

## Basic Skills Overview by Age

Area of Emphasis (AoE)	Under 10s	Under 12s	Under 14s	Under 16s	Under 18s	Under 20s
<b>PHYSICAL: Athletic development</b>	<ul style="list-style-type: none"> <li>• Exploration of movement</li> </ul>	<ul style="list-style-type: none"> <li>• Exploration of movement</li> </ul>	<ul style="list-style-type: none"> <li>• Athletic stance</li> <li>• Running</li> <li>• Stopping</li> <li>• Athletic development</li> </ul>	<ul style="list-style-type: none"> <li>• Athletic development</li> <li>• Functional movement</li> <li>• Jumping</li> <li>• Lateral movement</li> </ul>	<ul style="list-style-type: none"> <li>• Athletic development</li> <li>• Strength</li> <li>• Power</li> <li>• Endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Athletic development</li> </ul>
<b>PHYSICAL: Footwork and movement</b>	<ul style="list-style-type: none"> <li>• Running technique</li> <li>• Change of pace</li> <li>• Change of direction</li> <li>• Stride stop</li> <li>• Jump stop</li> <li>• Stance, ready position</li> <li>• Triple threat</li> <li>• Defensive stance</li> <li>• Footwork</li> <li>• In 1 v 0</li> </ul>	As per Under 10s <ul style="list-style-type: none"> <li>• Stride stops</li> <li>• Jump stops</li> <li>• Pivoting forward/reverse off L and R foot</li> <li>• Stepping, jab step</li> <li>• Triple threat</li> <li>• With/without ball</li> <li>• In 1 v 0</li> </ul>	<ul style="list-style-type: none"> <li>• Stops, pivots, steps using the ball</li> <li>• Leading for the ball to the perimeter/basket</li> <li>• Combined with                             <ol style="list-style-type: none"> <li>1. Use of dribble</li> <li>2. Passing and receiving</li> </ol> </li> <li>• 1 v 0</li> <li>• 1 v 1</li> <li>• 2 v 0</li> <li>• 2 v 2</li> </ul>	One-on-one tactics/footwork <ul style="list-style-type: none"> <li>• Triple threat</li> <li>• Pivoting/squaring up</li> <li>• Setting screens footwork/stance</li> <li>• V cuts</li> <li>• L cuts</li> <li>• Posting up footwork</li> <li>• 1 v 1</li> <li>• 2 v 2</li> <li>• 3 v 0</li> <li>• 3 v 3</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up and correct footwork with the basic technical skills</li> <li>• Individual tactics footwork                             <ul style="list-style-type: none"> <li>Posting/footwork                                     <ol style="list-style-type: none"> <li>1. Leading and receiving to the perimeter</li> </ol> </li> <li>Individual defence tactic                                     <ol style="list-style-type: none"> <li>1. Defending/on-the-ball</li> <li>2. Denial and off-the-ball positioning footwork</li> </ol> </li> </ul> </li> <li>Team tactic                             <ul style="list-style-type: none"> <li>• No dribble play/moving without the ball                                     <ol style="list-style-type: none"> <li>1. 3 v 3</li> <li>2. 4 v 4</li> <li>3. 5 v 5</li> </ol> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Still part of skills focus</li> <li>• Correct habits in warm-ups</li> <li>• Important with individual and team defence</li> <li>• Important with individual tactics on offence</li> </ul>

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<b>PHYSICAL: On-the-ball defence</b>	<ul style="list-style-type: none"> <li>Defensive on-the-ball stance</li> <li>Ball/you/basket positioning</li> <li>Finding your player</li> <li>Defensive foot positioning</li> <li>Active hands in defensive stance</li> </ul>	<ul style="list-style-type: none"> <li>On-the-ball stance</li> <li>On-the-ball spacing to the ball</li> <li>Ball/you/basket positioning</li> <li>Match-up 1 v 1</li> <li>Active stance</li> <li>Lateral power step</li> <li>Forward and back steps</li> <li>Recovery stance/run/stance</li> <li>Containment defence</li> </ul>	<ul style="list-style-type: none"> <li>Active stance</li> <li>Lateral movement power step</li> <li>Advancing steps in stance</li> <li>Retreating steps in stance</li> <li>Stance/run/stance</li> <li>Close-outs</li> <li>1 v 0</li> <li>1 v 1 full court/half court</li> <li>2 v 2 full court</li> </ul>	<ul style="list-style-type: none"> <li>Under 14s list</li> <li>Plus close-outs</li> <li>Full court containment and pressure</li> <li>Defending in the half court</li> <li>1 on 1 half court/full court</li> <li>2 v 2 full court</li> <li>3 v 3 full court</li> </ul>	<ul style="list-style-type: none"> <li>Under 16s list</li> <li>On-the-ball positioning v individual tactics</li> <li>Closing out and containing the drive</li> <li>Long close-outs</li> <li>Short close-outs</li> <li>Navigating the screen</li> <li>On-the-ball</li> <li>1 on 1</li> <li>2 v 2</li> <li>3 v 3</li> <li>4 v 4</li> </ul>	<ul style="list-style-type: none"> <li>Proficiency of all the age group skills</li> <li>Full court pressure on-the-ball</li> </ul>

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<b>TECHNICAL: Shooting</b>	<ul style="list-style-type: none"> <li>• Ready position</li> <li>• Stance and balance/feet and knees shoulder-width apart</li> <li>• Form shooting</li> <li>• Wrist cocked/fingers spread under the ball</li> <li>• Elbow under the ball</li> <li>• Rhythm and timing</li> <li>• Step into the shot</li> <li>• Set shots</li> <li>• Free throw from the dotted circle</li> <li>• Power lay-ups (jump stop)</li> <li>• Running lay-up off the backboard</li> </ul>	<ul style="list-style-type: none"> <li>• Under 10s introduction</li> <li>• Catch the ball in the air into shooting stance</li> <li>• Free throw from the dotted circle</li> <li>• Jump stop lay-up off pass</li> <li>• Pivoting to shoot</li> </ul>	<ul style="list-style-type: none"> <li>• Free throw form</li> <li>• Lay-ups</li> <li>• Reverse lay-ups</li> <li>• Finger roll lay-up (underhand)</li> <li>• Power lay-ups</li> <li>• Set shots</li> </ul>	<ul style="list-style-type: none"> <li>• Reverse lay-ups</li> <li>• Finger roll lay-ups</li> <li>• Set shots mid range off pass</li> <li>• 3 pt shot</li> </ul>	<ul style="list-style-type: none"> <li>• Free throws</li> <li>• Differentiated lay-ups</li> <li>• Set shots</li> <li>• Jump shots</li> <li>• 3 pt shots range</li> <li>• Consider individual tactic situations for shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Good form with the shot</li> <li>• Able to make lay-ups under pressure</li> <li>• Shoot free throws at 80%</li> <li>• Can take and make a three regularly in each game</li> </ul>

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<b>TECHNICAL: Passing and receiving</b>	<ul style="list-style-type: none"> <li>• Hand positioning to pass and catch</li> <li>• Catching and passing from a ready position</li> </ul>	<ul style="list-style-type: none"> <li>• Catching on the run</li> <li>• Chest pass</li> <li>• Baseball pass</li> <li>• Consider baseball pass</li> <li>• Consider pass off the dribble (one hand)</li> <li>• Stride stop catch</li> <li>• Jump stop catch</li> <li>• Two handed catch</li> <li>• Passing and catching on the run</li> <li>• Leading catching and stopping</li> <li>• Man ahead pass and catch</li> </ul>	<ul style="list-style-type: none"> <li>• Bounce pass</li> <li>• Chest pass</li> <li>• Overhead pass</li> <li>• Push pass off a dribble</li> <li>• Target hands for catch</li> <li>• Passing and catching on the run in front court</li> <li>• Backcuts</li> <li>• V cuts lead to receive</li> <li>• 2 v 1 half court/full court</li> <li>• 2 v 2 half court/full court</li> <li>• 3 v 2 half court/full court</li> </ul>	<ul style="list-style-type: none"> <li>• Passing off the dribble</li> <li>• Leading and receiving</li> <li>• V cuts</li> <li>• L cuts</li> <li>• 2 v 2</li> <li>• 3 v 3</li> <li>• 4 v 4</li> <li>• 5 v 5 No dribble run offence</li> </ul>	<ul style="list-style-type: none"> <li>• Proficient at all age level skills</li> <li>• Able to lead versus denial defence</li> <li>• Team is able to run a passing offence with spacing and timing</li> </ul>	<ul style="list-style-type: none"> <li>• Team runs an effective passing oriented fast break</li> <li>• Team runs a motion offence with timing and spacing</li> <li>• Players can all get the ball under pressure when they need to get it</li> </ul>

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<b>TECHNICAL: Use of dribble</b>	<ul style="list-style-type: none"> <li>• Ball handling drills</li> <li>• Stationary dribble</li> <li>• Speed dribble</li> <li>• Consider retreat dribble</li> <li>• Consider cross over dribble</li> <li>• Consider behind the back dribble</li> </ul>	<ul style="list-style-type: none"> <li>• Speed dribble</li> <li>• Control dribble</li> <li>• Change of pace dribble</li> <li>• Consider onside dribble</li> <li>• Consider behind the back dribble</li> <li>• Consider between the legs dribble</li> <li>• Consider spin dribble</li> </ul>	<ul style="list-style-type: none"> <li>• Retreat dribble</li> <li>• Crossover dribble</li> <li>• Behind the back dribble</li> <li>• Between the legs</li> <li>• Spin dribble</li> <li>• Onside dribble</li> <li>• Two dribble moves combined</li> <li>• 1 v 0</li> <li>• 1 v 1</li> <li>• Moves on the move full court 1 v 0</li> <li>• 1 v 1 full court</li> </ul>	<ul style="list-style-type: none"> <li>• Spin dribble</li> <li>• Moves on the move at speed</li> </ul>	<ul style="list-style-type: none"> <li>• Use of dribble technical skills practice               <ol style="list-style-type: none"> <li>1. 1 v 1</li> <li>2. 2 v 2</li> <li>3. 3 v 3</li> <li>4. 4 v 4</li> </ol> </li> <li>• Can break a defender down with good use of the dribble</li> </ul>	<ul style="list-style-type: none"> <li>• Each player uses the dribble effectively to move the ball</li> <li>• Each player can break their opponent down using a dribble to beat their opponent on both sides with each hand equally</li> </ul>

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<b>TACTICAL: Individual tactic</b>	<ul style="list-style-type: none"> <li>• Passing</li> <li>• Use of the dribble</li> <li>• Shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Triple threat</li> <li>• Pivoting</li> <li>• Protecting the ball while in stance</li> <li>• Give and go</li> <li>• Man ahead</li> <li>• Drive for lay-up</li> </ul>	<ul style="list-style-type: none"> <li>• Drive one-on-one</li> <li>• Rip and go</li> <li>• Ball quick pocket to pocket in stance</li> <li>• Jab and shoot</li> <li>• Jab and go</li> <li>• Crossover step and go</li> <li>• Without the ball               <ol style="list-style-type: none"> <li>1. Straight cut</li> <li>2. Slash arm/swim stroke</li> <li>3. Back cut</li> <li>4. V lead</li> <li>5. Flare lead</li> </ol> </li> </ul>	Same as Under 14s <ul style="list-style-type: none"> <li>• Basic one-on-one moves for a shot               <ol style="list-style-type: none"> <li>1. Can lead and shoot from 6 metre</li> <li>2. Onside move to basket</li> <li>3. Crossover one dribble jump shot</li> <li>4. Onside move two dribble jump shot</li> <li>5. Two dribble move kick back for the shot</li> </ol> </li> </ul>	Same as Under 16s <ul style="list-style-type: none"> <li>• Movement without ball</li> <li>• Full court and half court</li> <li>• Setting and using screens</li> <li>• Cutter</li> <li>• Screener</li> </ul>	<ul style="list-style-type: none"> <li>• Player at this stage can make one-on-one moves with the ball</li> <li>• The player can move without the ball and get open to receive the ball</li> <li>• The player has perimeter moves</li> <li>• The player has post moves</li> </ul>

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<b>TEAM TACTIC: Offence</b>	<ul style="list-style-type: none"> <li>No dribble basketball</li> <li>2 v 0</li> <li>2 v 1, 2 v 2</li> </ul>	<ul style="list-style-type: none"> <li>Fast break with passing</li> </ul>	<ul style="list-style-type: none"> <li>Fast break</li> <li>Man ahead</li> <li>Driving lane/passing lane principle</li> <li>2 v 1, 3 v 2</li> <li>Spacing: 5 out</li> <li>Ball movement/movement without the ball</li> <li>Passing and cutting/leading</li> <li>No screens</li> <li>Sharing the ball four out 1 in flex action, for example</li> </ul>	<ul style="list-style-type: none"> <li>Same as Under 14s</li> <li>Movement without ball full court and half court</li> <li>Setting and using screens</li> <li>Cutter</li> <li>Screener</li> <li>Fast break</li> <li>Half court team offence</li> <li>Ball reversal</li> <li>Establish post triangle</li> <li>Offence versus denial defence</li> <li>5 out with/without screens</li> <li>4 out 1 in flex or shuffle, for example</li> </ul>	<ul style="list-style-type: none"> <li>Team offence fast break</li> <li>Half court team offence ball reversal</li> <li>5 out with/without screens</li> <li>4 out 1 in flex or shuffle, for example</li> </ul>	<ul style="list-style-type: none"> <li>The team can fast break off stops</li> <li>The team runs good half court offence to get a shot</li> </ul>

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<b>TACTICAL TEAM DEFENCE: Off-the-ball defence</b>	<ul style="list-style-type: none"> <li>Marking a player</li> </ul>	<ul style="list-style-type: none"> <li>Ball/you/man positioning</li> <li>Split vision in stance</li> <li>Getting back home in transition defence</li> </ul>	<ul style="list-style-type: none"> <li>Off-the-ball positioning</li> <li>Flat triangle ball/you/man</li> <li>Move as the ball moves</li> <li>Split vision</li> <li>Line of help, helping</li> <li>Pass denial</li> <li>Close-outs short</li> <li>Full court man-to-man with containment</li> <li>Transition defence</li> <li>Home/ball/man</li> </ul>	<ul style="list-style-type: none"> <li>Line of help</li> <li>Helping and rotating in the half court</li> <li>Transition defence</li> <li>Close-outs short and long</li> <li>Blocking out</li> <li>Helping</li> <li>Rotating to another player</li> <li>Full court man-to-man</li> <li>Effective half court man-to-man</li> </ul>	<ul style="list-style-type: none"> <li>Man-to-man</li> <li>Zone presses</li> <li>Zone defence</li> </ul>	
<b>TACTICAL: Game style</b>	<ul style="list-style-type: none"> <li>Explore</li> </ul>	<ul style="list-style-type: none"> <li>Passing oriented</li> <li>Share the ball</li> </ul>	<ul style="list-style-type: none"> <li>Fast break</li> <li>Half court offence 5 out</li> <li>Team defence man-to-man</li> </ul>			