

	<b>Lay-ups:</b> Run Halftime or other drill that incorporates Shoot, Pass, Dribble Cut, Layup...Reverse Layups as well, both sides.
	<b>Footwork:</b> Triple Threat (Shoot, pass, Dribble). Catch, Pivot to the basket, both feet without traveling, balance, Jump Stops. Squaring to the basket by pivoting, then pivot 360 degrees properly as a drill.
	<b>Shooting:</b> Triple threat-Shoot, Shoot, Shoot: We want to start teaching the players to look to shoot on every catch. This keeps them positioned to see all players most of the time, allowing them to drive as an option as well or pass to open player. Though it is Triple Threat, we want to be thinking shoot if open. When to shoot, thats the challenge.
	<b>Ball Handling:</b> You should teach your players to dribble with left and right hands equally. More advanced drills, behind the back, between the legs, try double ball drills, stationary and moving
	<b>Screens:</b> Proper screening drills, to the hip pocket of the defender, stand still as teammate cuts around looking for the ball. Screener does opposite of teamamte. 1 to the basket, 1 to the ball.
	<b>Passing:</b> Rim Running Drill full court, 2 on 2 in the Lane, 4 on 4 half court no dribble. Pass Cut Replace focus on proper passing.
	<b>Play plenty of 2 on 2 and 3 on 3 games</b> to teach concepts (no dribble keep away) gets the players more experience and allows them enough space to operate and use the new skills they have learned. Make sure to use plenty of age-appropriate drills and games.
	<b>Offense:</b> Motion Offense Pass Cut Replace. Once they have a handle on Motion, work on variations, screen away, curl. Break down Drills: 1 on 1, 2 on 2, 3 on 3. Work screens, pick and roll, how to roll properly. 4 on 4 no drible half court. Move cut pass. Allow players to shoot when open, not contested and instruct not to pass up a shot even if they shoot 0 and 10.
	<b>Basic Cuts &amp; How To Get Open:</b> If time permits, you can introduce the basket cut and straight cut. I would suggest that you just work these cuts into your shoot drills. This will save loads of time. I can help with those breakdown drills.
	<b>Defence:</b> Continue to teach man-to-man and Pack Line Defence(Help Defence). Where they should be, on the ball, 1 pass away, 2 passes away. Drills-1 on 1, 2 on 2, 3 on 3, 4 on 4. Continue to build once they get the 1 on 1 concept then introduce 2 on 2 and so on. For this age group, we are against zone for development purposes.
	Look to transfer skills from practice to scrimmage and from scrimmage to games. <b>Out of Bounds Plays:</b> Work on strategic out of bounds scoring plays.



# under 14's

FUNDAMENTALS	U14's
Running - Change of pace / direction	M
Stopping – jump stops & stride stops	M
Pivoting – forward & reverse	M
Court terminology	M

PASSING / RECEIVING	U14's
Catching/receiving (10 fingers)	M
Move to ball	M
Chest pass	M
Bounce pass	M
Overhead pass	M
Baseball pass	M
Pass fakes	M

SHOOTING	U14's
Lay-up - strong hand	M
Lay-up - weak hand	M
Reverse lay-up	M
Set shot	M
Jump shot	R
Foul shots	M
Power Lay-up	M
Catch & Shoot	M
Dribble & Shoot	M

INDIVIDUAL DEFENCE	U14's
Defensive stance	M
Maintaining position	M
Footwork - shuffle/drop-step	M
Use of hands	M
Turning the dribbler	M
Channelling the dribbler	M
Man-to-Man - guarding ball handler	M
Man-to-Man - 1 pass away, 2 or more	M
Defensive Triangle (pointing pistols)	M
Jumping to the ball	M
Close out	M
Defending cutters	R
Defending screens	R
Defending post players	R

TEAM OFFENSE	U14's
Court spacing	M
Ball movement, ball reversal	M
Pass, cut and replace	M
Give and go	M
Dribble entries	M
Screen the ball and roll	R
Screen away	R
Skip passes	R
Back screens	R
Down screens	R
Cross screens	R
Offensive alignments	M
Fast break	M
Motion offensive principles	R
Zone offensive principles	M

OUT-OF-BOUNDS PLAYS	U14's
Offensive baseline	M
Defensive baseline	M
Offensive sideline	M
Defensive sideline	M

REBOUNDING	U14's
Stance, positioning	M
Protection of ball	M
Positioning	M
Offensive - power layup	R
Defensive - outlet pass/power dribble	M

DRIBBLING (STRONG & WEAK HANDS)	U14's
Speed dribble	R
Control dribble	R
Power dribble	I
Retreat dribble	R
Change of pace/hesitation dribble	I
Crossover dribble	R
Reverse (spin) dribble	I
Behind back dribble	I
Between legs dribble	

RULES	U14's
Scoring	
Double (illegal) dribble	
Travel	
Backcourt violation	
Jump ball - start of each half	
Jump ball - held ball	
Fouls - hands	
Fouls - blocking	
Fouls - on shooter	
Five fouls on a player	
Eight team fouls	
3 seconds in key	M
5 seconds guarded	M
8 seconds in backcourt	M
Jump balls - held ball	
Out of bounds	
Free throws - positions and rules	

JUMP BALL	U14's
Positioning (offensive & defensive)	
Technique	
Plays	M

TEAM DEFENCE	U14's
Half court - man-to-man	M
Full court - man-to-man	M
Rotation principles	R
Zone press	R
Run and jump	I
Zone defence (2-1-2, 1-2-2, 1-3-1)	I
Fastbreak defence	M
Trapping	R



**I = Introduced**  
**R = Reinforced**  
**M = Mastered**