

Big Lake Youth Basketball Association

Coaches' Objectives for Players

1st and 2nd Grade Objectives

Players should have the following skills by the end of their 2nd grade season.

Dribbling

- Dribble with right and left hand (stationary and moving up and down the court)
- Crossover dribble (stationary and moving up and down the court)
- Hesitation dribble (moving up and down the court)
- Stationary dribbling (multiple skills)
- Protecting the ball with the off-hand (non-dribbling) kept out in front, bent at a 90 degree angle as a guard against the defender.
- Pivot (left, right)

Passing

- Chest pass
- Bounce pass
- Pass fake

Shooting

- Lay ups (no dribble)
- Lay ups (one dribble)
- Introduce jump shot (proper mechanics)

Defense

- Correct stance
- On ball defense (proper technique)
- Stay between the offensive player and the basket
- Rebound with two hands (squeeze the ball under the chin)
- Rebound (box-out)

Screens

- Introduce screens (screener should have a wide stance, protect mid section)
- Introduce give and go
- Introduce pass and screen away

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3rd and 4th Grade Objectives

Players should have the following skills by the end of their 4th grade season.

Dribbling

- Dribble with right and left hand (stationary and moving up and down the court)
- Crossover, hesitation, between legs, behind the back, spin, fake crossover (moving up and down the court)
- Stationary dribbling (multiple skills)
- Protecting the ball with the off-hand (non-dribbling) kept out in front, bent at a 90 degree angle as a guard against the defender.
- Pivot (left, right)

Passing

- Chest pass
- Bounce pass
- Pass fake
- Pass on the move
- Fake chest pass, step through bounce pass

Shooting

- Lay ups (no dribble)
- Lay ups (one dribble)
- Lay ups (dribble from outside the three point line)
- Lay ups (catch bounce pass on the run and finish lay up)
- Continue to develop jump shot (proper mechanics)
- Introduce reverse lay up

Defense

- Correct stance
- On ball defense (proper technique)
- Stay between the offensive player and the basket
- Rebound with two hands (squeeze the ball under the chin)
- Rebound (box-out)
- One pass away positioning
- Two passes away positioning
- Help defense (equals team defense)

Screens

- Correct stance (wide stance, protect mid section)
- Man using screen must set opponent up and rub shoulder to teammate
- Give and go
- Pass and screen away
- Introduce pick and roll (order of it, pick then roll)

Big Lake Youth Basketball Association Coaches' Objectives for Players

5th Grade Objectives

Players should have the following skills by the end of their 5th grade season.

Dribbling

- Dribble with right and left hand (stationary and moving up and down the court)
- Crossover, hesitation, between legs, behind the back, spin, fake crossover (stationary and moving up and down the court)
- Change speeds (moving up and down the court)
- Stationary dribbling (multiple skills)
- Protecting the ball with the off-hand (non-dribbling) kept out in front, bent at a 90 degree angle as a guard against the defender.
- Pivot (left, right)

Passing

- Chest pass
- Bounce pass
- Skip pass
- Pass fake
- Pass on the move
- Fake chest pass, step through bounce pass
- Feeding post with bounce passes and lobs

Shooting

- Lay ups (no dribble, both hands)
- Lay ups (one dribble, both hands)
- Lay ups (dribble from outside the three point line, both hands)
- Lay ups (reverse)
- Lay ups (jump stop, shot fake, both hands)
- Lay ups (catch bounce pass on the run and finish lay up, both hands)
- Lay ups (shot fake from 3 point line, get to rim in less than 3 dribbles, both hands)
- Jump shot (off pass and dribble, 1 dribble and shoot, swing through and shoot)
- Continue to develop jump shot (proper mechanics)

Defense

- Correct stance
- On ball defense (proper technique)
- Stay between the offensive player and the basket
- Rebound with two hands (squeeze the ball under the chin)
- Rebound (box-out)
- One pass away positioning
- Two passes away positioning
- Help defense (equals team defense)
- Post players go straight up (secondary should be the shot block)
- Sag on the weak side to help against the lob pass
- Introduce hands on defense without fouling
- Introduce zone defense concepts

**Big Lake Youth Basketball Association
Coaches' Objectives for Players**

▪ **Screens**

- Correct stance (wide stance, protect mid section)
- Man using screen must set opponent up and rub shoulder to teammate
- Give and go
- Pass and screen away
- Continue to develop pick and roll

Offensive Moves

- Introduce post moves (drop step, up and under, shot fakes, turn around jumper)
- Perimeter (jab step and drive to the basket)

Transition

- Get ahead of the ball and fill passing lanes (pass the ball, ball flies faster than anyone can dribble)
- Posts beat their posts up the floor
- Win the race up the court
- Maintain spacing

**Big Lake Youth Basketball Association
Coaches' Objectives for Players**

6th Grade Objectives

Players should have the following skills by the end of their 6th grade season.

Dribbling

- Dribble with right and left hand (stationary and moving up and down the court)
- Crossover, hesitation, between legs, behind the back, spin, fake crossover (moving up and down the court)
- Change speeds (moving up and down the court)
- Stationary dribbling (multiple skills)
- Protecting the ball with the off-hand (non-dribbling) kept out in front, bent at a 90 degree angle as a guard against the defender.
- Pivot (left, right)

Passing

- Chest pass (stationary and moving up and down the court)
- Bounce pass (stationary and moving up and down the court)
- Skip pass
- Pass fake
- Pass on the move
- Fake chest pass, step through bounce pass
- Feeding post with bounce passes and lobs

Shooting

- Lay ups (no dribble, both hands)
- Lay ups (one dribble, both hands)
- Lay ups (dribble from outside the three point line, both hands)
- Lay ups (reverse, both hands)
- Lay ups (jump stop, shot fake, both hands)
- Lay ups (catch bounce pass on the run and finish lay up, both hands)
- Lay ups (shot fake from 3 point line, get to rim in less than 3 dribbles, both hands)
- Jump shot (off pass and dribble, 1 dribble and shoot, swing through and shoot)
- Continue to develop jump shot (proper mechanics)

Defense

- Correct stance
- On ball defense (proper technique)
- Stay between the offensive player and the basket
- Rebound with two hands (squeeze the ball under the chin)
- Rebound (box-out)
- One pass away positioning
- Two passes away positioning
- Help defense (equals team defense)
- Post players go straight up (secondary should be the shot block)
- Sag on the weak side to help against the lob pass
- Front the other team's post player
- Continue hands on defense without fouling
- Continue to develop zone defense concepts

Big Lake Youth Basketball Association Coaches' Objectives for Players

Screens

- Correct stance (wide stance, protect mid section)
- Man using screen must set opponent up and rub shoulder to teammate
- Give and go
- Pass and screen away
- Continue to develop pick and roll (guard/guard as well as post/guard)

Offensive Moves

- Continue to develop post moves (drop step, up and under, shot fakes, jump hooks, turn around jumper, Barkley step)
- Perimeter (jab step and drive to the basket)

Transition

- Get ahead of the ball and fill passing lanes (pass the ball, ball flies faster than anyone can dribble)
- Posts beat their posts up the floor
- Win the race up the court
- Maintain spacing
- Primary and secondary break (all 5 players can't break at once, 3 players then 2)

Big Lake Youth Basketball Association Coaches' Objectives for Players

7th and 8th Grade Objectives

Players should continue to develop the following skills during the 7th and 8th grade seasons.

Dribbling

- Dribble with right and left hand (stationary and moving up and down the court)
- Crossover, hesitation, between legs, behind the back, spin, fake crossover (moving up and down the court)
- Change speeds (moving up and down the court)
- Stationary dribbling (multiple skills)
- Protecting the ball with the off-hand (non-dribbling) kept out in front, bent at a 90 degree angle as a guard against the defender.
- Pivot (left, right)

Passing

- Chest pass (stationary and moving up and down the court)
- Bounce pass (stationary and moving up and down the court)
- Skip pass
- Pass fake
- Pass on the move
- Fake chest pass, step through bounce pass
- Feeding post with bounce passes and lobbs
- Post re-entry, and reposition

Shooting

- Lay ups (no dribble, both hands)
- Lay ups (one dribble, both hands)
- Lay ups (dribble from outside the three point line, both hands)
- Lay ups (reverse, both hands)
- Lay ups (jump stop, shot fake, both hands)
- Lay ups (catch bounce pass on the run and finish lay up, both hands)
- Lay ups (shot fake from 3 point line, get to rim in less than 3 dribbles, both hands)
- Jump shot (off pass and dribble, 1 dribble and shoot, swing through and shoot)
- Continue to develop jump shot (proper mechanics)

Defense

- Correct stance
- On ball defense (proper technique)
- Stay between the offensive player and the basket
- Rebound with two hands (squeeze the ball under the chin)
- Rebound (box-out)
- One pass away positioning
- Two passes away positioning
- Help defense (equals team defense)
- Post players go straight up (secondary should be the shot block)
- Sag on the weak side to help against the lob pass
- Front the other team's post player
- Continue hands on defense without fouling
- Continue to develop zone defense concepts

Big Lake Youth Basketball Association Coaches' Objectives for Players

Screens

- Correct stance (wide stance, protect mid section)
- Man using screen must set opponent up and rub shoulder to teammate
- Give and go
- Pass and screen away
- Continue to develop pick and roll guard/guard as well as post/guard)
- Slip screens

Offensive Moves

- Continue to develop post moves (drop step, up and under, shot fakes, jump hooks, turn around jumper, Barkley step)
- Perimeter (jab step and drive to the basket)
- Swing through (everything facing the basket starts with swing through)

Transition

- Get ahead of the ball and fill passing lanes (pass the ball, ball flies faster than anyone can dribble)
- Posts beat their posts up the floor
- Win the race up the court
- Maintain spacing
- Primary and secondary break (all 5 players can't break at once, 3 players then 2)