

U14 Skills and Concepts

Fundamental Skills

Ballhandling	Passing	Shooting
-The ability to handle with both hands vs pressure -The ability to maintain rhythm and balance while handling through some level of physical contact -The ability to scan the floor and make decisions while handling the ball vs pressure	-The ability to throw a variety of passes, both in the open court and while closely guarded -The ability to make passes at the appropriate time and have passes arrive on target -Players are encouraged to develop the ability to make passes with one hand off the dribble	-Players are encouraged to continue to develop the range from which they can shoot -Players should develop the ability to shoot shots both stationary and on the move, working to make sure they have their feet set and ready to shoot the ball -Players should work to be able to create shots off the dribble -Shot Selection – players must know when to shoot the ball or when another decision is required.

Finishing	1 v 1 Play	Getting Open
-Explore a variety of creative finishes around the rim, with the ability to finish outside the body. -Be able to finish off two feet and recognize when this is needed. -Be able to counter when you have no advantage at the rim. -The ability to score in the post	-Be able to play 1 v 1 in dynamic situations, such as off a blast cut -Be able to read and attack a long closeout -Recognize situations where you can stampede a catch and be able to execute.	-Recognize how to move in space to create passing windows - Be able to use blast cuts to get open and to counter when a defender overplays -Be able to seal to receive a pass

Decision Making

- Emphasis on 0.5 decisions on the catch – shot/pass/drive decisions
- Drive/rim decisions – read whether to get to the rim or move the basketball. Be able to make the decision early and move the ball on time.

Team Offensive Concepts

Spacing and Penetration Principles	Transition Offense	Off-Ball Triggers to Create an Advantage
-Recognize single, double and triple gaps -Drift/fill concepts -Recognize when to cut off ball and when to move to space to create passing windows or long closeouts -Recognize proper movement from the post or dunker spots -Recognize different spacings – 5 out, 4 out, etc.	-Recognize the importance of spacing in transition and the need to run wide and fill a lane. -Recognize where the advantage is in transition -Be able to make quick decisions with the ball to create, maintain or extend an advantage before the defense is set.	-Be able to use a blast cut to create an advantage, including reading the defense and making an appropriate decision -Be able to create an advantage in off-ball screening situations including pin downs and split screens. Be able to read how the defense is guarding in these situations and use an appropriate solution.

Using On-Ball Triggers to Create an Advantage

-Be able to use a dribble hand-off to create an advantage. Recognize how the defense is guarding the DHO and use an appropriate solution.

-Be able to play out of a get to create an advantage. Recognize how the defense is guarding the action and make an appropriate decision

Individual and Team Defense Concepts

-Be able to guard the basketball individually and keep your check in front of you.

-Be able to influence the ball in a certain direction as part of a team concept.

-Recognize positioning one pass away and on the weakside floor, as it relates to a team's defensive style of play

-Be able to recognize and execute a basic defensive rotation as it relates to a team's style of play.

-Be able to guard two-player off ball triggers to keep offense neutral

-Be able to guard two-player on-ball triggers to keep the offense neutral

-Be able to rebound and secure possession of the basketball