

## 7th Grade Curriculum

### Fundamentals

	Skills		Drills	
Pass & Catch	Stationary	Sharp passes, Triple threat, Post Entries	Stationary	Dribble-Pivot-Passback
	On Move	Catch & establish pivot foot, pass to moving player	On Move	All drills
	Footwork	Take Your Space	Footwork	Small Area Passing, 30 Passes
Ballhandling	Stationary	Confidence with ball, Head up	Stationary	Single Ball, 2 Ball
	On Move	Change speeds, Change directions	On Move	Fullfloor Ballhandling
	Weakhand	Change speeds/directions, Comfort with ball	Weakhand	2 Ball, 15 sec Ballhandling
Shooting	Form	Waiter-Rocket-Goose, Balance, Eyes on rim	Form	Form Shooting, Mikan Drill
	On Move	1/2 Step, No Fade	On Move	L/R Shot, Liberty Shooting
	Footwork	Inside pivot foot into shot, Pullup footwork	Footwork	1 on 0 Shooting, Daily Dozen, Supermans
Defense	1 on 1	Stance, Contain ball, Closeouts, Active Hands	1 on 1	1 on 1 Cut Throat
	Positioning	Attackside, Gap	Positioning	3 on 3 Shell, 4 on 4 Shell, Shell w/ Post
	Communication	Off Ball, Five Calls	Communication	3 on 3 Shell, 4 on 4 Shell, Shell w/ Post

### Tactical

	Skills		Drills	
Player Movement	Cutting	Shallow Cut, L Cut, Exchange, 2nd Cut	Cutting	Pass & Cut Drill, Post Pass & Cut Drill, Post Slides
	Screening	Pin Down Screen, Pin & Skip	Screening	1 on 0 Cutters, Pin & Skip, Power Dribbles
Ball Movement	Fakes	Ball Fake, Shot Fake, Dribble Ats	Fakes	Dribble-Pivot-Passback
	Sureness	Run through the ball, Square Up	Sureness	Loose Ball Drill, 3 Man Keep Away
Scoring Actions	1 on 1	Beating on ball defender, finish at rim	1 on 1	Daily Dozen, 1 on 1 Live, 3 on 3 Live
	Pen & Pitch	Dribble Handoffs, Circle Movement, Power Dribbles	Pen & Pitch	Penetrate & Pitch Drill, Circle Movement
Team Defense	Off Ball Position	Jump to Ball, Fake & Fall	Off Ball Position	3 on 3 Shell, 2 on 2 Help & Recover
	Post Defense	Front Post, Wall Up	Post Defense	3 on 3 Shell with post
Defending Screens	On Ball	Switch - Down, Double, Cross Screens	On Ball	2 on 2 Ballscreens
	Off Ball	On-line, Up-line	Off Ball	3 on 3 Shell, 4 on 4 Shell w/ Screen Away
Rebounding	Box Outs	Hit & Get, Swim Move, Hit & Spin	Box Outs	Form Box, 4 Min Rebounding, Grizzly
	Outlets	Power Position, Banana Cut	Outlets	Loose Ball Recoveries, Outlet & Go
Transition	Offense	Kick Ahead, Rim Run, Spacing, Shot Selection	Offense	3 on 3, 4 on 4, 5 on 5 Live
	Defense	14/24, 32/42	Defense	FT Possessions, Fullcourt Possessions, Live

### Psychological

	Traits	Exercises
Motivation	Enjoyment of the game, value of role on team	Letter to Self
Self-Confidence	Handling adversity, connecting hard work/practice to confidence	I Got You
Competitiveness	Playing hard, positive attitude, never quit	Toughman Shirts
Focus	Listening skills, ability to execute instruction, ability to communicate	Repeat Button
Commitment	Practice outside of team practices	HW assignments
Respect	Treatment of coaches, teammates, opponents, officials	What's Your 68?, I'm Thankful for ...
Discipline	Willingness to do what is expected, even when it's not what they want	Gatorade for charge