

ORONO

BASKETBALL ASSOCIATION



Grade Level	K-1	2	3-4	5-6	7-8
Ratio of Fundamentals vs Plays/Strategy/Scrimmage Example - 90 Minute Practice - 60 Min Fundamentals, 30 Minutes Plays/Strategy/Scrimmage	70%/30%	70%/30%	70%/30%	60%/40%	40%/60%
Playing Time Policy	Equal	Equal	Equal	5th - Equal 6th - 30% min	30% min
Dribbling					
Both hands-with speed up and down the court	X	X	X	X	X
Hesitation, Crossover, between legs, behind the back, spin, In-out	Crossover, Hesitation	Crossover, Hesitation	X	X	X
Pivot- L,R Forward,Reverse	X	X	X	X	X
All Stationary Ball- Handling with and without dribble	X	X	X	X	X
Changing Speeds	X	X	X	X	X
Passing					
Chest Pass	X	X	X	X	X
Bounce Pass	X	X	X	X	X
Overhead Pass	X	X	X	X	X
Passing on the move	X	X	X	X	X
Fake a Pass Make a Pass			X	X	X
Skip Pass				X	X
Post Feeds with Bounce and Lob Passes				X	X
Pass Fakes		X	X	X	X
Shooting					
Lay-ups no Dribble	X	X	X	X	X
Lay ups one Dribble	X	X	X	X	X
Lay ups Dribble from outside three point line			X	X	X
Lay ups - Reverse				X	X
Lay ups jump stop - shot fake			X	X	X
Lay ups jump stop - shot fake from 3 point line - get to rim in one dribble				X	X
2 Line Passing (catch bounce pass on run and finish with lay-up)			X	X	X
Introduce Proper Shooting Techniques (Use BEEF - Balance, Eyes, Elbow, Follow-Thru)		Introduce	Developing	X	X
Defense					
Athletic Stance	X	X	X	X	X
On ball Defense - Short choppy steps - level off dribbler	Introduce	X	X	X	X
Rebound with two hands - yell ball	X	X	X	X	X
Box out - Make Contact	X	X	X	X	X
Rebound - Go get the ball	X	X	X	X	X
1 Pass Away Packline Positioning (communication)		Introduce	X	X	X
2 Pass Away Packline Positioning (communication)		Introduce	X	X	X
Contest shots with Inside Hand			Introduce	X	X
Swipe and Run			X	X	X
Full Shell Drill			X	X	X
Screens					
Call teammates name, say "Use me"			X	X	X
Show Fist x x x			X	X	X
Wide Stance(Protect Mid Section)			X	X	X
Execute Following Screens: UCLA, Back, Down, Shuffle, Cross, Fade			Introduce	X	X
Offensive Moves					
Triple Threat	X	X	X	X	X
Jab and Go			X	X	X
Shot Fake and Go				X	X
Drop, up and under, shot fakes, jumb hooks				X	X
Catch and Shoot			X	X	X
1 Dribble Jump shot			X	X	X
2 Dribble Jump shot			X	X	X

Transiton					
Run the Floor				X	X
Open and Ahead - Pass the ball				X	X