

	I – Introduce		D - Develop		R – Reinforce		Details
	U8	U10	U12	U14	U16	U18	

Miscellaneous							
Court terminology							
Player positions / roles							

Rules							
Scoring							
Double dribble							
Travel							
Backcourt violation							
Jump ball – start of game							
Jump ball – held ball							
Fouls – hands							
Fouls – blocking							
Fouls – on shooter							
Five fouls on a player							
Eight team fouls							
3/5 seconds in key							
5 seconds guarded							
8 seconds in backcourt							
Out of bounds							
In-bounds passes and defence of							
Free throws – player positions & rules							

Body Movement Fundamentals							
Running							
Change of pace							
Change of direction							
Jump stops							
Stride stops							
Jumping							
Pivoting – forward & reverse							

Dribbling - Strong & Weak hand							
Fundamentals							
Speed dribble							
Control dribble							
Power dribble							
Retreat dribble							
Change of pace / hesitation							
Crossover							
Behind back							
Inside Out							
Through legs							

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Passing / Receiving - Strong & Weak hand							
Fundamentals							
Receiving							
Chest pass							
Bounce pass							
Catching on the run							
Overhead pass							
Push pass							
Pass fakes							

Shooting							
Fundamentals							
Lay-up – strong hand							
Lay-up – weak hand							
Reverse lay-up							
Set shot							
Jump shot							
Foul shots							
Power lay-up							
Catch & shoot							
Dribble & shoot							

Individual Offense							
Triple threat position							
Jab step							
Shot fakes							
Post technique							
Post moves							
V-cuts							
Cuts - Flare, Curl, etc							

Team Offense							
Spacing							
Motion offense principles							
Cutting							
Maintaining Space							
Off ball movement							
Screening							
Structured Offense							
Offensive Transition							

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Individual Defence							
Defensive stance							
Position							
Footwork – Sliding							
Footwork – Drop-step							
Use of hands - Dig & Disrupt							
Turning the dribbler							
Channelling the dribbler							
Man-to-man – Ball							
Man-to-man – Denial							
Man-to-man – Help							
Jump to ball							
Close out							
Defending cutters							
Defending screens							
Defending post players							
Taking a charge (Chest Blows)							

Team Defence							
Half-court man-to-man							
Full-court man-to-man							
Rotation principles							
Press							
Trapping							

Rebounding							
Positioning							
Boxing out							
Protection of ball							
Tagging Up							