

## Skills Progression

### ***Beginner***

#### Footwork

- Jump Stops
- Pivots, Forward Reverse
- Triple Threat
- Pick Up the ball and jump stop
- Catch first then dribble
- Sweep Through/ Step Through
- Screens

#### Passing & Catching

- Chest-Pass
- Bounce-Pass
- Push- Pass Right & Left

#### Rebounding

- Don't let the ball hit the floor
- Block-outs

#### Ball-Handling

- Around the waist, ankles
- One hand reps
- Crossovers
- V's
- Starting and Stopping while dribbling
- Right Hand Right Side, Left Hand Left
- Full Speed Dribbling

#### Shooting

- Lay ins- Proper hand/leg in the air
- Good form- No two hands!
- Follow through
- Off a dribble jump stop shoot
- Catch and shoot

#### Defense

- Slides
- Zig Zags

## Skills Progression

### *Intermediate*

#### Footwork

- Jump Stops
- Pivots, Forward, Reverse, 360
- Triple Threat
- Pick Up the ball and jump stop
- Catch first then dribble
- Sweep Through/ Step Through
- Screens
- V cuts, L cuts & Back cuts
- On Ball Screen & Roll
- Post work basics

#### Passing & Catching

- Chest-Pass
- Bounce-Pass
- Push- Pass Right & Left
- Wrap Around Bounce
- Skip Pass

#### Rebounding

- Don't let the ball hit the floor
- Block-outs
- Off the back board

#### Ball-Handling

- Around the waist, ankles
- One hand reps
- Crossovers, through legs, Behind Back
- 2 Ball Drills
- V's
- Starting and Stopping while dribbling
- Right Hand Right Side, Left Hand Left
- Full Speed Dribbling
- Hesitations

#### Shooting

- Lay ins- Proper hand/leg in the air
- Reverse Lay-ins
- Good form- No two hands!
- Follow through
- Off a dribble jump stop shoot
- Catch and shoot
- Off a move
- Reading Screens
- Limit Dip in shooting
- Underhand Lay-in
- Limit Threes- Only Proper Form

#### Defense

- Slides-Zig Zags
- Turn and Sprint
- Closeouts
- Denials
- Switching
- Help Defense
- Rotations
- Transition D

## Skills Progression

### *Advanced*

#### Footwork

- Jump Stops
- Pivots, Forward, Reverse, 360
- Pressure Pivots
- Triple Threat
- Pick Up the ball and jump stop
- Catch first then dribble
- Sweep Through/ Step Through
- Screens
- V cuts, L cuts & Back cuts
- On Ball Screen & Roll
- Slips
- Post work counters

#### Passing & Catching

- Chest-Pass
- Bounce-Pass
- Push- Pass Right & Left
- Wrap Around Bounce
- Skip Pass
- Shovel Pass
- Full Court Pass
- Outside Hand Passing

#### Rebounding

- Don't let the ball hit the floor
- Block-outs
- Off the back board
- Off the back board and shoot
- Offensive rebound skills- Swim move
- Find a Man

#### Ball-Handling

- Around the waist, ankles
- One hand reps
- Crossovers, through legs, Behind Back
- Counters
- 2 Ball Drills
- 2 Ball Alternate Drills
- V's
- Starting and Stopping while dribbling
- Right Hand Right Side, Left Hand Left
- Full Speed Dribbling
- Hesitations
- 3 ball drills
- Dribble- Backward, sideways & angles

#### Shooting

- Lay ins- Proper hand/leg in the air
- Finishes- Hop, Euro, Wide, Etc.
- Good form- No two hands!
- Follow through
- Off a dribble jump stop shoot
- Catch and shoot
- Off a move
- Reading Screens
- No Dip in shooting
- Contested Shooting
- Step Backs
- Moving without the ball
- Three point shooting as a focus
- Jump Shot

#### Defense

- Slides-Zig Zags
- Turn and Sprint
- Closeouts
- Denials
- Switching
- Help Defense
- Primary & Secondary Rotations
- Pick & Roll Defense
- Full Court Press
- Screen Defense
- Zone Introduction

# Skills Progression

## **Mastery**

### Footwork

- Jump Stops
- Pivots, Forward, Reverse, 360
- Pressure Pivots
- Triple Threat
- Pick Up the ball and jump stop
- Catch first then dribble
- Sweep Through/ Step Through
- Screens
- V cuts, L cuts & Back cuts
- On Ball Screen & Roll
- Slips
- One-Twos
- Stutters
- Complete Post Skill Set

### Passing & Catching

- Chest-Pass
- Bounce-Pass
- Push- Pass Right & Left
- Wrap Around Bounce
- Skip Pass
- Shovel Pass
- Full Court Pass
- One handed
- Outside hand
- Behind the back
- Through legs
- Lobs
- No-Look Pass
- Spin on the ball

### Rebounding

- Don't let the ball hit the floor
- Block-outs
- Off the back board & shoot
- Offensive rebound skills- Swim move
- Find a Man
- Disadvantage Block out
- Tip-Ins

### Ball-Handling & Moves

- Around the waist, ankles
- One hand reps
- Crossovers, through legs, Behind Back

### Counters

- 2 Ball Drills
- 2 Ball Alternate Drills
- V's
- Starting and Stopping while dribbling
- Right Hand Right Side, Left Hand Left
- Full Speed Dribbling
- Hesitations
- 3 ball drills
- Double-Counters
- Dribble- Backward, sideways & angles
- Splits
- Switches

### Shooting

- Lay ins- Proper hand/leg in the air
- Finishes- Hop, Euro, Wide, Etc.
- Advanced- Quick shot, floater etc.
- Spin on the ball
- Good form- No two hands!
- Follow through
- Off a dribble jump stop shoot
- Catch and shoot
- Off a move
- Reading Screens
- No Dip in shooting
- Contested Shooting
- Step Backs
- Moving without the ball
- Jabs, Shot Fakes, Rockers
- Dunks
- Off-balance shooting
- Bad Pass Makes
- Mid-Move Jump Shot
- Full Speed Off-Screen

### Defense

- Slides-Zig Zags & Turn and Sprint
- Closeouts
- Denials
- Switching
- Help Defense
- Primary & Secondary Rotations
- Screen & Pick & Roll Defense
- Full Court Press
- Zone Defense

## TIPS

- Alternate between high reps and quality reps
- Don't move on until they have sufficient skills in a drill
- Emphasis quickness and toughness in all drills
- Throw in competition whenever possible
- Always build basics first then add drills
- Video tape when a player doesn't see what they are doing wrong
- Coaches- No zone until HS!
- Be positive, have fun!