to stop &amp; go quickly</b>	This is critical for various reasons; to get to the spot where they can score, or because a defender has engaged them and they need to alter their path to the basket	<a href="https://www.youtube.com/watch?v=6dMc2nGSYYc">https://www.youtube.com/watch?v=6dMc2nGSYYc</a>	
<b>An occupy dribble</b> i.e. in-out or shuffle	There are times when a PG must be stationary while a play develops. The occupy dribble gives you space and time to orchestrate and make the play.	<a href="https://www.youtube.com/watch?v=b73g2s6HpC4">https://www.youtube.com/watch?v=b73g2s6HpC4</a> <a href="https://www.youtube.com/watch?v=fyDe8xRtB2s">https://www.youtube.com/watch?v=fyDe8xRtB2s</a>	
<b>A great misdirection game</b>	This means the ability to use dribble jabs and changes of direction to fake out the defense. The more a PG uses misdirection, the harder she is to guard.	<a href="https://www.youtube.com/watch?v=UunALJ4Hr0w">https://www.youtube.com/watch?v=UunALJ4Hr0w</a> <a href="https://www.youtube.com/watch?v=cKyw7iVYgOc">https://www.youtube.com/watch?v=cKyw7iVYgOc</a> <a href="https://www.youtube.com/watch?v=1U45tau_6DY">https://www.youtube.com/watch?v=1U45tau_6DY</a> <a href="https://www.youtube.com/watch?v=6dMc2nGSYYc">https://www.youtube.com/watch?v=6dMc2nGSYYc</a>	
<b>A retreat dribble</b>	Not just for traps. Aggressive PG must occasionally retreat out of help situations.	<a href="https://www.youtube.com/watch?v=zg5INNp6scg">https://www.youtube.com/watch?v=zg5INNp6scg</a>	
<b>Passing off the dribble</b>  <b>Pass Fakes</b>	A PG's job is to create. The ability to pass off the dribble leads to more assists. Be a playmaker and make your teammates better.		
<b>Shut down defender</b>	PG's need to be great on ball defenders.	<a href="https://www.youtube.com/watch?v=myd2ozcpiwg">https://www.youtube.com/watch?v=myd2ozcpiwg</a> <a href="https://www.youtube.com/watch?v=hHvEDgKepf4">https://www.youtube.com/watch?v=hHvEDgKepf4</a>	
<b>Intangibles</b>	Leadership, communication, court vision, time and game management, controlling tempo, decision making	<a href="https://www.youtube.com/watch?v=KPftBou4VuI">https://www.youtube.com/watch?v=KPftBou4VuI</a>	
<b>Passing to Post</b>	Hunting for high % scoring chances	<a href="https://www.youtube.com/watch?v=JH_gOB_QT3A">https://www.youtube.com/watch?v=JH_gOB_QT3A</a>	
<b>Rebounding</b>	Defensive to start transition	<a href="https://www.youtube.com/watch?v=czyD6hZt7I0">https://www.youtube.com/watch?v=czyD6hZt7I0</a>	
<b>High Free Throw %</b>	Dribble penetration drawing fouls		

Skill: Post/Inside Position Skill Set	Description	Link: Demo or Drill	Grade level
<b>Positioning</b>	Ability to post up a defender in the low post with a wide stance, bent knees and using the arms to hold off the defender and call for the ball.	<a href="https://www.youtube.com/watch?v=JH_qOB_QT3A">https://www.youtube.com/watch?v=JH_qOB_QT3A</a>	All
<b>Positioning with Ball in low post</b>	Anticipate pass from perimeter sealing off defender and going to ball. Sit in chair & chin the ball	<a href="https://www.youtube.com/watch?v=t2dJ6EpQlgk">https://www.youtube.com/watch?v=t2dJ6EpQlgk</a>	All
<b>Basic Post Moves</b> (Back to basket or Face up)	Drop Step baseline or middle; Reverse pivot(spin) for drive, shot or shot fake/drive(up/under)	<a href="https://www.youtube.com/watch?v=9ZYyvCcephs">https://www.youtube.com/watch?v=9ZYyvCcephs</a> <a href="https://www.youtube.com/watch?v=UGnV7UMQHMc">https://www.youtube.com/watch?v=UGnV7UMQHMc</a> <a href="https://www.youtube.com/watch?v=bfmADWVQp3o">https://www.youtube.com/watch?v=bfmADWVQp3o</a>	All
<b>Cuts</b>	Start weak-side, Flash from block to opposite block, middle of lane or opposite elbow		All
<b>Posts Screen Away</b>	2 inside players one on each block. Post up ball side, if not open go screen away(other post) and fill strong side elbow after other post fills strong side block		5 <sup>th</sup> -8 <sup>th</sup>
<b>Pick &amp; Roll/Pop</b>	Set wide based screen on ball defender looking to receive ball inside(roll) or outside(pop)	<a href="https://www.youtube.com/watch?v=ffjo8ReDzhA">https://www.youtube.com/watch?v=ffjo8ReDzhA</a> <a href="https://www.youtube.com/watch?v=DiQMQPDIRyM">https://www.youtube.com/watch?v=DiQMQPDIRyM</a>	All
<b>Screen off ball</b>	Screen cutters in lane		5 <sup>th</sup> -8 <sup>th</sup> D
<b>Rebound</b>	Defense ends with Rebounding	<a href="https://www.youtube.com/watch?v=fvu-QCVfBzU">https://www.youtube.com/watch?v=fvu-QCVfBzU</a> <a href="https://www.youtube.com/watch?v=r3UOsB2MRiw">https://www.youtube.com/watch?v=r3UOsB2MRiw</a>	All
<b>Post Defense</b>	Full front, ¾ or behind	<a href="https://www.youtube.com/watch?v=BfyY4uyDJNU">https://www.youtube.com/watch?v=BfyY4uyDJNU</a>	4 <sup>th</sup> -5 <sup>th</sup> D 6 <sup>th</sup> -8 <sup>th</sup> P