

# SKILL BUILDER: 4K-5K

## 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.

**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	Terms to Introduce
<ol style="list-style-type: none"> <li>1. Establish a positive and fun environment</li> <li>2. Introduce the girls to the game of basketball</li> <li>3. Introduce the basic fundamentals (Ex.- dribbling, passing and shooting)</li> <li>4. Perform a 1-ball and 2-ball dribbling routine</li> <li>5. Not concerned with offensive and defensive strategies</li> <li>6. Not focused on game play</li> <li>7. Listening Skills (No dribbling when a coach is speaking)</li> </ol>	<ol style="list-style-type: none"> <li>1. Footwork / Agility</li> <li>2. Ball Handling / Dribbling</li> <li>3. Passing / Catching</li> <li>4. Shooting</li> <li>5. Individual Defense</li> </ol>	<ol style="list-style-type: none"> <li>A. Double-Dribble</li> <li>B. Baseline</li> <li>C. FT Line</li> <li>D. 3-Point Line</li> <li>E. Sideline</li> <li>F. Rim is 10 Feet</li> <li>G. Block</li> <li>H. Lane</li> <li>I. Half-Court Line</li> <li>J. Use Backboard Top Corner of Square</li> </ol>

## FUNDAMENTALS

<p><b><u>Footwork To Reinforce</u></b></p> <p style="text-align: center;">N/A</p>	<p><b><u>Footwork To Develop</u></b></p> <p style="text-align: center;">N/A</p>	<p><b><u>Footwork To Introduce</u></b></p> <ul style="list-style-type: none"> <li>▪ Triple-threat</li> <li>▪ Jump-stop</li> <li>▪ High-Knees</li> <li>▪ Butt-Kicks</li> <li>▪ Cuts – sharp angles</li> <li>▪ Lay-up form: right hand up / right knee up</li> <li>▪ Lay-up form: left hand up / left knee up</li> </ul>
<p><b><u>Ball Handling / Dribbling To Reinforce:</u></b></p> <p style="text-align: center;">N/A</p>	<p><b><u>Ball Handling / Dribbling To Develop:</u></b></p> <p style="text-align: center;">N/A</p>	<p><b><u>Ball Handling / Dribbling To Introduce:</u></b></p> <p><u>Stationary – No Dribble:</u></p> <ul style="list-style-type: none"> <li>▪ Ball slaps</li> <li>▪ Finger tips</li> <li>▪ Around the head</li> <li>▪ Around waist</li> <li>▪ Around both ankles</li> </ul>

		<ul style="list-style-type: none"> <li>▪ <i>Around right ankle</i></li> <li>▪ <i>Around left ankle</i></li> <li>▪ <i>Figure 8</i></li> </ul> <u>Stationary – 1 Ball Dribbling:</u> <ul style="list-style-type: none"> <li>▪ <i>Arm bar</i></li> <li>▪ <i>Right hand consecutive dribbles (25+, 50+, 75+)</i></li> <li>▪ <i>Left hand consecutive dribbles (25+, 50+, 75+)</i></li> <li>▪ <i>Crossovers: right-to-left continuous dribbles (25+, 50+, 75+)</i></li> </ul> <u>Non-Stationary – 1 Ball Dribbling:</u> <ul style="list-style-type: none"> <li>▪ <i>Right hand consecutive dribbles on move (25+, 50+, 75+)</i></li> <li>▪ <i>Left hand consecutive dribbles on move (25+, 50+, 75+)</i></li> <li>▪ <i>Right hand to half-court</i></li> <li>▪ <i>Left hand to half-court</i></li> <li>▪ <i>Cone dribbling – right hand only</i></li> <li>▪ <i>Cone dribbling – left hand only</i></li> </ul> <u>Stationary – 2 Ball Dribbling:</u> <ul style="list-style-type: none"> <li>▪ <i>2 Ball dribbling (same) in place</i></li> <li>▪ <i>2 Ball dribbling (alternate) in place</i></li> <li>▪ <i>2 Ball dribbling cross in place</i></li> </ul> <u>Non-Stationary – 2 Ball Dribbling:</u> <ul style="list-style-type: none"> <li>▪ <i>2 Ball dribbling to half-court</i></li> </ul>
<u><b>Passing &amp; Catching To Reinforce:</b></u>  N/A	<u><b>Passing &amp; Catching To Develop:</b></u>  N/A	<u><b>Passing &amp; Catching To Introduce:</b></u>  <ul style="list-style-type: none"> <li>▪ <i>Bounce Pass</i></li> <li>▪ <i>Show hand target when receiving a pass</i></li> </ul>
<u><b>Shooting To Reinforce:</b></u>  N/A	<u><b>Shooting To Develop:</b></u>  N/A	<u><b>Shooting To Introduce:</b></u>  <ul style="list-style-type: none"> <li>▪ <i>Hand placement</i></li> <li>▪ <i>Power Leg Back</i></li> <li>▪ <i>Ball in Shot Pocket</i></li> <li>▪ <i>Lift Elbow</i></li> <li>▪ <i>Follow-through “Cookie Jar”</i></li> <li>▪ <i>Use Backboard</i></li> </ul>
<u><b>Lay-ups to Reinforce:</b></u>  N/A	<u><b>Lay-ups to Develop:</b></u>  N/A	<u><b>Lay-ups to Introduce:</b></u>  <ul style="list-style-type: none"> <li>▪ <i>Right hand lay-up footwork</i></li> <li>▪ <i>Left hand lay-up footwork</i></li> </ul>
<u><b>Individual Defense to Reinforce:</b></u>  N/A	<u><b>Individual Defense to Develop:</b></u>  N/A	<u><b>Individual Defense to Introduce:</b></u>  <ul style="list-style-type: none"> <li>▪ <i>Defensive slides</i></li> </ul>