Basketball

Volunteer Coach Skill Development
Packet by Age Division

Created By
City of Peoria
Community Services Department
Youth Sports Programs
Updated: 2016
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

PEORIA SPORTS

2
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…)