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# Grade Level Objectives

Fishers Lady Tigers Basketball

## 1<sup>st</sup> and 2<sup>nd</sup> Grade

### Objectives:

- 1) Create ball handling and passing skills
- 2) Develop understanding of basketball terminology
- 3) Create pivoting skills
- 4) Reinforce proper attitude
- 5) Generate enthusiasm and enjoyment of the game

### I. Ball Handling/Passing Skills

#### A. Ball Handling

##### 1. Technique

- a. Fingertip Control
- b. Athletic Stance
- c. Eyes Up
  - Dribbling Glasses
- d. Lateral Movements

##### 2. Drills

- a. Single Ball – Stationary
  - Protection
  - Spin/Pull Through
  - Cross-over
- b. Two Ball – Stationary
  - Rhythm
  - Alternating
  - Cross-over
- c. Single Ball – Cones
  - Hesitation/Stutter Step
  - Create Space
  - Cross-over
  - Spin/Pull Through
- d. Two Ball – Cones
  - Rhythm
  - Alternating
  - Lateral Movement/Lane Slide Dribbles
  - Hesitation
  - Box Spins
- e. Dribble Tag
- f. Dribble Knock-out
- g. Tennis Ball Toss
- h. Fun Drills
  - Sitting
  - Laying
  - Body Circles
  - Ricochet
  - The Trick
  - Reverse Juggle

#### B. Passing

##### 1. Technique

- a. Meet Passes (Catch with feet in the air)
- b. Catch with Hands not Body (Hands ready to receive)
- c. Two Hands with Passes
- d. Pass from Triple Threat



# Grade Level Objectives

Fishers Lady Tigers Basketball

- e. Step to Pass
  - Alternating Feet
- f. Release with Thumbs Down Snapping Wrists
- 2. Drills
  - a. Partner Passing
    - Chest
    - Bounce
    - Wrap-around (post entry)
    - Two Ball (once bounce the other chest)
  - b. Lane Line Lead Passing
  - c. Two Line Passing
  - d. Star Passing
  - e. Box Passing
  - f. China Passing
  - g. Three Player Weave
  - h. Machine Gun Passing
  - i. Various Relay Races
- II. Basketball Terminology
  - A. Areas of the Court
    - 1. Paint
    - 2. Baseline
    - 3. Block
    - 4. Wing (free throw line extended)
    - 5. Elbow
    - 6. Free Throw Line
    - 7. Sideline
    - 8. Ten Second Line (half-court)
    - 9. Corner
    - 10. Key
    - 11. Top of the Key
  - B. Violations
    - 1. Foul
    - 2. Travel
    - 3. Double Dribble
    - 4. Out of Bounds (backcourt violation)
    - 5. Three Seconds
- III. Pivoting
  - A. Technique
    - 1. Stay Low in Athletic Stance
    - 2. Ball Secured (triple threat or chin)
    - 3. Aggressive Action
    - 4. Rip Ball High or Low (above head or below knees)
    - 5. Step Past the Defender (beat their hip)
  - B. Drills
    - 1. Dribble to Jump Stop
    - 2. Pick-up Pivot and Peek
    - 3. Fake Sandwich
    - 4. Dribbling Pinwheel
    - 5. Pressure Pivots
- IV. Reinforce Proper Attitude
  - A. Belief in Team
    - 1. Emphasize through Passing Drills
  - B. Team Encouragement (player to player)



## Grade Level Objectives

Fishers Lady Tigers Basketball

1. High Fives
2. Pointing in Recognition
3. Shout Praise (“Good Job”)
4. Pats on the Back
- C. Helping Hand
  1. Help up Teammates and Opponents
  2. Hustle to get a Basketball
- D. Reward Positive Actions
  1. Avoid Punishments
  2. Model Positive Characteristics
- V. Generate Enthusiasm and Enjoyment
  - A. Make it Fun
    1. Be Animated
    2. Enjoy it Yourself
    3. Keep them Active
    4. Play Games
  - B. Rewards
    1. Small Rewards to Everyone
      - a. Starburst Candy to “Stars of the Day”
    2. T-shirts
    3. Basketballs



## 3<sup>rd</sup> and 4<sup>th</sup> Grade

### Objectives:

- 1) Begin proper shooting technique
- 2) Use of athletic stance as a defensive technique
- 3) Further ball handling and passing skills
- 4) Maintain enjoyment of the game

### I. Proper Shooting

#### A. Technique

##### 1. BEEF

- a. Balance – Feet under hips, ball balanced in hand
- b. Elbow – Under the basketball, 90-degree angles
- c. Eyes – Focus on the front of the rim (drop ball on top)
- d. Follow Through – Finish shot, fingertips hanging in rim

##### 2. Daily Form Shooting

- a. Five Form Flips – one hand flip off front of backboard
  - Standing 3-5 feet from goal, focusing on arch
- b. Five Direct Flips – one hand flip off side of backboard
  - Standing 3-5 feet from goal, focusing on straight shot
- c. Ten Form Shots – one hand flips looking for a swish
  - Standing 3-5 feet from goal, focusing on swishing shots

#### B. Drills

1. Footwork Shooting
2. Two Line Shooting
3. Curl-out Shooting
4. Swing Shooting
5. Cross Goal Shooting
6. Lay-up Lines
7. Half-court Olympic Shooting

### II. Defensive Stance

#### A. Technique

1. Thighs parallel with ground
2. Feet are slightly wider than hips
3. Back straight – avoid bending at waist
4. Shoulders back – avoid hunching over
5. Palms up and facing forward – ready for deflections

#### B. Slide Technique

1. Lead foot pulls laterally as trail foot pushes
2. Lead hand pulls as lead foot pulls (outward and upward thrust)
3. Defensive posture is maintained
4. Trail foot balances stance with feet slightly wider than hips

#### C. Drills

1. Lane Slides
2. Cone Zig Zags
3. Close-out Drill
4. Defensive Zig Zags
5. Stance
6. Mass Slides
7. Shadow Drill

### III. Ball Handling/Passing

#### A. Increase Difficulty/Challenges

1. Ball Handling



# Grade Level Objectives

Fishers Lady Tigers Basketball

- a. Inside Out
  - b. Between the Legs
  - c. Behind the Back
  - d. Double Cross
  - e. Double Tap Cross-over
  - f. Cross and Slide
  - g. Double Moves
  - 2. Passing
    - a. One Hand Bounce
    - b. One Hand Chest
    - c. Skip Pass
    - d. Ball Fake and Pass
    - e. Post Entry Passes
- IV. Maintaining Enjoyment
- A. Competition
    - 1. Initiate Competitive Play
      - a. One on One
        - Emphasis on creative moves and freedom
      - b. Two on Two
        - Emphasis on passing and cutting
      - c. Three on Three
        - Emphasis on screening and moving
      - d. Four on Four
        - Emphasis on spacing and player movement
      - e. Five on Five
        - Emphasis on team play
    - 2. Proper Attitude
      - a. Score is not the relevant factor
      - b. Encourage effort, proper attitude, and teamwork
      - c. Do not reward winners, instead reward workers
  - B. Play
    - 1. Have Fun
    - 2. Be Encouraging
    - 3. Keep it in Perspective
    - 4. Think Long Term



## 5<sup>th</sup> and 6<sup>th</sup> Grade

### Objectives:

- 1) Initial learning of team skills
- 2) Mastering weak-handed lay-ups and skills around the basket
- 3) Develop understanding of offensive and defensive schemes/strategies
- 4) Generate understanding of transition play
- 5) Growing competitive drive

### I. Team Skills

#### A. Cuts and Use of Screens

1. L-cut
2. V-cut
3. Shallow-cut
4. UCLA-cut
5. Ball Cut
6. Backdoor Cut
7. Pop
8. Curl
9. Flare

#### B. Screens

1. Down Screen and Seal
2. Back Screen (UCLA Screen)
3. On-ball Screen
4. Flare Screen
5. Depressed Screen (defense sag created by a hard cut)

### II. Interior Scoring

#### A. Use of Backboard

1. Mikan Lay-ups
2. Miscellaneous Mikan
3. Use of English
4. Power Lay-ups
5. Reverse Lay-ups

#### B. Pivot Play

1. Jump Stop and Pivot Move
2. Up and Under
3. X-out and Play
4. Spin Moves
5. Athletic Jump Stop

### III. Offensive and Defensive Strategies

#### A. Offense

1. Open Post System
  - a. Every player handles the ball
  - b. Focus on cutting and penetrating actions
2. Regular (Down Screening Motion)
  - a. Every player handles the ball
  - b. Focus on screening and sealing as well as use of screens
3. Set Plays
  - a. No more than two
  - b. Players make plays, not coaches

#### B. Defense

1. Man to Man
  - a. Emphasis on teamwork



# Grade Level Objectives

Fishers Lady Tigers Basketball

- On ball defense
- Denial defense (deny the closest pass)
- Help-side defense
- b. Use of Shell Drill
  - Limit middle penetration
  - Limit post up opportunities
- 2. Trapping
  - a. Emphasis on ball pressure and anticipation
- IV. Transition Play
  - A. Spacing
    - 1. Initiating Transition
      - a. Finish Defensive Possession
      - b. Outlet to Guard
      - c. See Teammates
      - d. Get Wide then Go
      - e. Sprint
    - 2. Fill Lanes
      - a. Ball Centered (typically)
      - b. Wings Filled
      - c. Post Sprint to Block
      - d. Trailer
    - 3. Stay Wide
    - 4. Ball Handler
      - a. Eyes Up
      - b. Shift the Defense
      - c. Attack Hips
      - d. Hunt the Paint
      - e. Attract Defenders
- V. Competitive Drive
  - A. Competitive Transition Drills
    - 1. Cut Throat
    - 2. Speed Ball
    - 3. Eleven Man Break
    - 4. Racer
    - 5. Five on Four Break
    - 6. Three Player Weave – Two on One Back
    - 7. Five Player Weave – Three on Two Back
  - B. Shooting Competitions
    - 1. Game to One Hundred
    - 2. Swish
    - 3. Knock-out
    - 4. First to Ten
    - 5. Olympic Shooting
  - C. Long Term Perspective
    - 1. High School Career
    - 2. Goal Setting
    - 3. Development



## 7<sup>th</sup> and 8<sup>th</sup> Grade

### Objectives:

- 1) Learn initial phases of high school offensive system
- 2) Develop understanding of high school defensive strategies
- 3) Emphasis of proper attitude with age level

### I. Princeton Offense

#### A. Initiating Actions

1. Immediate Ball Reversal
2. Dribble Hand-off
3. Weak-side Interchange
4. Curls
5. Pass Ball Side and Interchange
6. Quick Cuts

#### B. Chin

1. First Passer/Cutter
  - a. Pass and Cut Immediately
  - b. Stutter Step and Fifteen Foot Sprint
  - c. Swim Move
2. Second Passer/Cutter
  - a. Immediate Read on Ball Reversal
  - b. Cut When Post Calls Name
  - c. Read Your Defender
    - Straight cut against tight defense
    - Pop cut against sagging defense
3. Post Come to Catch
  - a. When Post Sags
  - b. Play One on One
  - c. Second Cutter Back-cut
4. Snapback
  - a. Second Passer Skip Pass to Opposite Wing
  - b. First Cutter Snapback to Ball-side Block

#### C. High

1. First Passer/Cutter
  - a. Pass and Cut Immediately
  - b. Stutter Step and Fifteen Foot Sprint
2. Second Passer/Cutter
  - a. Slide Dribble
  - b. Pass to High Post at Opposite Elbow
3. Depressed Screen
  - a. Second passer sets screen for wing at opposite elbow from post
  - b. Wing approaches screen, jab fakes high, and cuts backdoor
  - c. Screener pops back immediately looking for open shot

#### D. Other Options

1. Hook
2. Reverse Dribble Back-cuts
3. Opposite
4. Chin Flare
5. Chin On-ball
6. Chin Wall
7. Low
8. Out



# Grade Level Objectives

*Fishers Lady Tigers Basketball*

- II. Defensive Strategies
  - A. Defensive System Calls
    - 1. Refer to "Coordinated Defensive Calls"
  - B. 1-2-2
    - 1. Soft
    - 2. Aggressive
    - 3. Trap
  - C. 2-2-1 back to 2-3
    - 1. Soft
    - 2. Trap
  - D. Temple
    - 1. Match-up Zone
      - a. Refer to Explanation Sheet
- III. Attitude
  - A. Priorities
  - B. Maturity
    - 1. Avoid "Drama"
  - C. Togetherness
  - D. Talks from High School Players
  - E. Knock'em Down, Help'em Up
  - F. Ownership of Career
  - G. Value the Opportunity