



SBA – PLAYER GOALS FOR EACH DIVISION

These goals will be adjusted and posted onto the SBA website.

U7:

Basic game rules - Court boundaries (where is the out of bounds lines); what is a double dribble (two hands on the ball while dribbling OR dribbling then picking up ball and dribbling again); travelling (cannot run without dribbling the ball); defensive half-court rule.

Defense positioning – back to hoop, see ball and see their check, be within an arm's reach of their opponent that they are defending.

Offensive skills – V-cuts/L-cuts can be taught at this level; it gets the players to understand how to move on offense when they don't have the ball and how to get open for a pass. Jump stop – pivot

Passing skills – push pass, bounce pass

Shooting skills – There are (9) keys to shooting the ball (players can be taught to repeat the words in quotes after the Coach recites the first word(s)):

1. (Coach) Feet – (Players) 'Base' – this means that feet are shoulder width apart and squared to the basket)
2. Knees – 'Bent'
3. Elbow – 'Over Knee, Under Ball'
4. Wrist – 'Wrinkles'
5. Hand – 'Space' (hand is NOT flat against the ball, there is space in the palm)
6. Fingers – 'Spread' (comfortable and not too far apart)
7. Thumbs – 'T' (when the ball is held correctly, the thumbs form the letter T)
8. Eyes – 'Radar' (look at your target – the hoop)
9. Follow through – 'Cookie Jar' (snap wrist as ball leaves the shooting hand fingers, reaching into the cookie jar).

The above shooting steps can be taught away from the basket with players across from the Coach(es); then move to having a partner across from them; then move to the basket to shoot.

U9:

Right hand/ left hand dribble – drills for working on non-dominant hand dribbling can be introduced. Coaches can be in front of players as they dribble, holding up fingers for the kids to count as they dribble with their heads up.

Right hand lay-up and Left hand lay-up – Step 1: start with one step away from the basket (NO dribble); have players chin the ball, then take inside step and jump off of the inside foot as the other knee comes up into a bent position. Step 2: two steps away from the basket, NO dribble; outside step, inside step, then up as in Step 1. Step 3; three steps away from the basket; add one dribble. Pylons can be placed at the approximate areas where the kids take their steps. As kids get older/bigger, the steps should get bigger. Lay-ups may not become accurate or perfected until U11, but they are worth teaching at this level.

-Defence position- (man on man, back to the hoop, see ball and your man)

-Triple threat; knees bent, ball in hand and ready to dribble, shoot or pass.

-A team means utilizing all players on offense. Teach the importance of team work.

U11:

-Give and go; teaching how to pass then go to the hoop looking for the ball to return.

-Team defence; help-side defense; stop the ball.

-Spacing on offence; don't crowd the key, keep wide to pull the defenders out.

-Pass/ cut/ fill- basic offence to help understand cutting, getting open, spacing

-Teach players to cut then go towards the ball as the ball is in the air. Players should be taught not to stand still when catching a pass to avoid interceptions. Passers need to be taught the timing of passing to a moving player.

-Dribbling- cross over

-Form shooting- proper form (as in U7/U9)

-Layups- more focus on using proper hands; left hand on the left side; right hand on the right side.

- Aggression should be started here if the kids are timid/shy and not there before this level. This is a personal thing for most players, especially girls. Players are taught in U11 that fouls are a bad thing and if they were, they wouldn't be allowed four of them before a 5th ejects them. Fouls are not bad, they are part of the game; they just have to know the limitations.

U13:

-Increase Basketball IQ – players should start to learn how to watch the game as they are playing it. They should get to know how they should react on both offence and defense. When on offence, they need to read the defense rather than become robotic. Set offensive plays are a guideline; but players need to adjust should the defense react differently.

-Dribbling- (Pull back to cross over, more advanced)

-Defensive position - (help, deny, on ball)

-Boxing out, rebounding, outlet pass

-Fast breaks - pushing the ball ahead

-Defense - stopping the fast break

-Build off the lay-up; euro step, reverse, quick pass when help defense comes, baseline lay ups, squaring up etc.

-Building on form shooting - should have proper form or be working towards that.

U15-

- Learn to implement offensive plays quicker- inbounds plays (increase basketball IQ)

- Off ball screen and roll

- Build on defense - example taking a charge, stopping the ball, switching, getting around a screen