

# Hodag Basketball



## Curriculum

## 4K-Kindergarten

### Movement

- Running
- Jumping: Stationary and line jumping
- Changing Directions
- Forward and backward movement and switching
- Shuffling

### Dribbling

- Stationary R/L hand: Count consecutive dribbles and try to beat score
- Walking while dribbling
- Pounding the ball, not slapping

### Passing

- Chest pass stationary and bounce pass stationary
  - Start very close and emphasize stepping to target and pushing the ball
- Catching
  - Don't fear the ball
  - Keep your eyes on the ball
  - 2 hands to catch

## Grade 1 and 2

### Movement

- Continue 4k-k movement
- 1 leg hops: stationary and movement
- Hurdles, High Knees, Butt kicks, Lunges
- Run to jump stop and pivot (no ball)

### Dribbling

- Continue Stationary
  - Emphasize eyes up
- Crossover dribble
- Changing elevation of dribble
- Dribble to Jump stop

### Ballhandling

- Around 1 leg
- Figure 8: begin with rolling and build
- Around the body
- Alternating between legs
- Toss the ball, jump and grab it, chin and pivot
- Pivoting with ball at chin and elbows out

### Passing

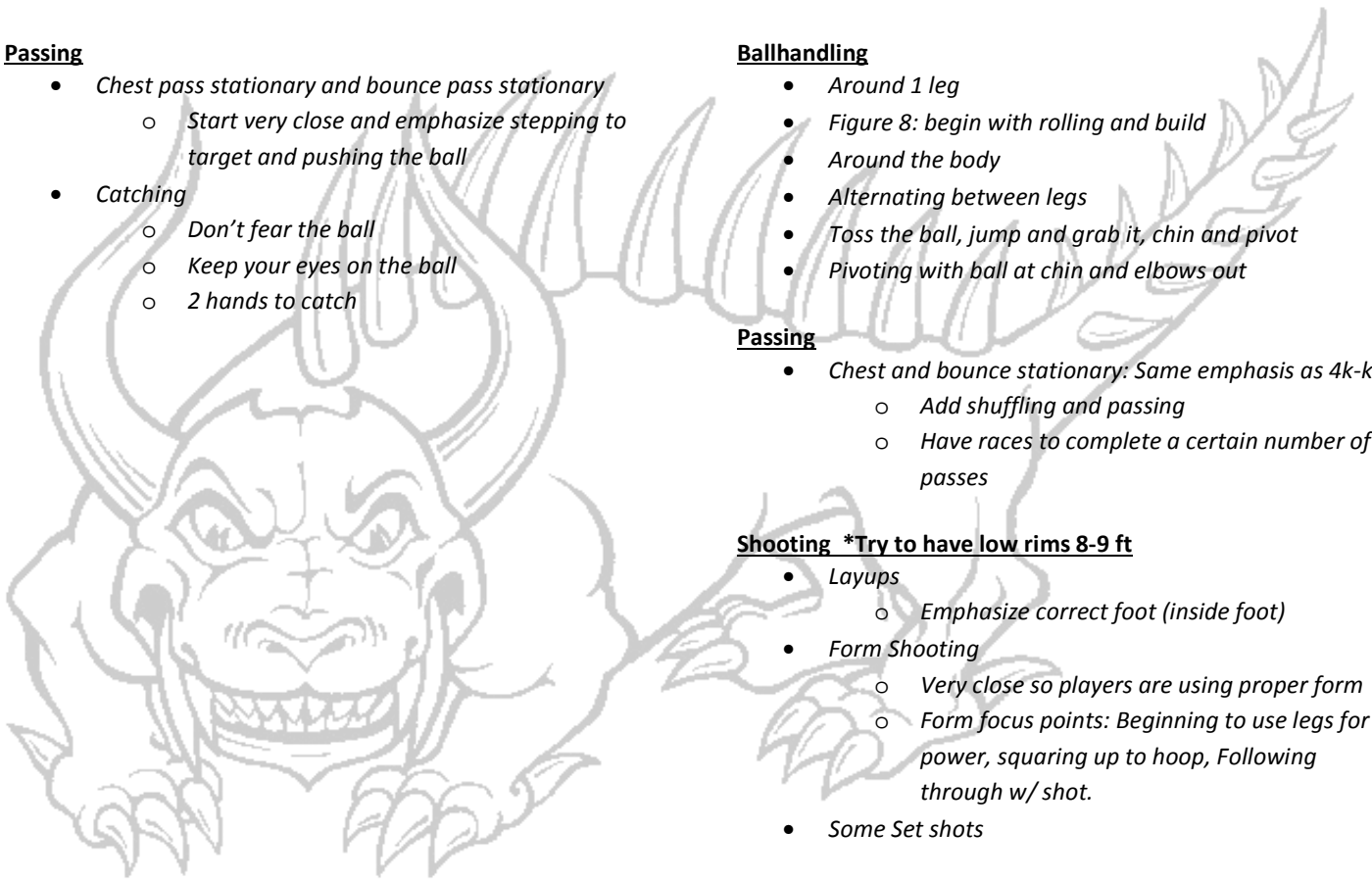
- Chest and bounce stationary: Same emphasis as 4k-k
  - Add shuffling and passing
  - Have races to complete a certain number of passes

### Shooting \*Try to have low rims 8-9 ft

- Layups
  - Emphasize correct foot (inside foot)
- Form Shooting
  - Very close so players are using proper form
  - Form focus points: Beginning to use legs for power, squaring up to hoop, Following through w/ shot.
- Some Set shots

### Other Skills

- Defensive Slides



## Grade 3 and 4

### Movement

- Continue basic movements from 4k-2
- Ladders for footwork
- Rope Jumping

### Stationary Dribbling

- 1 Ball L/R hand
  - Changing elevations and speeds
  - Protect with body/ back hip dribble
- Crossover
  - Begin emphasizing low
  - Change body position w/ crossover
- Between the legs
- Inside out and push pull
- Dribble to chin and pivot
  - Hip to hip emphasized on pivot
- 2 Ball Dribbling
  - 2 ball same w/ elevation change
  - Alternate dribble
  - Inside out and push pull

### Movement Dribbling

#### **\*Emphasize explosive first step on all drills**

- Speed dribbling
  - Push the ball in front
  - Eyes up
- Stop and Go
- Stop, Retreat, go
- Stutter step and go
- Inside out and go
- Crossover movement
  - Moving diagonally
  - Keeping crossover low
- 2 Ball movement
  - 2 Ball same

### Passing

- Stationary: Bounce, Chest, and Overhead
  - Step to target
  - Pivot, rip, and sweep on catch
  - 2 hand catches
  - Meet the pass
- 2 Ball passing
  - One bounce pass, One chest pass
- Partner passing w/ movement

### Shooting

- Layups
  - Footwork
  - Using the backboard
  - Cutting after a pass
- Jump shot
  - Catching and stepping
  - Legs power the shot
  - Square up, one hand release, Goose neck finish

### Defense

- Closing out
  - High hands, low body, and choppy feet
- Stance and sliding
  - Eyes on abs
  - Hands off of defense
- Gap position
  - See man and ball

### Offensive movement

- Passing and Cutting
  - Set up your man
  - Explode to ball side block
  - Show hands

## Grade 5 and 6

### Movement

- Continue Previous Movement

### Stationary Dribbling

- Continue and perfect grade 3 and 4 skills
- Behind the back
- Figure 8
- Around 1 leg
- Back and forths: No bounce
- Spider Dribble and Rhythm Dribble
- Machine gun

### 2 Ball Stationary Dribbling

- Continue and perfect grade 3 and 4 skills
- Crossovers
- 1 ball high and 1 ball low

### Dribble Movement

- 1 Ball
  - Continue and perfect previous skills
  - Spin move
  - Crossover, between the legs, behind the back
  - Speed, retreat, crossover, and burst
- 2 Ball
  - Crossover
  - Hesitation and burst
  - Inside out w/ stutter

### Passing

- Continue and perfect previous skills
- Wrap around pass
- Baseball pass
- Passing from a dribble
- Passing with defensive pressure

### Shooting

- Continue and perfect previous skills
- Square and shoot off of pass
- Square and shoot off of dribble
- Jump stop and finish layup
- Reverse Layups
- Continue to emphasize form shooting daily

### Defense

- Off ball defending
  - Gap, Help, Weakside
- Rotations on defense
  - See man and ball
  - Sprint on airtime
  - Communication
- Mirror ball w/ hands
- Boxing out and rebounding
- Positioning
  - When to be high and when to be low

### Offense

- Introduce screening
  - Square body on defender
  - Be stationary
  - Receiver set up the screen
- Spacing
  - Don't hug the ball
- Triple threat on all catches and seeing hoop
- Back cuts
  - When being denied or when D loses vision
- Attacking defenders hip on dribble
- Flashing to the ball
- Introduce post

### Scoring moves

- Jab step
  - Put ball on back hip
  - Sell the fake
- Shot fake
  - Body low, ball high
  - Sell the fake
- Hip to hip on attack moves

## Grade 7 and 8

### Dribbling

- Practice and perfect previous w/ a focus on movement
- Combination moves
  - Examples: Inside out/cross, double crossover
- Perfect basics
  - Tighten dribbles in traffic
  - Push ball out in transition
  - Physical w/ the ball...take contact
  - Maintaining vision w/ dribbles

### Passing

- Meet the ball and strong rip to hip
- Step through D when passing
- Hitting moving targets accurately
- Crisp passes...NO LOLLIPOPS
- Making the pass before they're open, not after
- Maintaining court vision on pivots

### Shooting

- Continue and perfect previous skills
- Shooting off of screens
- Shooting off of fakes
  - Shot fake and jabs
- Using the backboard when necessary
- Different finishes
  - Reverse layups
  - Stockton (Same hand as drive layups)
  - Jump stopping to avoid defenders
- Post moves
  - Up and Under
  - Hook shot
  - Drop step
  - Reverse Pivot
- Preparing shot before you have the ball

### Offense

- Using screens and making reads
  - Curl cut, pop, slip, flare
- Changing speeds to get open
- Multiple actions w/ screener
  - Screener rolls or pops
- Cutting to score
- Reacting to dribble
  - Shallow cut
  - Backdoor cut

- Fading to corner

- Setting up defender on screens
- Finishing w/ Contact

### Defense

- Taking a charge
- Weakside emphasis
- Keeping offense out of lane
- Sprinting on airtime
- Active hands and low body
- Rebounding
  - Rebound the ball, not the rim
  - Grabbing the ball at its peak
- Beating the Defense to the spot
- Catch up step on Defense
- Steering dribbler to gaps and boundaries
- Anticipating offensive movement and passes
  - Reading eyes, shoulders, and patterns

## Grade 3 & 4 Drills

### Movement and Dribbling

- Relay Races
- Dribble Knockout
- Lock Horns
- Kill the grass
- Cone Dribbling
- Obstacle Courses
- Partner Mirror w/ cones
- Partner shake
- Tag
- 2 Ball commando

### Passing

- 2 Line passing
- 3 Man weave
- Pointer Passing
- Toughness lines
- Machine gun passing
- 2 Ball passing
- 5 Star passing

### Shooting (Emphasize form & makeable range)

- Layup Lines
- Kevin Eastman attack
- 21 Shooting
- Hot Spot shooting
- Pass and cut layups
- Roundup
- Mikan
- Lightning
- Shooting Line competitions
- Partner shot

### Defense

- Cone Closeouts
- 1 on 1 Rollout
- 1 on 1 Zigzag
- Gap and Ball movement
- Mass Slides

### Offensive movement

- 3 on 0 pass and cut
- 5 on 0 pass and cut

## Grade 5 & 6 Drills

### Dribbling

- Commando
- Dribble Attack stations
  - Crossovers, jumpstops, reverse layups
- Chair attacks
- Combo moves w/ finishes

### Passing

- 3 & 5 man weave
- Fondy 5 ball
- Pointer passing
- Toughness lines w/ Defense

### Shooting

- Playmaker Shooting
- Hodag 12
- Movement shooting
- Stritch Shooting
- Partner shot w/ cones
- 2 man shooting drills
  - Drive and Kick
  - Pass-replace-and shoot

### Defense

- Shell Drill
- Stations to break down shell drill
- 4 line rebounding
- 1 on 1 rebounding
- 1 on 1 rollout w/ alley
- 1 on 1 elbow position
- 1 on 1 X drill

### Offense

- 3 on 0 w/ screens
- 5 on 0 w/ screens
- Bull in the ring post
- Rebounding 2 man transition

## 7<sup>th</sup> & 8<sup>th</sup> Drills

### Dribbling

- *Tight core finishing*
- *Last man standing*
- *Partner resisted 1 and 2 ball*
- *Dribble through contact drills*
- *2 man Line battle*

### Passing

- *4 in 30*
- *5 man weave w/ 3 on 2 back*
- *3 man weave w/ 2 on 1 back*
- *4 Corners passing*
- *Badger passing*
- *Rebound-outlet-sprint*
- *Bull in the Ring post passing*

### Shooting

- *2 man screen and shoot stations*
  - *Curl and pop, pop and roll, slip and pop, flare and dive*
- *3 man 2 ball*
- *Elbow to Elbow Mercer Drill*
- *Transition/Celtic shooting*
- *Post contact finishing drill*

### Offense

- *5 on 0 w/ Screening*
- *4 on 4 and 5 on 5 Limited Dribble*
- *Pitino 1 on 1*
- *Cut and Fill Drills*
- *3 on 4 Toughness*
- *2 on 2 Diener Drill*

### Defense

- *Cutthroat*
- *3 on 4 Stop penetration*
- *Romar Closeouts*
- *Stritch Shell*
- *3 to leave*
- *4 on 6 Open Corners*
- *2 on 2 rebounding*
- *3 to get out*

