

Category	Athletic Abilities Required in Most Sports
<b>Mental</b> skills enable the athlete to be in the proper state of mind to perform successfully	<p><b>Attentional Control:</b> The ability to pay attention to what is important in a given situation and avoid negative influences or distractions.</p> <p><b>Emotional Control:</b> The ability to consciously maintain a high level of control over one's feelings when in stressful conditions.</p> <p><b>Goal Setting:</b> The ability to identify clear goals and priorities that will guide future actions and decisions.</p>

Basketball Skills	Developmental Age in Years															
LTAD Stage *	FUNdamentals					L2T		T2T			T2C				L2W	
	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>Basic Skills</b>																
Start, Stop, Pivots					☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Lay ups					☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Shooting					☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Ball handling					☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Passing					☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
<b>Technical</b>																
1 on 1	☹				☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
2 on 2	☹	☹			☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
3 on 3	☹	☹			☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
4 on 4	☹	☹	☹		☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
<b>Strategies</b>																
<b>5 on 5 Offence</b>																
Conceptual offence																
Attacking the basket	☹	☹	☹	☹		☺	☺	☺	√	√	√	√	√	√	√	√
Penetration principles	☹	☹	☹	☹		☺	☺	☺	√	√	√	√	√	√	√	√
Passing and cutting	☹	☹	☹	☹		☺	☺	☺	√	√	√	√	√	√	√	√
Screening	☹	☹	☹	☹	☹	☹	☹		☺	☺	☺	√	√	√	√	√
Set plays	☹	☹	☹	☹	☹	☹	☹	☹			☺	√	√	√	√	√
<b>Defence</b>																
Player to player																
On the ball	☹	☹			☺	☺	☺	☺	√	√	√	√	√	√	√	√
Help	☹	☹			☺	☺	☺	☺	√	√	√	√	√	√	√	√

Deny	☹	☹						☺	☺	√	√	√	√	√	√	√
Zones	☹	☹	☹	☹	☹	☹	☹	☹	☹	☺	☺	√	√	√	√	√
<b>Pressure Defence</b>																
Full court pick up	☹	☹	☹	☹	☹			☺	☺	√	√	√	√	√	√	√
Double teaming	☹	☹	☹	☹	☹	☹	☹		☺	☺	√	√	√	√	√	√
Zone Pressure	☹	☹	☹	☹	☹	☹	☹	☹		☺	☺	√	√	√	√	√
<b>Transition</b>																
2-1	☹	☹			☺	√	√	√	√	√	√	√	√	√	√	√
3-2	☹	☹	☹		☺	√	√	√	√	√	√	√	√	√	√	√
Conceptual fast break	☹	☹	☹	☹		☺	√	√	√	√	√	√	√	√	√	√
Patterned fast break	☹	☹	☹	☹	☹	☹	☹	☹			☺	☺	√	√	√	√
<b>Tactics</b>																
Game adjustments	☹	☹	☹							☺	☺	√	√	√	√	√
Scouting reports	☹	☹	☹	☹	☹	☹	☹				☺	√	√	√	√	√
<b>Developmental Age in Years</b>																
<b>LTAD Stages *</b>	<b>FUNDamentals</b>				<b>L2T</b>		<b>T2T</b>			<b>T2C</b>				<b>L2W</b>		
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Mental Training</b>																
Enjoyment	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Confidence	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Concentration								☺	☺	☺	☺	☺	√	√	√	√
Goal setting								☺	☺	☺	☺	☺	√	√	√	√
Competition management	☹	☹	☹	☹	☹				☺	☺	☺	☺	√	√	√	√
Social support	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	√	√	√	√
<b>Life skills</b>																
Responsibility						☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Communication						☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Trust						☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Leadership						☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Self-reliance						☺	☺	☺	☺	☺	☺	☺	√	√	√	√

**Legend:** ☹ Should be avoided ☺ Optimal training age ☐ Not a priority  
■ In moderation ✓ As needed by the sport  
F Female M Male

\*Developmental age varies between males/ females and within a gender. Remember the difference between developmental age and chronological age. This causes fluctuation in the actual LTAD Stages that a given player may be in at a given time.