



Basketball

Volunteer Coach Skill Development Packet by Age Division

Created By
City of Peoria
Community Services Department
Youth Sports Programs
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5 & 6 Year Old SKILL DEVELOPMENT

DRIBBLING

- Using only one hand to dribble the ball at one time.

SHOOTING

- One hand behind the ball (*propels ball*), one hand on side of the ball (*guides ball*).

DEFENSE

- Finding the Opponent using the wristband visual aid.
- Hand's Up Defensive Stance when guarding the opponent.

7 & 8 Year Old SKILL DEVELOPMENT

DRIBBLING

- Using only one hand to dribble the ball at a time.
- Being able to alternate hands while dribbling.
- Pick Up the Dribble = Look for a Pass or Shoot the ball. (*Don't re-start dribble*)

PASSING

- Basic Passing Techniques (Chest Pass or Bounce Pass)
- Eye Contact prior to making pass
- Stepping into the pass

SHOOTING

- One hand behind the ball (*propels ball*), one hand on side of the ball (*guides ball*)
- Proper footwork:
- (e.g. Square Feet = *feet shoulder width apart under body creating a strong foundation*).

DEFENSE

- Locate the Opponent using the wristbands as visual aid.
- Defensive Stance (*bent knees, wide stance, arms open*)
- Proper Technique for Stealing the Ball: *hands touch the ball ONLY, not the player*



9 & 10 Year Old SKILL DEVELOPMENT

DRIBBLING

- Dribbling the ball as low as possible and still controlling the ball
- Dribbling the ball with the head up and eyes away from the ball
- Being able to alternate hands while dribbling
- No Double-Dribbling, No Traveling
- Protecting the ball with body: (*position ball in one hand while placing the body between the ball and the defender*)

PASSING

- Continue Basic Passing Techniques (*Chest Pass, Bounce Pass*)
- Introduce Overhead Pass
- Making Eye Contact prior to Making the Pass
- Stepping into the Pass
- Moving after Making the Pass

SHOOTING

- One hand behind the ball (*propels ball*), one hand on side of the ball (*guides ball*)
- Proper footwork: e.g. Square Feet: (*feet shoulder width apart under body creating a strong foundation*)
- Introduce 'Jump-Shot' Technique

DEFENSE

- Locate Opponent
- Defensive Stance (*bent knees, wide stance, arms open*)
- Proper Technique for Stealing the Ball: (*hands touch the ball ONLY, not the player*)

TACTICS

- Introduce *Setting up the Screen*
- Introduce Double Teaming Opponent within own Defensive Lane
- Introduce Mid-Court Defense



11 to 13 Year Olds SKILL DEVELOPMENT

DRIBBLING

- Low Dribble / Head Up / Eyes in Front
- Developing 1 v 1 Dribbling Skills: (*Cross-over, Penetrating the Basket*)
- Jump-Stop / Triple Threat Positioning
- No Double-Dribbling, No Traveling
- Protecting the ball with body

PASSING

- Continue Developing Three Basic Passes
- Introduce 'Baseball' Pass
- Eye Contact / Stepping into Pass / Moving After the Pass
- Introduce passing while moving / dribbling

SHOOTING

- One hand behind the ball (*propels ball*), one hand on side of the ball (*guides ball*)
- Proper footwork: e.g. Square Feet: (*feet shoulder width apart under body creating a strong foundation*)
- Introduce 'Jump-Shot' Technique

DEFENSE

- Locate Opponent
- Defensive Stance (*bent knees, wide stance, arms open*)
- Proper Technique for Stealing the Ball: (*hands touch the ball ONLY, not the player*)

TACTICS

Offense Tactics:

- Setting Up the Screen
- Creating / Developing Set Plays
- 'How To' beat Man v Man Pressure
- 'How To' beat Zone Defensive Pressure

Defense Tactics:

- Proper Double Team Technique
- Using the Court Dimensions as an Extra Defender
- Introduce *Full Court Defense* Strategies
- Introduce *Defensive Zone Defense* schemes: (2:3, 3:2, 1:2:2, 2:1:2, etc...)

