

SKILL BUILDER: 5th-6th Grade

BUILDING FUNDAMENTALS BY GRADE


Areas of Focus-This is a guideline of what should be taught at each level.


Fundamentals-These are the key fundamentals to work on at each level. Always remember to continue working on fundamentals already learned. *All of the new skills are in italic print*

Terms To Introduce/Develop/Reinforce- Basketball rules and concepts to teach and develop progressively by grade. Again, continue developing previous concepts while working on introducing new ones.

Areas of Focus	Fundamentals to Develop	Terms to Reinforce
1. Establish a positive and fun environment 2. Develop the fundamentals for improvement 3. Introduce and develop various basketball concepts (Ex.-help defense) 4. Reinforce all basketball rules and terminology 5. Reinforce simplifies offense and defensive strategies, and introduce some advanced strategies. 6. Introduce the team concept, and each member being an important part of the team 7. Introduce the concept of winning, but it is not a major focus	A. Continue Improving all 4K-4 th Grade Fundamentals B. Footwork / Agility C. Ball Handling / Dribbling D. Passing / Catching E. Shooting F. Lay-ups G. Finishing H. Rebounding I. Defense	A. Double-Dribble B. Baseline C. FT Line D. 3-Point Line E. Sideline F. Rim is 10 Feet G. Block H. Lane I. Half-Court Line J. Use Backboard Top Corner of Square K. Elbow L. Jump Circle M. Rebound (Get your own) N. Traveling O. Foul
		Terms to Develop
		A. Turnovers B. Jump Ball/Possession Arrow C. Dead Ball D. Wing E. Short Corner F. FT Line Extended G. Lane Line Extended H. Screen I. Give & Go J. V-Cut K. L-Cut L. Back-cut M. 5 Passing Lanes N. Spacing
		Terms to Introduce
		A. Post & Guard B. Box Out C. Screens (Down, Back, Cross) D. 3-second violation E. 5-second violation F. 10 second violation G. Over and Back H. Charge I. Trap J. Floor Burns K. Defensive Deflections L. Ball & Player Movement M. Dribble Over N. Shallow Cut O. Pitch Ahead P. Midline Q. Screens (Slip, Flare, Drag, Re-screen) R. Dribble Handoff

FUNDAMENTALS

<p><u>Footwork To Reinforce</u></p> <ul style="list-style-type: none"> ▪ Triple-threat ▪ Jump-stop ▪ High-Knees ▪ Butt-Kicks ▪ Cuts – sharp angles ▪ Lay-up form: right hand up / right knee up ▪ Lay-up form: left hand up / left knee up ▪ Front Pivot ▪ Square-up with a step 	<p><u>Footwork To Develop</u></p> <ul style="list-style-type: none"> ▪ Multiple pivots / re-pivots with ball ▪ High Sweep ▪ Low Sweep ▪ Reverse Pivot ▪ Outside-Inside ▪ Screening Angle (cut to score) 	<p><u>Footwork To Introduce</u></p> <p>Perimeter Drives Footwork:</p> <ul style="list-style-type: none"> ▪ <i>Blast</i> ▪ <i>Rocker-step</i> ▪ <i>Crossover</i> <p>Post Moves Footwork:</p> <ul style="list-style-type: none"> ▪ <i>Half-moon – foot fight</i> ▪ <i>Drop-step (baseline and middle)</i> ▪ <i>Up & under</i> <p>Finishes Footwork:</p> <ul style="list-style-type: none"> ▪ <i>Vicious Pivot</i> ▪ <i>Hips Across</i>
<p><u>Ball Handling / Dribbling To Reinforce:</u></p> <p><u>Stationary – No Dribble:</u></p> <ul style="list-style-type: none"> ▪ Ball slaps ▪ Finger tips ▪ Around the head ▪ Around waist ▪ Around both ankles ▪ Around right ankle ▪ Around left ankle ▪ Figure 8 <p><u>Stationary – 1 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ Arm bar ▪ Right hand consecutive dribbles ▪ Left hand consecutive dribbles ▪ Crossovers: right-to-left continuous dribbles ▪ Inside-out dribble: right hand ▪ Inside-out dribble: left hand <p><u>Non-Stationary – 1 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ Right hand consecutive dribbles on move ▪ Left hand consecutive dribbles on move ▪ Right hand to half-court ▪ Left hand to half-court ▪ Cone dribbling – right hand only ▪ Cone dribbling – left hand only ▪ Cone dribbling – crossovers ▪ Right hand full-court ▪ Left hand full-court <p><u>Stationary – 2 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ 2 Ball dribbling (same) in place ▪ 2 Ball dribbling (alternate) in 	<p><u>Ball Handling / Dribbling To Develop:</u></p> <p> With introduction of Stationary with No, 1 and 2 ball dribbling, all of the dribble moves for the Little Dribblers Routine is now complete</p> <p><u>Stationary – No Dribble:</u></p> <ul style="list-style-type: none"> ▪ Single Switches ▪ Double Flips ▪ Spider <p><u>Stationary – 1 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ Kill Dribble – RH & LH ▪ Forward & Back – RH & LH ▪ Forward & Back – RH & LH ▪ Side-to-side – RH & LH ▪ RH around right ankle ▪ LH around left ankle ▪ Figure 8 – RH & LH ▪ Continuous crossover under right knee ▪ Continuous crossover under left knee ▪ Continuous crossover left/right behind the back ▪ Scissors ▪ Rhythm – between legs ▪ Rhythm – behind back ▪ Rhythm – combo <p><u>Stationary – 2 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ 2 Ball Push / Pull ▪ 2 Ball Side / Side (same direction) ▪ 2 Ball Side / Side (opposite direction) 	<p><u>Ball Handling / Dribbling To Introduce:</u></p> <ul style="list-style-type: none"> ▪ N/A ▪ Focus to develop the Dribble Moves in the Develop Column of 1 ball and 2 ball dribbling in the open court – Moves are below and in the column to the left: <p><u>Dribble Moves (Open Court – 1 Ball Dribbling):</u></p> <ul style="list-style-type: none"> ▪ Speed Dribble ▪ Change speed: Go hard, stop ▪ Hesitation ▪ Crossover ▪ Inside-out/Fake-crossover ▪ Back Dribble <p><u>Dribble Moves (Open Court – 2 Ball Dribbling):</u></p> <ul style="list-style-type: none"> ▪ 2 Ball Speed Dribble ▪ 2 Ball Alternate Speed Dribble ▪ 2 Ball Hesitation <p>2 Ball Crossover</p>

<ul style="list-style-type: none"> place 2 Ball dribbling cross in place <p><u>Non-Stationary – 2 Ball Dribbling:</u></p> <ul style="list-style-type: none"> 2 Ball dribbling to half-court 2 Ball dribbling full-court 	<ul style="list-style-type: none"> Right High, Left Low (Switch) Left in place, Right Forward / Back (Switch) Left in place, Right Side / Side (Switch) Right in place, Left around left ankle (switch) 2 Ball Figure 8 Through middle, around outside Around outside, through middle <p><u>Dribble Moves (Open Court – 1 Ball Dribbling):</u></p> <ul style="list-style-type: none"> Speed Dribble Change speed: Go hard, stop Hesitation Crossover Inside-out/Fake-crossover Back Dribble <p><u>Dribble Moves (Open Court – 2 Ball Dribbling):</u></p> <ul style="list-style-type: none"> 2 Ball Speed Dribble 2 Ball Alternate Speed Dribble 2 Ball Hesitation 2 Ball Crossover 	
<p><u>Passing & Catching To Reinforce:</u></p> <ul style="list-style-type: none"> Bounce Pass Chest Pass Show hand target when receiving a pass Catching a bounce pass Catching a chest pass Make one pass fake before passing 	<p><u>Passing & Catching To Develop:</u></p> <ul style="list-style-type: none"> Bounce & Chest passes on move (half-court & transition) Catching passes with a jump-stop or 1-2 step and squaring up 	<p><u>Passing & Catching To Introduce:</u></p> <ul style="list-style-type: none"> <i>Overhead Pass</i> <i>Step-around Pass</i> <i>Post Feed (throw away from defense and hit the hand)</i>
<p><u>Shooting To Reinforce:</u></p> <ul style="list-style-type: none"> Hand placement Power Leg Back Ball in Shot Pocket Lift Elbow Follow-through “Cookie Jar” Use Backboard Elevator (Up/Down) Hold follow-through for 2 seconds 	<p><u>Shooting To Develop:</u></p> <p> Hodag Girls Basketball Shot Mechanics will be introduced at 3rd Grade</p> <ul style="list-style-type: none"> Shot Mechanics – 10 Keys Footwork with 1 Dribble Pull-up jumper with strong hand Footwork with 1 Dribble Pull-up jumper with weak hand 	<p><u>Shooting To Introduce:</u></p> <ul style="list-style-type: none"> <i>Off the Dribble (inside-outside)</i> <i>Off the catch</i>
<p><u>Lay-ups To Reinforce:</u></p> <ul style="list-style-type: none"> Right hand lay-up footwork Left hand lay-up footwork Right hand lay-up 3 steps no dribble 	<p><u>Lay-ups To Develop:</u></p> <ul style="list-style-type: none"> Power lay-up off 2-foot jump-stop Power lay-up off outside-inside 	<p><u>Lay-ups To Introduce:</u></p> <ul style="list-style-type: none"> <i>Stockton (RH & LH)</i>

<ul style="list-style-type: none"> ▪ Left hand lay-up 3 steps no dribble ▪ Right hand lay-up 1 dribble ▪ Left hand lay-up 1 dribble 		
<u>Finishing To Reinforce:</u> N/A	<u>Finishing To Develop:</u> <ul style="list-style-type: none"> ▪ Mikan Drill (1 Ball) 	<u>Finishing To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>Mikan Drill (2 Ball)</i> ▪ <i>Reverse Mikan</i>
<u>Rebounding To Reinforce:</u> N/A	<u>Rebounding To Develop:</u> <ul style="list-style-type: none"> ▪ Palms Up (See your palms) ▪ Secure with 2 hands and pull down in a “Z” ▪ Chin-it ▪ Second Effort Offensive Rebounding ▪ Box-out 	<u>Rebounding To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>180 degree turn</i> ▪ <i>Outlet with overhead pass</i> ▪ <i>Dribble Release</i> ▪ <i>Weak-side & Percentages (for offensive & defensive rebounds)</i>
<u>Individual Defense To Reinforce:</u> <ul style="list-style-type: none"> ▪ Defensive slides ▪ Defensive stance – Boxer stance 	<u>Individual Defense To Develop:</u> <ul style="list-style-type: none"> ▪ Glide-Run-Glide ▪ Close-out ▪ Denying the Basket-cut ▪ Denying the Flash-cut ▪ Stance on the ball vs. a live dribble ▪ Guarding the dribble – cut off offensive player’s path ▪ Talk on defense (Dead, Screen R or L, Shot) 	<u>Individual Defense To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>Denial Stance</i> ▪ <i>Turn & Run (Regain lost position)</i> ▪ <i>Defensive angles guarding the drive</i> ▪ <i>Fronting the Post</i> ▪ <i>Taking a Charge</i> ▪ <i>Hedge (Defending the Ball-Screen) and recovery</i>
<u>Team Defense To Reinforce:</u> N/A	<u>Team Defense To Develop:</u> <ul style="list-style-type: none"> ▪ Defensive Transition Positioning (Protect Rim) 	<u>Team Defense To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>Off ball positioning (1 and 2 passes away)</i> ▪ <i>Force Baseline</i> ▪ <i>Help & Recover</i>
<u>Team Offense To Reinforce:</u> N/A	<u>Team Offense To Develop:</u> <ul style="list-style-type: none"> ▪ Spacing ▪ Pass and Cut to the basket ▪ Screen (Cross, Back, Down) 	<u>Team Offense To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>Press Break (vs. Man)</i> ▪ <i>Primary Break</i> ▪ <i>Transition (Pitch ball ahead)</i> ▪ <i>Transition (Run lanes)</i> ▪ <i>Ball Reversal (side-top-side, inside-out, drive baseline fill baseline, drive and kick)</i> ▪ <i>Ball Movement</i> ▪ <i>Dribble Penetration</i> ▪ <i>Flare Screen</i> ▪ <i>Dribble Over</i> ▪ <i>Shallow cut</i>