

SKILL BUILDER: 3rd-4th 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. Focus on fundamentals 3. Introduce and focus on understanding the rules and terminology 4. Introduce basic basketball concepts 5. Simplified offensive and defensive strategies 6. Not concerned with winning or losing	A. Continue Improving all 4K-2 nd Grade Fundamentals B. Footwork / Agility C. Ball Handling / Dribbling D. Passing / Catching E. Shooting F. Lay-ups G. Finishing H. Rebounding I. Individual Defense J. Team Defense K. Team Offense	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
		Terms to Develop
		A. Elbow B. Jump Circle C. Rebound (Get your own) D. Traveling E. Foul
		Terms to Introduce
		A. Spacing B. Turnovers C. Jump Ball/Possession Arrow D. Dead Ball E. Wing F. Short Corner G. FT Line Extended H. Lane Line Extended I. Screen J. Give & Go K. V-Cut L. L-Cut M. Back-cut N. 5 Passing Lanes

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 	<p><u>Footwork To Develop</u></p> <ul style="list-style-type: none"> ▪ Front Pivot ▪ Square-up with a step 	<p><u>Footwork To Introduce</u></p> <ul style="list-style-type: none"> ▪ <i>Multiple pivots / re-pivots with ball</i> ▪ <i>High Sweep</i> ▪ <i>Low Sweep</i> ▪ <i>Reverse Pivot</i> ▪ <i>Outside-Inside</i> ▪ <i>Screening Angle (cut to score)</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 (25+, 50+, 75+) ▪ Left hand consecutive dribbles (25+, 50+, 75+) ▪ Crossovers: right-to-left continuous dribbles (25+, 50+, 75+) <p><u>Non-Stationary – 1 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ Right hand consecutive dribbles on move (25+, 50+, 75+) ▪ Left hand consecutive dribbles on move (25+, 50+, 75+) ▪ Right hand to half-court ▪ Left hand to half-court ▪ Cone dribbling – right hand only ▪ Cone dribbling – left hand only <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 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 	<p><u>Ball Handling / Dribbling To Develop:</u></p> <p><u>Stationary – No Dribble:</u></p> <ul style="list-style-type: none"> ▪ None <p><u>Stationary – 1 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ 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 full-court ▪ Left hand full-court ▪ Cone dribbling – crossovers <p><u>Stationary – 2 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ None <p><u>Non-Stationary – 2 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ 2 Ball dribbling full-court 	<p><u>Ball Handling / Dribbling To Introduce:</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"> ▪ <i>Single Switches</i> ▪ <i>Double Flips</i> ▪ <i>Spider</i> <p><u>Stationary – 1 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ <i>Kill Dribble – RH & LH</i> ▪ <i>Forward & Back – RH & LH</i> ▪ <i>Forward & Back – RH & LH</i> ▪ <i>Side-to-side – RH & LH</i> ▪ <i>RH around right ankle</i> ▪ <i>LH around left ankle</i> ▪ <i>Figure 8 – RH & LH</i> ▪ <i>Continuous crossover under right knee</i> ▪ <i>Continuous crossover under left knee</i> ▪ <i>Continuous crossover left/right behind the back</i> ▪ <i>Scissors</i> ▪ <i>Rhythm – between legs</i> ▪ <i>Rhythm – behind back</i> ▪ <i>Rhythm – combo</i> <p><u>Stationary – 2 Ball Dribbling:</u></p> <ul style="list-style-type: none"> ▪ <i>2 Ball Push / Pull</i> ▪ <i>2 Ball Side / Side (same direction)</i> ▪ <i>2 Ball Side / Side (opposite direction)</i> ▪ <i>Right High, Left Low (Switch)</i> ▪ <i>Left in place, Right Forward / Back (Switch)</i>

		<ul style="list-style-type: none"> ▪ <i>Left in place, Right Side / Side (Switch)</i> ▪ <i>Right in place, Left around left ankle (switch)</i> ▪ <i>2 Ball Figure 8</i> ▪ <i>Through middle, around outside</i> ▪ <i>Around outside, through middle</i> <p><u>Dribble Moves (Open Court – 1 Ball Dribbling):</u></p> <ul style="list-style-type: none"> ▪ <i>Speed Dribble</i> ▪ <i>Change speed: Go hard, stop</i> ▪ <i>Hesitation</i> ▪ <i>Crossover</i> ▪ <i>Inside-out/Fake-crossover</i> ▪ <i>Back Dribble</i> <p><u>Dribble Moves (Open Court – 2 Ball Dribbling):</u></p> <ul style="list-style-type: none"> ▪ <i>2 Ball Speed Dribble</i> ▪ <i>2 Ball Alternate Speed Dribble</i> ▪ <i>2 Ball Hesitation</i> ▪ <i>2 Ball Crossover</i>
<p><u>Passing & Catching To Reinforce:</u></p> <ul style="list-style-type: none"> ▪ Bounce Pass ▪ Show hand target when receiving a pass 	<p><u>Passing & Catching To Develop:</u></p> <ul style="list-style-type: none"> ▪ Chest Pass ▪ Catching a bounce pass ▪ Catching a chest pass ▪ Make one pass fake before passing 	<p><u>Passing & Catching To Introduce:</u></p> <ul style="list-style-type: none"> ▪ <i>Bounce & Chest passes on move (half-court & transition)</i> ▪ <i>Catching passes with a jump-stop or 1-2 step and squaring up</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 	<p><u>Shooting To Develop:</u></p> <ul style="list-style-type: none"> ▪ Elevator (Up/Down) ▪ Hold follow-through for 2 seconds 	<p><u>Shooting To Introduce:</u></p> <p> Hodag Girls Basketball Shot Mechanics will be introduced at 3rd Grade</p> <ul style="list-style-type: none"> ▪ <i>Shot Mechanics – 10 Keys</i> ▪ <i>Footwork with 1 Dribble Pull-up jumper with strong hand</i> ▪ <i>Footwork with 1 Dribble Pull-up jumper with weak hand</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 	<p><u>Lay-ups To Develop:</u></p> <ul style="list-style-type: none"> ▪ Right hand lay-up 3 steps no dribble ▪ Left hand lay-up 3 steps no dribble ▪ Right hand lay-up 1 dribble ▪ Left hand lay-up 1 dribble 	<p><u>Lay-ups To Introduce:</u></p> <p> Program Must that all girls exiting 4th grade can make a RH and LH lay-up</p> <ul style="list-style-type: none"> ▪ <i>Power lay-up off 2-foot jump-stop</i> ▪ <i>Power lay-up off outside-inside</i>
<p><u>Finishing To Reinforce:</u></p> <p>N/A</p>	<p><u>Finishing To Develop:</u></p> <p>N/A</p>	<p><u>Finishing To Introduce:</u></p> <ul style="list-style-type: none"> ▪ <i>Mikan Drill (1 Ball)</i>

<u>Rebounding To Reinforce:</u> N/A	<u>Rebounding To Develop:</u> N/A	<u>Rebounding To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>Palms Up (See your palms)</i> ▪ <i>Secure with 2 hands and pull down in a “Z”</i> ▪ <i>Chin-it</i> ▪ <i>Second Effort Offensive Rebounding</i> ▪ <i>Box-out</i>
<u>Individual Defense To Reinforce:</u> <ul style="list-style-type: none"> ▪ Defensive slides 	<u>Individual Defense To Develop:</u> <i>Defensive stance – Boxer stance</i>	<u>Individual Defense To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>Glide-Run-Glide</i> ▪ <i>Close-out</i> ▪ <i>Denying the Basket-cut</i> ▪ <i>Denying the Flash-cut</i> ▪ <i>Stance on the ball vs. a live dribble</i> ▪ <i>Guarding the dribble – cut off offensive player’s path</i> ▪ <i>Talk on defense (Dead, Screen R or L, Shot)</i>
<u>Team Defense To Reinforce:</u> N/A	<u>Team Defense To Develop:</u> N/A	<u>Team Defense To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>Defensive Transition Positioning (Protect Rim)</i>
<u>Team Offense To Reinforce:</u> N/A	<u>Team Offense To Develop:</u> N/A	<u>Team Offense To Introduce:</u> <ul style="list-style-type: none"> ▪ <i>Spacing</i> ▪ <i>Pass and Cut to the basket</i> ▪ <i>Screen (Cross, Back, Down)</i>