









	Warm Ups, Stretching: Follow the Leader, normal, reverse, both hands. Follow the leader jump shots around the lane, then 3 Points. Halftime.
	Footwork: Triple Threat (Shoot, Shoot, Shoot). Catch, Pivot to the basket, practice driving to the basket picturing different defensive actions. Same with shots. Posting pivots on the block and elbow.
	Shooting: Free throws, Follow the Leader, Form Shooting. 45 degree 2 lines to the block and curl shots Baseline pass to the elbow shots.
	Ball Handling: Warm up, 2 ball dribble, advance double ball
	Transition: Offensive: From a freethrow, missed and made. From a missed shot. Defense: From a missed frethrow, from a missed shot
	Offensive Breakdown: 2 on 1 pick and roll, 2 on 2 pick and roll, 3 on 3. Focus on curl and pop. 1 to the basket, 1 to the read liine. Full Court Press: How to break depending on defence
	Play plenty of 2 on 2 and 3 on 3 games 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.
	Defence: Man to man pack line help D. Stop the ball, 1 pass away, help the ball D man, 2 passes awa, lane line. Need to encourage communication for help. 2 on 2 brakdown drill, lane only. Full Court Press: Man to Man, Arrow, 1-2-2. Close Outs: Sprint, Feet shuffle, busy hands, keep player from driving, contain. Shell drill rotate the ball 4 on 3.
	Plays: Pass, Cut, Replace..Horns..Blockers and Movers.. Out of bounds plays, under the basket, 1/4, Full Court
	Look to transfer skills from practice to scrimmage and from scrimmage to games.
	Out of Bounds Plays: Work on strategic out of bounds scoring plays.



under 16's

FUNDAMENTALS	U16's
Running - Change of pace / direction	M
Stopping – jump stops & stride stops	M
Pivoting – forward & reverse	M
Court terminology	M

PASSING / RECEIVING	U16's
Catching/receiving (10 fingers)	
Move to ball	
Chest pass	
Bounce pass	
Overhead pass	
Baseball pass	
Pass fakes	

SHOOTING	U16's
Lay-up - strong hand	
Lay-up - weak hand	
Reverse lay-up	
Set shot	
Jump shot	
Foul shots	M
Power Lay-up	
Catch & Shoot	
Dribble & Shoot	

INDIVIDUAL DEFENCE	U16's
Defensive stance	
Maintaining position	
Footwork - shuffle/drop-step	
Use of hands	
Turning the dribbler	
Channelling the dribbler	
Man-to-Man - guarding ball handler	
Man-to-Man - 1 pass away, 2 or more	
Defensive Triangle (pointing pistols)	
Jumping to the ball	
Close out	
Defending cutters	M
Defending screens	M
Defending post players	M

TEAM OFFENSE	U16's
Court spacing	
Ball movement, ball reversal	
Pass, cut and replace	
Give and go	
Dribble entries	
Screen the ball and roll	M
Screen away	M
Skip passes	M
Back screens	M
Down screens	M
Cross screens	M
Offensive alignments	
Fast break	
Motion offensive principles	M
Zone offensive principles	R

OUT-OF-BOUNDS PLAYS	U16's
Offensive baseline	
Defensive baseline	
Offensive sideline	
Defensive sideline	

REBOUNDING	U16's
Stance, positioning	
Protection of ball	
Positioning	
Offensive - power layup	M
Defensive - outlet pass/power dribble	

DRIBBLING (STRONG & WEAK HANDS)	U16's
Speed dribble	
Control dribble	
Power dribble	
Retreat dribble	
Change of pace/hesitation dribble	
Crossover dribble	
Reverse (spin) dribble	
Behind back dribble	M
Between legs dribble	M

RULES	U16'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	
5 seconds guarded	
8 seconds in backcourt	
Jump balls - held ball	
Out of bounds	
Free throws - positions and rules	

JUMP BALL	U16's
Positioning (offensive & defensive)	
Technique	
Plays	

TEAM DEFENCE	U16's
Half court - man-to-man	
Full court - man-to-man	
Rotation principles	M
Zone press	M
Run and jump	R M
Zone defence (2-1-2, 1-2-2, 1-3-1)	R M
Fastbreak defence	
Trapping	M



I = Introduced
R = Reinforced
M = Mastered