

Oak Hills 3rd Grade Standards

FUNDAMENTALS

	Skills	
Passing	Static	Communicate, meet your pass, target hand
	Moving	Throw your teammate open, triple threat on catch
	Footwork	Step out, step across
Ballhandling	Static	Fingertip control, dribble the ball hard, ball height
	Moving	Eyes up, speed dribble, pull back
	Weak Hand	Eyes up, speed dribble, pull back
Shooting	Form	Waiter, Rocket, Goose, Feet, Eyes on target
	Moving	Stepping with correct foot (RH vs. LH player)
	Footwork	1, 2 step (RH = left/right, LH = right/left)
Defense	Individual	Stay in front, weak hand idea
	Position	1 pass away (gap), 2 pass away (help)
	Communication	Transition defense (getting matched up)

Drills	
Static	Partner Passing, Pivot Series, Monkey in Middle
Moving	Scramble Passing, 10 pass game
Footwork	Pivot Series, Scramble Passing
Static	Wrap Series, Pound Series, 2 Ball Series
Moving	Speed dribble, Red Light Green Light
Weak Hand	All the above series
Form	Form Shooting, Lock ins
Moving	7 spot shooting, West Virginia Shooting
Footwork	Circle Square up, 1-2 step lock ins
Individual	Alleyball
Position	Defensive Habits, Shell (3 vs. 3, 4 vs. 4, 5 vs. 5)
Communication	Circle up transition, Change Drill

STRATEGY

	Skills	
Movement	Cutting	Basket cut, back cut, sprint, head on rim
	Screening	
Ball Movement	Pass Fake	Ball fake, foot fake, jab foot
	Security	Sweep the floor, triple threat
Finishing	Layups	Inside foot, private property
	Transition	Push out with the ball, straight line
Defense	Position	Closeouts, jump to the ball, sprint to help
	Post	Front post – step and pivot
Defeat Screens	On Ball	Switching ball screens
	Off Ball	Help side – be active
Rebounding	Individual	Butt in the gut, physical, initiate contact
	Team	Keep your player out of the lane
Transition	Offense	Sprint the floor, run lanes wide
	Defense	Halfback/Fullback – matchup, point/talk

Drills	
Cutting	Pass and Cut Drill, Angle cut series
Screening	
Pass Fake	Angle cut series
Security	12 second drill, monkey in middle
Layups	Iverson series, 2 ball series, Rip series
Transition	2-0 transition series
Position	4 vs 4 Shell
Post	Front post – step and pivot
On Ball	3 vs 3 defeat the screen
Off Ball	Help side – be active
Individual	Attack the glass, XU, Superman, Technique box out
Team	2 on 1 outlet transition, 4 corner box out
Offense	5 on 0 circle up transition, 3 vs 3, 4 vs 4, 5 vs 5 live
Defense	5 on 5 circle up transition, 3 vs 3, 4 vs 4, 5 vs 5 live

INSTILLING OAK HILLS CORE VALUES

	Habits
Motivation	Enjoy the game, enjoy teammates, enjoy the experience
Confidence	Understanding hard work builds confidence, handle set backs
Competitiveness	Attitude, mindset, identity, never quit regardless of score
Focus	Echo all drills, Eye contact when coach talks, Timeouts, pre-game
Commitment	Working on your game outside of practice
Respect	How we treat teammates, coaches, officials, opponents
Discipline	Doing what is best even if it's not best for you

Team Building Exercises	
What's your why activity	
Group Circle	
Gold Jersey? Other?	
Echo All Commands – non negotiable	
HW assignments from coaches – Ball handling, watching a game	
Practice – sub into the game – talk and touch sub	
Rewards for diving on floor, charges, etc	

ACADEMICS

PASSION

UNITY

SERVICE

THANKFUL



Oak Hills Basketball Standards

3rd Grade



Ball Handling & Dribbling

Ball Handling

Drill	Coaching Points	Diagram/Video Link
Pound Series – (side, cross, between, sit wrap, V's)	Eyes up Good stance (read your shirt), bend at your knees not your waist Fingertip control Dribble Hard Vary your height	
Wrap Series – (waist, both knees, right leg, left leg, figure eight)	Change directions every 2-3 as you master the basic skill Put your kids in pairs and have them compete against each other Eyes up	
2 Ball Series or 2 Ball Partner Hit – same, popcorn, 1 high 1 low, windshield wipers, pound cross, side V's, chase	Eyes up Stance (read your shirt) Dribble Hard Vary Heights	

Dribbling On The Move

Drill	Coaching Points	Diagram/Video Link
Speed Dribble – right hand down and back, left hand down and back	Push the ball out Height of the ball Eyes up	
Red Light Green Light Pivots & Pullbacks	Controlled Stop Violent with your jab fake Eyes up	
XU Cone Series – pound inside out, pound cross in front, pound between, pound sit and wrap	Feet over top of the cones Pound then change Snap your change Eyes up Stance/sink your hips Change at each cone	
Two Ball Dribbling – on the move Zig zag (2-3 dribbles then change direction)	Eyes up Stance Pound the ball Outside hand on changes	





Oak Hills Basketball Standards

3rd Grade



Passing Technique

Drill	Coaching Points	Diagram/Video Link
Partner Passing – right hand, right foot, left hand, left foot. Step across.	Ball to your hip Step to your target Step to your catch Hands ready Imagination – pretend you are guarded	
Pivot Series – crackerjacks (front pivot) & oreos (reverse pivot)	Push out with the ball Elbows wide strong with the ball Snap your pass Elbow behind the ball	
Monkey in Middle/Commando – pass and close out trying to get a deflection	Beat your defender with your feet Pass fake/Ball fake Step to your target Play below their shoulders	

Passing On The Move

Drill	Coaching Points	Diagram/Video Link
Scramble Passing	Meet your pass Focus on pivots (no travels) Strong with the ball/Hip to Hip Communicate – vocal, loud Feet and hands to the ball	
10 Pass Game	Bounce Passes Away From the defense Feet and hands to the ball Set up your cut Ball reversal and movement	
Pass and Cut (Layer 1)	Bounce pass Snap your pass Sprint your cut Eyes up to finish	





Oak Hills Basketball Standards

3rd Grade



Footwork & Body Control

Footwork

Drill	Coaching Points	Diagram/Video Link
Circle Square Up	Inside foot pivot Feet and hips to the hoop Stay low Run through your pass	
Pivot Series	Push out with the ball Elbows wide strong with the ball Snap your pass Elbow behind the ball	
12 Second Drill	Don't turn your back Sweep the floor Hip to hip with the ball Eyes on the rim	
4 Corner Passing	Run through your pass Feet and hands to the ball Solid jump stop	

Body Control

Drill	Coaching Points	Diagram/Video Link
Slide-sprint-slide	Don't cross your feet Stay low Show hands Turn your hips and sprint Shoulders parallel to baseline	
3 Point Speed Dribble	Plant your outside foot Low on your changes Shoulder low Push out with the ball	





Oak Hills Basketball Standards

3rd Grade



Shooting Static

Drill	Coaching Points	Diagram/Video Link
Form Shooting	Waiter-Rocket-Goose Elbow under the ball Good finish with your hands Balance Ball goes where your rocket goes	
Lock In's	1,2 step (RH=LFRF, LH=RFLF) Palm to the ceiling Get to your 2 nd position quickly Good finish with your hands	

Shooting On The Move

Drill	Coaching Points	Diagram/Video Link
7 Spot Shooting	1,2 step into your catch Feet and hip to the rim Good rhythm	
West Virginia Shooting	Inside foot square up Don't cut until rebounder gets the ball Game speed Finish your square up	





Oak Hills Basketball Standards

3rd Grade



Movement & Finishing

Movement

Drill	Coaching Points	Diagram/Video Link
3 on 0 Pass and Cut (layer 1)	Angle cut to fill spots (no straight line cuts) Throw your player open Ball has eyes – time your cut Bounce Pass	
Angle Cut Series – vary spots	Angle cut to fill spots (no straight line cuts) Throw your player open Ball has eyes – time your cut Bounce Pass	

Finishing

Drill	Coaching Points	Diagram/Video Link
Pass and Cut (layer 1)	Bounce pass Snap your pass Sprint your cut Eyes up to finish	
Iverson Layups (2 balls & rip)	Private property on your finish Finish overhand (don't flip it) Eyes up on your target Big Step (skip)	
5 on 0 Pass and Cut Offense	Sprint and finish all cuts Head under the rim No straight line cuts to fill spots Ball has eyes – time your cut Stance on your catch Communicate all cuts	





Oak Hills Basketball Standards

3rd Grade



Rebounding Offensive

Drill	Coaching Points	Diagram/Video Link
Attack the Glass	Rebound the ball above your head Rebound the ball in front of your Time your jump Chin the ball on your catch Don't bring the ball down	
XU 1 on 1 Rebounding	Low man wins Fight with your legs (keep hands free to grab the ball) Wall up – foul with your chest Eyes up to finish	
Superman Rebounding	Rebound outside your area Pursue the ball Go after it with two hands Chin the ball on your catch Don't bring the ball low	

Defensive

Drill	Coaching Points	Diagram/Video Link
Technique Box Out	Step to meet the offense Deliver the blow Front pivot Butt in the gut (make contact) Move the offense player	
2 on 1 Outlet Transition	Make contact and get turned Rebound above your head Strong with the ball on your catch Snap your outlet	
4 Corner Box out	If they start outside the lane they finish outside the lane Keep score to make it competitive Finish the possession/pursue the ball Tough with the ball on your catch	





Oak Hills Basketball Standards

3rd Grade



Team Offense

1/2 Court Offense

Drill	Coaching Points	Diagram/Video Link
5 on 0 - Offense - coach dictate score	Same points as finishing Players communicate the score	
4 vs 4 - No dribble Offense	Sprint your cuts Ball movement Play at the rim/See down	
5 vs 5 - Lane Touch	Play at the rim See down Catch ready to play and attack	

Transition Offense

Drill	Coaching Points	Diagram/Video Link
5 on 0 - Circle Up	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	
5 vs 5 - Circle Up	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	
Change Drill	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	





Oak Hills Basketball Standards

3rd Grade



Team Defense

1/2 Court Defense

Drill	Coaching Points	Diagram/Video Link
Alley Ball	Beat the offense to the spot Show your hands Eyes on bellybutton Turn and sprint	
3 vs 3 Ball Screen Defense	Talk-touch-take Communicate – talk early Defender get under the ball screen Defender get under and in your gap	
4 vs 4 Shell	Gap, Help Jump to the ball Communicate – be loud Sprint to the ball – solid closeouts Keep the ball out of the lane	

Transition Defense

Drill	Coaching Points	Diagram/Video Link
Change Drill	Sprint – first 3 steps Point and talk Match up quickly Build your wall to keep ball out of the lane	
5 vs 5 – Circle Up	Sprint – first 3 steps Point and talk Match up quickly Build your wall to keep ball out of the lane	





Oak Hills Basketball Standards

3rd Grade



Basketball IQ

Winning Plays

Winning Play	Drill Set Up	Diagram/Video Link
FT Box Out	<p>Split groups with practice jerseys. Coach is shooting the free throw and defense has to finish the possession with a FT Box Out.</p> <p>Coach offense (run cross). Coach defense – first step up the lane. Communicate who has the shooter</p>	
Saving The Basketball	<p>3 on 0 – work on saving the ball on the other teams side of the floor and under the other teams basket.</p> <p>Coach players to run to the ball – if you can't find a player throw it as deep as possible or just fall out of bounds with the ball</p>	
Fouling	<p>Have a call for fouling at the end of halves (fouls to give) or at the end of games for situations where you are down.</p>	





Oak Hills Basketball

3rd Grade Practice Plan



Date	Duration	Practice #	Level	Announcements: (next game/practice/pictures etc)
			3 rd Grade	
Time	Drill		Coaching Points	
10 min	Ball Handling			
	Wrap Series (10 each)			
	Pound Series – 50 pounds			
	Pound Series Cross – 25			
	Pound Series Between – 25			
	Pound Series Sit Wrap – 25			
	Side & Front V's – 25			
	Red Light Green Light Pivot			
	Red Light Green Light Pullbacks			
10 min	Footwork & Passing			
	Partner Passing (10 in 10)	Get the ball to your hip. Step to your target		
	Pivot Series	Crackerjacks and Oreo's. Pair players on baseline		
	Monkey in the Middle Passing			
	12 Second Drill			
10 min	Shooting & Finishing			
	Partner or Wall Form Shooting	Waiter-Rocket-Goose		
	7 spot shooting	1,2 step into your catch – use as many baskets as are available		
	Iverson Layups	Inside foot, private property		
	Iverson 1 dribble Layups	Push out with the ball, eyes up		
10 min	Offense			
	Pass and Cut Drill	Use both sides of the floor and use both baskets		
	Angle Cut Series	Rip & drive, hit first cutter, back cut		
5 min	Individual Defense			
	Slide-sprint-slide	Slide halfway then sprint		
	Alley ball	compete		
10 min	Team Defense			
	Shell Drill	Coach Positioning		
35 min	Transition/Dead Ball entries/BLOB/SLOB/Scrimmage			

Oak Hills 4th Grade Standards

FUNDAMENTALS

	Skills	
Passing	Static	Communicate, meet your pass, target hand
	Moving	Throw your teammate open, triple threat on catch
	Footwork	Step out, step across
Ballhandling	Static	Fingertip control, dribble the ball hard, ball height
	Moving	Eyes up, speed dribble,
	Weak Hand	Eyes up, speed dribble
Shooting	Form	Waiter, Rocket, Goose, Feet, Eyes on target
	Moving	Stepping with correct foot (RH vs. LH player)
	Footwork	1, 2 step (RH = left/right, LH = right/left)
Defense	Individual	Closeouts, stay in front, weak hand idea
	Position	1 pass away (gap), 2 pass away (help)
	Communication	Transition defense (getting matched up)

Drills	
Static	Partner Passing, Pivot Series, Commando , Star Trap
Moving	Scramble Passing, 10 pass game
Footwork	Pivot Series, Scramble Passing
Static	Wrap Series, Pound Series, 2 Ball Series
Moving	Speed dribble, Pull backs
Weak Hand	All the above series
Form	Form Shooting, Lock ins
Moving	West Virginia Shooting
Footwork	Circle Square up,
Individual	Alleyball, 1 vs. 1
Position	Defensive Habits, Shell (3 vs. 3, 4 vs. 4, 5 vs. 5)
Communication	Circle up transition, Change Drill

STRATEGY

	Skills	
Movement	Cutting	Basket cut, back cut, sprint, head on rim
	Screening	
Ball Movement	Pass Fake	Ball fake, foot fake, jab foot
	Security	Sweep the floor, triple threat
Finishing	Layups	Inside foot, private property
	Transition	Push out with the ball, straight line
Defense	Position	Closeouts, jump to the ball, sprint to help
	Post	Front the post
Defeat Screens	On Ball	Switching ball screens
	Off Ball	Active in your gap/help with your hip
Rebounding	Individual	Butt in the gut, physical, initiate contact
	Team	Keep your player out of the lane
Transition	Offense	Sprint the floor, run lanes wide
	Defense	Halfback/Fullback – matchup, point/talk

Drills	
Cutting	Pass and Cut Drill, Angle cut series, Dribble at's
Screening	
Pass Fake	Angle cut series, 3 on 0 Penetrate Pitch
Security	12 second drill, Commando
Layups	Iverson series, 2 ball series, Rip series
Transition	2-0 transition series
Position	Defensive habits , Shell
Post	Front the post
On Ball	3 vs 3 defeat the screen
Off Ball	Active in your gap/help with your hip
Individual	Technique box out
Team	4 corner box out
Offense	5 on 0 circle up transition, 3 vs 3, 4 vs 4, 5 vs 5 live
Defense	5 on 5 circle up transition, 3 vs 3, 4 vs 4, 5 vs 5 live

INSTILLING OAK HILLS CORE VALUES

	Habits
Motivation	Enjoy the game, enjoy teammates, enjoy the experience
Confidence	Understanding hard work builds confidence, handle set backs
Competitiveness	Attitude, mindset, identity, never quit regardless of score
Focus	Echo all drills, Eye contact when coach talks, Timeouts, pre-game
Commitment	Working on your game outside of practice
Respect	How we treat teammates, coaches, officials, opponents
Discipline	Doing what is best even if it's not best for you

Team Building Exercises	
What's your why activity	
Team Circle	
Gold Jersey?	
Echo All Commands – non negotiable	
HW assignments from coaches – Ball handling, watching a game	
Rewards for diving on floor, charges, etc	

ACADEMICS

PASSION

UNITY

SERVICE

THANKFUL



Oak Hills Basketball Standards

4th Grade



Ball Handling & Dribbling

Ball Handling

Drill	Coaching Points	Diagram/Video Link
Pound Series – (side, cross, between, sit wrap, V's)	Eyes up Good stance (read your shirt), bend at your knees not your waist Fingertip control Dribble Hard Vary your height	
Wrap Series – (waist, both knees, right leg, left leg, figure eight)	Change directions every 2-3 as you master the basic skill Put your kids in pairs and have them compete against each other Eyes up	
2 Ball Series or 2 Ball Partner Hit – same, popcorn, 1 high 1 low, windshield wipers, pound cross, side V's, chase	Eyes up Stance (read your shirt) Dribble Hard Vary Heights	
Kill The Grass – spread out use the entire court. Make as many changes as you can in small area in 20 seconds	Eyes up Stance Ball height	

Dribbling On The Move

Drill	Coaching Points	Diagram/Video Link
Speed Dribble – right hand down and back, left hand down and back	Push the ball out Height of the ball Eyes up	
Red Light Green Light Pivots & Pullbacks	Controlled Stop Violent with your jab fake Eyes up	
XU Cone Series – pound inside out, pound cross in front, pound between, pound sit and wrap	Feet over top of the cones Pound then change Snap your change Eyes up Stance/sink your hips Change at each cone	
Two Ball Dribbling – on the move Zig zag (2-3 dribbles then change direction)	Eyes up Stance Pound the ball Outside hand on changes	
Damian Lillard Series Walking pounds, kills, V's, Diagonals (cross, between, sit-wrap, choice), Partner Toss	Pound the ball Eyes up Chest up	





Oak Hills Basketball Standards

4th Grade



Passing Technique

Drill	Coaching Points	Diagram/Video Link
Partner Passing Series 2 – both players with basketballs	Communicate Eye contact On target	
Pivot Series – crackerjacks (front pivot) & oreos (reverse pivot) On the catch – rip/rip, rip, shot fake, jab and go	Push out with the ball Elbows wide strong with the ball Snap your pass Elbow behind the ball	
Commando – drive past the defender “dummy” defense looks to back tip	Beat your defender with your feet Pass fake/Ball fake Step to your target Play below their shoulders Stay calm	
Star Trap Passing	Beat your defender with your feet Pass fake/Ball fake Step to your target Play below their shoulders Stay calm	

Passing On The Move

Drill	Coaching Points	Diagram/Video Link
Scramble Passing	Meet your pass Focus on pivots (no travels) Strong with the ball/Hip to Hip Communicate – vocal, loud Feet and hands to the ball	
10 Pass Game	Bounce Passes Away From the defense Feet and hands to the ball Set up your cut Ball reversal and movement	
Pass and Cut (Layer 1)	Bounce pass Snap your pass Sprint your cut Eyes up to finish	
Ohio State Passing	Step to catch Hands and feet to the ball Snap your pass On target	





Oak Hills Basketball Standards

4th Grade



Footwork & Body Control

Footwork

Drill	Coaching Points	Diagram/Video Link
Circle Square Up	Inside foot pivot Feet and hips to the hoop Stay low Run through your pass	
Pivot Series	Push out with the ball Elbows wide strong with the ball Snap your pass Elbow behind the ball	
12 Second Drill	Don't turn your back Sweep the floor Hip to hip with the ball Eyes on the rim	

Body Control

Drill	Coaching Points	Diagram/Video Link
Slide-sprint-slide	Don't cross your feet Stay low Show hands Turn your hips and sprint Shoulders parallel to baseline	
Cone Sprints	Closeout, hands high butt down Chop your feet Push off your outside foot	
Vegas Closeouts	Arms length away Both hands high No baseline, no lane	
Charge Progression	On your butt not your hands Contact through your chest Level off Sell it	





Oak Hills Basketball Standards

4th Grade



Shooting Static

Drill	Coaching Points	Diagram/Video Link
Form Shooting	Waiter-Rocket-Goose Elbow under the ball Good finish with your hands Balance Ball goes where your rocket goes	
Lock In's	1,2 step (RH=LFRF, LH=RFLF) Palm to the ceiling Get to your 2 nd position quickly Good finish with your hands	

Shooting On The Move

Drill	Coaching Points	Diagram/Video Link
7 Spot Shooting	1,2 step into your catch Feet and hip to the rim Good rhythm	
West Virginia Shooting	Inside foot square up Don't cut until rebounder gets the ball Game speed Finish your square up	
UC Shooting	Sprint to your spot Shot ready Good pass 1,2 step	
Level Shooting	Communicate Good pass Shot ready 1,2 step	





Oak Hills Basketball Standards

4th Grade



Movement & Finishing

Movement

Drill	Coaching Points	Diagram/Video Link
3 on 0 Pass and Cut (layer 1)	Angle cut to fill spots (no straight line cuts) Throw your player open Ball has eyes – time your cut Bounce Pass	
Angle Cut Series – vary spots	Angle cut to fill spots (no straight line cuts) Throw your player open Ball has eyes – time your cut Bounce Pass	
Penetrate and Pitch (layer 2/3)	Ball moves you move Outside hand pass Jump stop under control Drive til the defense stops you	
Dribble Ats (layer 2/3)	See your defender above 3pt line Sprint your cut Snap your bounce pass Lead the cutter	

Finishing

Drill	Coaching Points	Diagram/Video Link
Pass and Cut (layer 1)	Bounce pass Snap your pass Sprint your cut Eyes up to finish	
Iverson Layups (2 balls & rip)	Private property on your finish Finish overhand (don't flip it) Eyes up on your target Big Step (skip)	
1 vs 1 Challenge Layups	Eyes on the rim Get them on your hip Finish off 2 Body up, body in First Step	
5 on 0 Pass and Cut Offense	Sprint and finish all cuts Head under the rim No straight line cuts to fill spots Ball has eyes – time your cut Stance on your catch Communicate all cuts	





Oak Hills Basketball Standards

4th Grade



Rebounding Offensive

Drill	Coaching Points	Diagram/Video Link
Attack the Glass	Rebound the ball above your head Rebound the ball in front of your Time your jump Chin the ball on your catch Don't bring the ball down	
XU 1 on 1 Rebounding	Low man wins Fight with your legs (keep hands free to grab the ball) Wall up – foul with your chest Eyes up to finish	
Superman Rebounding	Rebound outside your area Pursue the ball Go after it with two hands Chin the ball on your catch Don't bring the ball low	

Defensive

Drill	Coaching Points	Diagram/Video Link
Technique Box Out	Step to meet the offense Deliver the blow Front pivot Butt in the gut (make contact) Move the offense player	
2 on 1 Outlet Transition	Make contact and get turned Rebound above your head Strong with the ball on your catch Snap your outlet	
4 Corner Box out	If they start outside the lane they finish outside the lane Keep score to make it competitive Finish the possession/pursue the ball Tough with the ball on your catch	





Oak Hills Basketball Standards

4th Grade



Team Offense

1/2 Court Offense

Drill	Coaching Points	Diagram/Video Link
5 on 0 – Offense – coach dictate score	Same points as finishing Players communicate the score	
4 vs 4 – No dribble Offense	Sprint your cuts Ball movement Play at the rim/See down	
5 vs 5 – Lane Touch	Play at the rim See down Catch ready to play and attack	

Transition Offense

Drill	Coaching Points	Diagram/Video Link
5 on 0 – Circle Up	Sprint the floor – get wide Piece of the pie Pass ahead Balance the floor – 3 on one side	
5 vs 5 – Circle Up	Sprint the floor – get wide Piece of the pie Pass ahead Balance the floor – 3 on one side	
Change Drill	Sprint the floor – get wide Piece of the pie Pass ahead Balance the floor – 3 on one side	
Miami Heat Transition	Offense – push ahead, make defense commit, attack to score Defense – tandem, triangle, diamond shapes based on numbers	





Oak Hills Basketball Standards

4th Grade



Team Defense

1/2 Court Defense

Drill	Coaching Points	Diagram/Video Link
Alley Ball	Beat the offense to the spot Show your hands Eyes on bellybutton Turn and sprint	
3 vs 3 Ball Screen Defense	Talk-touch-take Communicate – talk early Defender get under the ball screen Defender get under and in your gap	
4 vs 4 Shell	Gap, Help Jump to the ball Communicate – be loud Sprint to the ball – solid closeouts Keep the ball out of the lane	

Transition Defense

Drill	Coaching Points	Diagram/Video Link
Change Drill	Sprint – first 3 steps Point and talk Match up quickly Build your wall to keep ball out of the lane	
5 vs 5 – Circle Up	Sprint – first 3 steps Point and talk Match up quickly Build your wall to keep ball out of the lane Half Back & Full Back	





Oak Hills Basketball Standards

4th Grade



Basketball IQ

Winning Plays

Winning Play	Drill Set Up	Diagram/Video Link
FT Box Out	<p>Split groups with practice jerseys. Coach is shooting the free throw and defense has to finish the possession with a FT Box Out.</p> <p>Coach offense (run cross). Coach defense – first step up the lane. Communicate who has the shooter</p>	
Saving The Basketball	<p>3 on 0 – work on saving the ball on the other teams side of the floor and under the other teams basket.</p> <p>Coach players to run to the ball – if you can't find a player throw it as deep as possible or just fall out of bounds with the ball</p>	
Fouling	<p>Have a call for fouling at the end of halves (fouls to give) or at the end of games for situations where you are down.</p>	
Situational Basketball	<p>Created 3-5 scenarios – up 1, down 1, up 2, down 2 with limited time left and work on offense/defense in those situations</p>	





Oak Hills Basketball

4th Grade Practice Plan



Date	Duration	Practice #	Level	Announcements: (next game/practice/pictures etc)
			4 th Grade	
Time				
Drill			Coaching Points	
10 min				
Ball Handling				
	Wrap Series (10 each)			
	2 Ball Dribbling			Same, popcorn, windshield wipers, 1 high 1 low
	Pound Series Cross – 25			
	Kill The Grass			
	Red Light Green Light Pivot			
	Red Light Green Light Pullbacks			
10 min				
Footwork & Passing				
	Pivot Series			Crackerjacks and Oreo's. Pair players on baseline
	12 Second Drill			
	Commando			
	Scramble Passing			
10 min				
Shooting & Finishing				
	Form Shooting, Lock-ins			Waiter-Rocket-Goose
	Level Shooting			Level 1 and Level 2
	Challenge Lay Ups			
10 min				
Offense				
	3 on 0 Penetrate & Pitch			Use both sides of the floor and use both baskets
	Dribble At's			Back cut, lead the cutter
8 min				
Individual Defense				
	Alley ball			compete
	Defensive Habits			Close out, close out-jump to ball
10 min				
Team Defense				
	Shell Drill			Coach Positioning – live on the first
				Progression – no dribble, one dribble, pass and cut
30 min				
Transition/Dead Ball entries/BLOB/SLOB/Scrimmage				

Oak Hills 5th Grade Standards

FUNDAMENTALS

	Skills		Drills	
Passing	Static	Communicate, meet your pass, target hand	Static	Partner Passing, Pivot Series, Commando , Star Trap
	Moving	Throw your teammate open, triple threat on catch	Moving	Scramble Passing, 10 pass game
	Footwork	Step out, step across	Footwork	Pivot Series, Scramble Passing
Ballhandling	Static	Fingertip control, dribble the ball hard, ball height	Static	Wrap Series, Pound Series, 2 Ball Series
	Moving	Eyes up, speed dribble,	Moving	Speed dribble, Pull backs
	Weak Hand	Eyes up, speed dribble	Weak Hand	All the above series
Shooting	Form	Waiter, Rocket, Goose, Feet, Eyes on target	Form	Form Shooting, Lock ins
	Moving	Stepping with correct foot (RH vs. LH player)	Moving	West Virginia Shooting
	Footwork	1, 2 step (RH = left/right, LH = right/left)	Footwork	Circle Square up,
Defense	Individual	Closeouts, stay in front, weak hand idea	Individual	Alleyball, 1 vs. 1
	Position	1 pass away (gap), 2 pass away (help)	Position	Defensive Habits, Shell (3 vs. 3, 4 vs. 4, 5 vs. 5)
	Communication	Transition defense (getting matched up)	Communication	Circle up transition, Change Drill

STRATEGY

	Skills		Drills	
Movement	Cutting	Basket cut, back cut, sprint, head on rim	Cutting	Pass and Cut Drill, Angle cut series, Dribble at's
	Screening	Hillsdale	Screening	Hillsdale
Ball Movement	Pass Fake	Ball fake, foot fake, jab foot	Pass Fake	Angle cut series, 3 on 0 Penetrate Pitch
	Security	Sweep the floor, triple threat	Security	12 second drill, Commando
Finishing	Layups	Inside foot, private property	Layups	Iverson series, 2 ball series, Rip series
	Transition	Push out with the ball, straight line	Transition	2-0 transition series
Defense	Position	Closeouts, jump to the ball, sprint to help	Position	Defensive habits , Shell
	Post	Front the post	Post	Front the post
Defeat Screens	On Ball	Switching ball screens	On Ball	3 vs 3 defeat the screen
	Off Ball	Talk, touch, take	Off Ball	Talk, touch, take
Rebounding	Individual	Butt in the gut, physical, initiate contact	Individual	Technique box out
	Team	Keep your player out of the lane	Team	4 corner box out
Transition	Offense	Sprint the floor, run lanes wide	Offense	5 on 0 circle up transition, 3 vs 3, 4 vs 4, 5 vs 5 live
	Defense	Halfback/Fullback – matchup, point/talk	Defense	5 on 5 circle up transition, 3 vs 3, 4 vs 4, 5 vs 5 live

INSTILLING OAK HILLS CORE VALUES

	Habits	Team Building Exercises
Motivation	Enjoy the game, enjoy teammates, enjoy the experience	What's your why activity
Confidence	Understanding hard work builds confidence, handle set backs	Team Circle
Competitiveness	Attitude, mindset, identity, never quit regardless of score	Gold Jersey?
Focus	Echo all drills, Eye contact when coach talks, Timeouts, pre-game	Echo All Commands – non negotiable
Commitment	Working on your game outside of practice	HW assignments from coaches – Ball handling, watching a game
Respect	How we treat teammates, coaches, officials, opponents	Make players coach a portion of practice
Discipline	Doing what is best even if it's not best for you	Rewards for diving on floor, charges, etc

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Oak Hills Basketball Standards

5th Grade



Ball Handling & Dribbling

Ball Handling

Drill	Coaching Points	Diagram/Video Link
Weak Hand Series	Eyes up Good stance (read your shirt), bend at your knees not your waist Fingertip control Dribble Hard Vary your height	
Partner Dribble Pass	Pass at same time Communicate Eyes up Hit target	
2 Ball Series or 2 Ball Partner Hit – same, popcorn, 1 high 1 low, windshield wipers, pound cross, side V's, chase	Eyes up Stance (read your shirt) Dribble Hard Vary Heights	
Kill The Grass – spread out use the entire court. Make as many changes as you can in small area in 20 seconds	Eyes up Stance Ball height	

Dribbling On The Move

Drill	Coaching Points	Diagram/Video Link
XU Cone Series – pound inside out, pound cross in front, pound between, pound sit and wrap	Feet over top of the cones Pound then change Snap your change Eyes up Stance/sink your hips Change at each cone	
Two Ball Dribbling – on the move Zig zag (2-3 dribbles then change direction)	Eyes up Stance Pound the ball Outside hand on changes	
Damian Lillard Series Walking pounds, kills, V's, Diagonals (cross, between, sit-wrap, choice), Partner Toss	Pound the ball Eyes up Chest up	
Diagonal Cone Series	Pound then change Snap your change Eyes up Stance/sink your hips Change at each cone	
Triangle Cone Attacks	Eyes up Sell your move (misdirection) Shoulder and hips through Push out with the ball	





Oak Hills Basketball Standards

5th Grade



Passing Technique & On The Move

Drill	Coaching Points	Diagram/Video Link
Pivot Series – crackerjacks (front pivot) & oreos (reverse pivot) On the catch – rip/rip, rip, shot fake, jab and go	Push out with the ball Elbows wide strong with the ball Snap your pass Elbow behind the ball	
Commando Post Passing	Beat your defender with your feet Pass fake/Ball fake Step to your target Play below their shoulders Stay calm	
Triangle Trap Passing	Beat your defender with your feet Pass fake/Ball fake Step to your target Play below their shoulders Stay calm	
Scramble Passing	Meet your pass Focus on pivots (no travels) Strong with the ball/Hip to Hip Communicate – vocal, loud Feet and hands to the ball	
10 Pass Game	Bounce Passes Away From the defense Feet and hands to the ball Set up your cut Ball reversal and movement	
30 Point Game (Tight Area)	Feet to the ball Meet your passes Take your space Play to score	
4 Spot Passing	Take your space Catch where you want to catch the ball Eyes on the rim Hip to hip with the ball	
V-Cut Passing	Feet and hands to the ball Take your space Progression – ball side, middle, back side	





Oak Hills Basketball Standards

5th Grade



Footwork & Body Control

Footwork

Drill	Coaching Points	Diagram/Video Link
Rip Series	<ul style="list-style-type: none"> Inside foot pivot Feet and hips to the hoop Stay low Run through your pass 	
Pivot Series	<ul style="list-style-type: none"> Push out with the ball Elbows wide strong with the ball Snap your pass Elbow behind the ball 	
12 Second Drill	<ul style="list-style-type: none"> Don't turn your back Sweep the floor Hip to hip with the ball Eyes on the rim 	
UC Passing	<ul style="list-style-type: none"> Strong passes Air passes Communicate - sprint to spots Big step - strong with the ball 	
Villanova Passing	<ul style="list-style-type: none"> Play at your pace Aggressive to score in the lane Strong with the ball Eyes up Pivot and body control 	

Body Control

Drill	Coaching Points	Diagram/Video Link
Full Court Closeouts	<ul style="list-style-type: none"> Don't cross your feet Stay low Show hands Turn your hips and sprint Shoulders parallel to baseline 	
Shaka Charge Drill	<ul style="list-style-type: none"> Closeout, hands high butt down Chop your feet Push off your outside foot 	
Vegas Closeouts	<ul style="list-style-type: none"> Arms length away Both hands high No baseline, no lane 	





Oak Hills Basketball Standards

5th Grade



Shooting Static

Drill	Coaching Points	Diagram/Video Link
Form Shooting	Waiter-Rocket-Goose Elbow under the ball Good finish with your hands Balance Ball goes where your rocket goes	
Lock In's	1,2 step (RH=LFRF, LH=RFLF) Palm to the ceiling Get to your 2 nd position quickly Good finish with your hands	
Chair Form Shooting	Sit butt on the edge of the chair One hand – extend Elbow to your ears/eyes	

Shooting On The Move

Drill	Coaching Points	Diagram/Video Link
7 Spot Shooting	1,2 step into your catch Feet and hip to the rim Good rhythm	
West Virginia Shooting	Inside foot square up Don't cut until rebounder gets the ball Game speed Finish your square up	
Celtics 55 Shooting	Sprint to your spot Shot ready Good pass 1,2 step	
Denver Nuggets Shooting	Communicate Good pass Shot ready 1,2 step	
Ohio State Motion Cuts	Tight Curl, Curl to pull up, back-cut, V-cut Show when and why	





Oak Hills Basketball Standards

5th Grade



Movement & Finishing

Movement & Finishing

Drill	Coaching Points	Diagram/Video Link
3 on 0 Pass and Cut (layer 1)	Angle cut to fill spots (no straight line cuts) Throw your player open Ball has eyes – time your cut Bounce Pass	
Angle Cut Series – vary spots	Angle cut to fill spots (no straight line cuts) Throw your player open Ball has eyes – time your cut Bounce Pass	
Penetrate and Pitch (layer 2/3)	Ball moves you move Outside hand pass Jump stop under control Drive til the defense stops you	
Dribble Ats (layer 2/3)	See your defender above 3pt line Sprint your cut Snap your bounce pass Lead the cutter	
1 vs 1 Challenge Layups	Eyes on the rim Get them on your hip Finish off 2 Body up, body in First Step	
Post Passing	Hit target hands Pass fake and ball fake before passing Away from the defense	
Zone Shooting Series 1	Hook and Look Pass fake Make 2 commit to the ball Ball reversals	
Zone Shooting Series 2	Hook and Look Pass fake Make 2 commit to the ball Ball reversals	
Close Off Layups	Rainbow Two hands to the ball Up and over Close off your shoulders	





Oak Hills Basketball Standards

5th Grade



Rebounding Offensive

Drill	Coaching Points	Diagram/Video Link
2 vs 1 Rebounding	Rebound the ball above your head Rebound the ball in front of your Time your jump Chin the ball on your catch Don't bring the ball down	
XU 1 on 1 Rebounding	Low man wins Fight with your legs (keep hands free to grab the ball) Wall up – foul with your chest Eyes up to finish	
Superman Rebounding	Rebound outside your area Pursue the ball Go after it with two hands Chin the ball on your catch Don't bring the ball low	

Defensive

Drill	Coaching Points	Diagram/Video Link
FT Box Out	Step up the lane Communicate who has shooter Butt in the gut Offense – coach them to run cross	
3 in a row (3 vs 3 or 4 vs 4)	Make contact and get turned Rebound above your head Strong with the ball on your catch Snap your outlet	
4 Corner Box out	If they start outside the lane they finish outside the lane Keep score to make it competitive Finish the possession/pursue the ball Tough with the ball on your catch	
Rip, Tug, Pull	Start with both players hands on the ball On the whistle they work to rip/pull the ball from the other player	





Oak Hills Basketball Standards

5th Grade



Team Offense

1/2 Court Offense

Drill	Coaching Points	Diagram/Video Link
5 on 0 - Offense - coach dictate score	Same points as finishing Players communicate the score	
4 vs 4 - No dribble Offense	Sprint your cuts Ball movement Play at the rim/See down	
5 vs 5 - Lane Touch	Play at the rim See down Catch ready to play and attack	

Transition Offense

Drill	Coaching Points	Diagram/Video Link
5 on 0 - Circle Up	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	
5 vs 5 - Circle Up	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	
Change Drill	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	
Miami Heat Transition	Offense - push ahead, make defense commit, attack to score Defense - tandem, triangle, diamond shapes based on numbers	

Full Court Offense

Drill	Coaching Points	Diagram/Video Link
2 Minute War	Set up situational pieces - SLOB, BLOB, FT situations. Let them play, but coach ahead and make it game like. Change rules on the fly and make it competitive	





Oak Hills Basketball Standards

5th Grade



Team Defense

1/2 Court Defense

Drill	Coaching Points	Diagram/Video Link
Memphis Alley Ball	Beat the offense to the spot Show your hands Eyes on bellybutton Turn and sprint	
4 vs 4 Shell	Gap, Help Jump to the ball Communicate - be loud Sprint to the ball - solid closeouts Keep the ball out of the lane	
5 on 4 Scramble	Active hands Sprint to spots Ball pressure Rotate towards the rim Move when the ball is in the air	
4 vs 4 Post Dig & 4 vs 4 Front Post	Air time Dig from the top Hang on ball side Physical - don't allow feet in post	

Transition Defense

Drill	Coaching Points	Diagram/Video Link
5 on 4 Baseline Touch	Sprint - first 3 steps Point and talk Match up quickly Build your wall to keep ball out of the lane	
Full Court Defense	On Ball Off Ball Big Press NO ZONE PRESS	





Oak Hills Basketball Standards

5th Grade



Basketball IQ

Winning Plays

Winning Play	Drill Set Up	Diagram/Video Link
FT Box Out	<p>Split groups with practice jerseys. Coach is shooting the free throw and defense has to finish the possession with a FT Box Out.</p> <p>Coach offense (run cross). Coach defense – first step up the lane. Communicate who has the shooter</p>	
Saving The Basketball	<p>3 on 0 – work on saving the ball on the other teams side of the floor and under the other teams basket.</p> <p>Coach players to run to the ball – if you can't find a player throw it as deep as possible or just fall out of bounds with the ball</p>	
Fouling	<p>Have a call for fouling at the end of halves (fouls to give) or at the end of games for situations where you are down.</p>	
Situational Basketball	<p>Created 3-5 scenarios – up 1, down 1, up 2, down 2 with limited time left and work on offense/defense in those situations</p>	





Oak Hills Basketball

5th Grade Practice Plan



Date	Duration	Practice #	Level	Announcements: (next game/practice/pictures etc)
			5 th Grade	
Time				
Drill			Coaching Points	
10 min	Ball Handling			
	Weak Hand Series (10 sec each)			
	Strong Hand Series (10 sec each)			
	Speed Dribble			
	Red Light Green Light Pull Backs			
5 min	Footwork & Passing			
	Pivot Series			
	Triangle Trap Passing			
10 min	Shooting & Finishing			
	Iverson Layups			
	West Virginia Shooting			
	Follow The Leader			
10 min	Offense			
	3 on 0 Penetrate & Pitch			
	Post Pass & Cut Drill			
5 min	Individual Defense			
	4 vs 4 Post Dig/Post Front			
10 min	Team Defense			
	4 vs 4 Shell Drill		Coach Positioning – live on the first	
	Full Court Defense (choice)			
40 min	Transition/Dead Ball entries/BLOB/SLOB/Scrimmage			

Oak Hills 6th Grade Standards

FUNDAMENTALS

	Skills	
Passing	Static	Communicate, meet your pass, target hand
	Moving	Throw your teammate open, triple threat on catch
	Footwork	Step out, step across
Ballhandling	Static	Fingertip control, dribble the ball hard, ball height
	Moving	Eyes up, speed dribble,
	Weak Hand	Eyes up, speed dribble
Shooting	Form	Waiter, Rocket, Goose, Feet, Eyes on target
	Moving	Stepping with correct foot (RH vs. LH player)
	Footwork	1, 2 step (RH = left/right, LH = right/left)
Defense	Individual	Closeouts, stay in front, weak hand idea
	Position	1 pass away (gap), 2 pass away (help)
	Communication	Transition defense (getting matched up)

Drills	
Static	Partner Passing, Pivot Series, Commando , Star Trap
Moving	Scramble Passing, 10 pass game
Footwork	Pivot Series, Scramble Passing
Static	Wrap Series, Pound Series, 2 Ball Series
Moving	Speed dribble, Pull backs
Weak Hand	All the above series
Form	Form Shooting, Lock ins
Moving	West Virginia Shooting
Footwork	Circle Square up,
Individual	Alleyball, 1 vs. 1
Position	Defensive Habits, Shell (3 vs. 3, 4 vs. 4, 5 vs. 5)
Communication	Circle up transition, Change Drill

STRATEGY

	Skills	
Movement	Cutting	Basket cut, back cut, sprint, head on rim
	Screening	Body on, sprint to screen, screen vs. switches
Ball Movement	Pass Fake	Ball fake, foot fake, jab foot
	Security	Sweep the floor, triple threat
Finishing	Layups	Inside foot, private property
	Transition	Push out with the ball, straight line
Defense	Position	Closeouts, jump to the ball, sprint to help
	Post	Front the post
Defeat Screens	On Ball	Switching ball screens
	Off Ball	Defending different actions/screens
Rebounding	Individual	Butt in the gut, physical, initiate contact
	Team	Keep your player out of the lane
Transition	Offense	Sprint the floor, run lanes wide
	Defense	Halfback/Fullback – matchup, point/talk

Drills	
Cutting	Pass and Cut Drill, Angle cut series, Dribble at's
Screening	2 on 2 same side or 3 vs 3 (3 screens)
Pass Fake	Angle cut series, 3 on 0 Penetrate Pitch
Security	12 second drill, Commando
Layups	Iverson series, 2 ball series, Rip series
Transition	2-0 transition series
Position	Defensive habits , Shell
Post	Front the post
On Ball	3 vs 3 defeat the screen
Off Ball	3 vs 3 defeat the screen
Individual	Technique box out
Team	4 corner box out
Offense	5 on 0 circle up transition, 3 vs 3, 4 vs 4, 5 vs 5 live
Defense	5 on 5 circle up transition, 3 vs 3, 4 vs 4, 5 vs 5 live

INSTILLING OAK HILLS CORE VALUES

	Habits
Motivation	Enjoy the game, enjoy teammates, enjoy the experience
Confidence	Understanding hard work builds confidence, handle set backs
Competitiveness	Attitude, mindset, identity, never quit regardless of score
Focus	Echo all drills, Eye contact when coach talks, Timeouts, pre-game
Commitment	Working on your game outside of practice
Respect	How we treat teammates, coaches, officials, opponents
Discipline	Doing what is best even if it's not best for you

Team Building Exercises	
What's your why activity	
Team Circle	
Gold Jersey?	
Echo All Commands – non negotiable	
HW assignments from coaches – Ball handling, watching a game	
Coach a segment of practice, officiate part of practice	
Rewards for diving on floor, charges, etc	

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Oak Hills Basketball Standards

6th Grade



Ball Handling & Dribbling

Ball Handling

Drill	Coaching Points	Diagram/Video Link
Weak Hand Series	Eyes up Good stance (read your shirt), bend at your knees not your waist Fingertip control Dribble Hard Vary your height	
Partner Dribble Pass	Pass at same time Communicate Eyes up Hit target	
2 Ball Series or 2 Ball Partner Hit – same, popcorn, 1 high 1 low, windshield wipers, pound cross, side V's, chase	Eyes up Stance (read your shirt) Dribble Hard Vary Heights	
Tight Cone Changes	Eyes up Stance Ball height	

Dribbling On The Move

Drill	Coaching Points	Diagram/Video Link
XU Cone Series – pound inside out, pound cross in front, pound between, pound sit and wrap	Feet over top of the cones Pound then change Snap your change Eyes up Stance/sink your hips Change at each cone	
Two Ball Dribbling – on the move Zig zag (2-3 dribbles then change direction)	Eyes up Stance Pound the ball Outside hand on changes	
Diagonal Cone Series	Pound then change Snap your change Eyes up Stance/sink your hips Change at each cone	
Triangle Cone Attacks	Eyes up Sell your move (misdirection) Shoulder and hips through Push out with the ball	





Oak Hills Basketball Standards

6th Grade



Passing Technique & On The Move

Drill	Coaching Points	Diagram/Video Link
Pivot Series – crackerjacks (front pivot) & oreos (reverse pivot) On the catch – rip/rip, rip, shot fake, jab and go	Push out with the ball Elbows wide strong with the ball Snap your pass Elbow behind the ball	
Commando Post Passing	Beat your defender with your feet Pass fake/Ball fake Step to your target Play below their shoulders Stay calm	
Triangle Trap Passing	Beat your defender with your feet Pass fake/Ball fake Step to your target Play below their shoulders Stay calm	
Scramble Passing	Meet your pass Focus on pivots (no travels) Strong with the ball/Hip to Hip Communicate – vocal, loud Feet and hands to the ball	
10 Pass Game	Bounce Passes Away From the defense Feet and hands to the ball Set up your cut Ball reversal and movement	
30 Point Game (Tight Area)	Feet and hands to the ball Screen/body on Eyes on the rim on your catch	
4 Spot Passing	Catch where you want to catch Take your space Hip to hip with the ball Bounce pass Eyes on the rim	
V-Cut Passing	Feet and hands to the ball Throw your partner open Ball has eyes	





Oak Hills Basketball Standards

6th Grade



Footwork & Body Control

Footwork

Drill	Coaching Points	Diagram/Video Link
Rip Series	Inside foot pivot Feet and hips to the hoop Stay low Run through your pass	
Pivot Series	Push out with the ball Elbows wide strong with the ball Snap your pass Elbow behind the ball	
12 Second Drill	Don't turn your back Sweep the floor Hip to hip with the ball Eyes on the rim	
UC Passing	Snap your pass Big step/rip the ball Communicate	
Villanova Passing	Strong with the ball Elbows wide Play to score especially on the pivot Get into their vision	
Partner Post Moves	Spin the ball to yourself Feel the defense See - slow	

Body Control

Drill	Coaching Points	Diagram/Video Link
Full Court Closeouts	Don't cross your feet Stay low Show hands Turn your hips and sprint Shoulders parallel to baseline	
Shaka Charge Drill	Closeout, hands high butt down Chop your feet Push off your outside foot	
Vegas Closeouts	Arms length away Both hands high No baseline, no lane	





Oak Hills Basketball Standards

6th Grade



Shooting Static

Drill	Coaching Points	Diagram/Video Link
Form Shooting	Waiter-Rocket-Goose Elbow under the ball Good finish with your hands Balance Ball goes where your rocket goes	
Lock In's	1,2 step (RH=LFRF, LH=RFLF) Palm to the ceiling Get to your 2 nd position quickly Good finish with your hands	
Chair Form Shooting	Butt on the edge of the chair Lift Elbow to your eyes	

Shooting On The Move

Drill	Coaching Points	Diagram/Video Link
7 Spot Shooting	1,2 step into your catch Feet and hip to the rim Good rhythm	
West Virginia Shooting	Inside foot square up Don't cut until rebounder gets the ball Game speed Finish your square up	
Celtics 55 Shooting	Sprint to your spot Shot ready Good pass 1,2 step	
Denver Nuggets Shooting	Communicate Good pass Shot ready 1,2 step	
Ohio State Motion Cuts	Set up your cut Use the screen Read your defender	
XU 1 minute shooting game	Consecutive – layup, jump shot, 3 pt shot at 5 spots. Each worth 1, 2 and 3 pts	





Oak Hills Basketball Standards

6th Grade



Movement & Finishing

Movement & Finishing

Drill	Coaching Points	Diagram/Video Link
3 on 0 Pass and Cut (layer 1)	Angle cut to fill spots (no straight line cuts) Throw your player open Ball has eyes – time your cut Bounce Pass	
Angle Cut Series – vary spots	Angle cut to fill spots (no straight line cuts) Throw your player open Ball has eyes – time your cut Bounce Pass	
Penetrate and Pitch (layer 2/3)	Ball moves you move Outside hand pass Jump stop under control Drive til the defense stops you	
Dribble Ats (layer 2/3)	See your defender above 3pt line Sprint your cut Snap your bounce pass Lead the cutter	
1 vs 1 Challenge Layups	Eyes on the rim Get them on your hip Finish off 2 Body up, body in First Step	
Post Passing	Hit targets Keep shoulders square to the ball Cut after your pass into the post	
Zone Shooting Series 1	Hook and Look Pass fake Make 2 commit to the ball Ball reversals	
Zone Shooting Series 2	Hook and Look Pass fake Make 2 commit to the ball Ball reversals	
Close Off Layups	First step at the rim Get defender on your hip Finish off 2 feet	





Oak Hills Basketball Standards

6th Grade



Rebounding Offensive

Drill	Coaching Points	Diagram/Video Link
2 vs 1 Rebounding	Rebound the ball above your head Rebound the ball in front of your Time your jump Chin the ball on your catch Don't bring the ball down	
XU 1 on 1 Rebounding	Low man wins Fight with your legs (keep hands free to grab the ball) Wall up – foul with your chest Eyes up to finish	
Superman Rebounding	Rebound outside your area Pursue the ball Go after it with two hands Chin the ball on your catch Don't bring the ball low	

Defensive

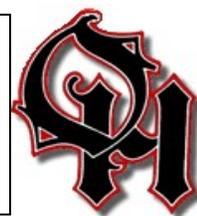
Drill	Coaching Points	Diagram/Video Link
FT Box Out	Step up the lane Communicate who has shooter Pinch the bigger post player Maintain contact	
3 in a row (3 vs 3 or 4 vs 4)	Make contact and get turned Rebound above your head Strong with the ball on your catch Snap your outlet	
4 Corner Box out	If they start outside the lane they finish outside the lane Keep score to make it competitive Finish the possession/pursue the ball Tough with the ball on your catch	
Rip, Tug, Pull		





Oak Hills Basketball Standards

6th Grade



Team Offense

1/2 Court Offense

Drill	Coaching Points	Diagram/Video Link
5 on 0 - Offense - coach dictate score	Same points as finishing Players communicate the score	
4 vs 4 - No dribble Offense	Sprint your cuts Ball movement Play at the rim/See down	
5 vs 5 - Lane Touch	Play at the rim See down Catch ready to play and attack	

Transition Offense

Drill	Coaching Points	Diagram/Video Link
5 on 0 - Circle Up	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	
5 vs 5 - Circle Up	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	
Change Drill	Sprint the floor - get wide Piece of the pie Pass ahead Balance the floor - 3 on one side	
Miami Heat Transition	Offense - push ahead, make defense commit, attack to score Defense - tandem, triangle, diamond shapes based on numbers	

Full Court Offense

Drill	Coaching Points	Diagram/Video Link
2 Minute War	Try to create situational opportunities during the 2 minute war.	





Oak Hills Basketball Standards

6th Grade



Team Defense

1/2 Court Defense

Drill	Coaching Points	Diagram/Video Link
Memphis Alley Ball	Beat the offense to the spot Show your hands Eyes on bellybutton Turn and sprint	
4 vs 4 Shell	Gap, Help Jump to the ball Communicate - be loud Sprint to the ball - solid closeouts Keep the ball out of the lane	
5 on 4 Scramble	Move while the ball is in the air Communicate Ball pressure Active Hands Always rotate to protect the rim	
4 vs 4 Post Dig & 4 vs 4 Front Post	Air Time Hang on ball side Dig from the top Butt to the baseline Don't allow easy post catches in the lane	

Transition Defense

Drill	Coaching Points	Diagram/Video Link
5 on 4 Baseline Touch	Sprint - first 3 steps Point and talk Match up quickly Build your wall to keep ball out of the lane	
Full Court Defense	On Ball Off Ball Big Press NO ZONE PRESS	





Oak Hills Basketball Standards

6th Grade



Basketball IQ

Winning Plays

Winning Play	Drill Set Up	Diagram/Video Link
FT Box Out	<p>Split groups with practice jerseys. Coach is shooting the free throw and defense has to finish the possession with a FT Box Out.</p> <p>Coach offense (run cross). Coach defense – first step up the lane. Communicate who has the shooter</p>	
Saving The Basketball	<p>3 on 0 – work on saving the ball on the other teams side of the floor and under the other teams basket.</p> <p>Coach players to run to the ball – if you can't find a player throw it as deep as possible or just fall out of bounds with the ball</p>	
Fouling	<p>Have a call for fouling at the end of halves (fouls to give) or at the end of games for situations where you are down.</p>	
Situational Basketball	<p>Created 3-5 scenarios – up 1, down 1, up 2, down 2 with limited time left and work on offense/defense in those situations</p>	





Oak Hills Basketball

6th Grade Practice Plan



Date	Duration	Practice #	Level	Announcements: (next game/practice/pictures etc)
			6 th Grade	
Time				
Drill			Coaching Points	
10 min	Ball Handling			
	Weak Hand Series (10 sec each)			
	Strong Hand Series (10 sec each)			
	Speed Dribble			
	Red Light Green Light Pull Backs			
5 min	Footwork & Passing			
	Pivot Series			
	Triangle Trap Passing			
10 min	Shooting & Finishing			
	Iverson Layups			
	West Virginia Shooting			
	Follow The Leader			
10 min	Offense			
	3 on 0 Penetrate & Pitch			
	Post Pass & Cut Drill			
5 min	Individual Defense			
	4 vs 4 Post Dig/Post Front			
10 min	Team Defense			
	4 vs 4 Shell Drill		Coach Positioning – live on the first	
	Full Court Defense (choice)			
40 min	Transition/Dead Ball entries/BLOB/SLOB/Scrimmage			