



# Litchfield Park

# *Basketball*

## *Volunteer Coach Skill Development Packet by Age Division*

Created By  
City of Litchfield Park  
Community & Recreation Services Department  
Youth & Sports Programs  
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# ITTY BITTY DIVISION SKILL DEVELOPMENT

(4 & 5 Year Olds)



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## **DRIBBLING**

- Using only one hand to dribble the ball at one time.

## **SHOOTING**

- One hand behind the ball (*propels ball*), one hand on side of the ball (*guides ball*).

## **DEFENSE**

- Finding the Opponent using the wristband visual aid.
- Hand's Up Defensive Stance when guarding the opponent.

# DRIBBLER DIVISION SKILL DEVELOPMENT

*(6 & 7 Year Olds)*



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## ***DRIBBLING***

- Using only one hand to dribble the ball at a time.
- Being able to alternate hands while dribbling.
- Pick Up the Dribble = Look for a Pass or Shoot the ball.

*(Don't re-start dribble)*

## ***PASSING***

- Basic Passing Techniques (Chest Pass or Bounce Pass)
- Eye Contact prior to making pass
- Stepping into the pass

# DRIBBLER DIVISION SKILL DEVELOPMENT

(6 & 7 Year Olds)



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## SHOOTING

- One hand behind the ball (*propels ball*), one hand on side of the ball (*guides ball*)
- Proper footwork:
- (e.g. Square Feet = *feet shoulder width apart under body creating a strong foundation*).

## DEFENSE

- Locate the Opponent using the wristbands as visual aid.
- Defensive Stance (*bent knees, wide stance, arms open*)
- Proper Technique for Stealing the Ball: *hands touch the ball ONLY, not the player*

# ROOKIE DIVISION SKILL DEVELOPMENT

(8 & 9 Year Olds)



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## **DRIBBLING**

- Dribbling the ball as low as possible and still controlling the ball
- Dribbling the ball with the head up and eyes away from the ball
- Being able to alternate hands while dribbling
- No Double-Dribbling, No Traveling
- Protecting the ball with body: (*position ball in one hand while placing the body between the ball and the defender*)

# ROOKIE DIVISION SKILL DEVELOPMENT

(8 & 9 Year Olds)



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## **PASSING**

- Continue Basic Passing Techniques (*Chest Pass, Bounce Pass*)
- Introduce Overhead Pass
- Making Eye Contact prior to Making the Pass
- Stepping into the Pass
- Moving after Making the Pass

## **SHOOTING**

- One hand behind the ball (*propels ball*), one hand on side of the ball (*guides ball*)
- Proper footwork: e.g. Square Feet: (*feet shoulder width apart under body creating a strong foundation*)
- Introduce 'Jump-Shot' Technique

# ROOKIE DIVISION SKILL DEVELOPMENT

*(8 & 9 Year Olds)*



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## **DEFENSE**

- Locate Opponent
- Defensive Stance (*bent knees, wide stance, arms open*)
- Proper Technique for Stealing the Ball: (*hands touch the ball ONLY, not the player*)

## **TACTICS**

- Introduce *Setting up the Screen*
- Introduce Double Teaming Opponent within own Defensive Lane
- Introduce Mid-Court Defense

# JUNIOR DIVISION SKILL DEVELOPMENT

*(10 & 11 Year Olds)*

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# SENIOR DIVISION SKILL DEVELOPMENT

*(12 to 14 Year Olds)*



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## ***DRIBBLING***

- Low Dribble / Head Up / Eyes in Front
- Developing 1 v 1 Dribbling Skills: (*Cross-over, Penetrating the Basket*)
- Jump-Stop / Triple Threat Positioning
- No Double-Dribbling, No Traveling
- Protecting the ball with body

## ***PASSING***

- Continue Developing Three Basic Passes
- Introduce 'Baseball' Pass
- Eye Contact / Stepping into Pass / Moving After the Pass
- Introduce passing while moving / dribbling

## JUNIOR DIVISION SKILL DEVELOPMENT

*(10 & 11 Year Olds)*

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## SENIOR DIVISION SKILL DEVELOPMENT

*(12 to 14 Year Olds)*



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### **SHOOTING**

- One hand behind the ball (*propels ball*), one hand on side of the ball (*guides ball*)
- Proper footwork: e.g. Square Feet: (*feet shoulder width apart under body creating a strong foundation*)
- Introduce 'Jump-Shot' Technique

### **DEFENSE**

- Locate Opponent
- Defensive Stance (*bent knees, wide stance, arms open*)
- Proper Technique for Stealing the Ball: (*hands touch the ball ONLY, not the player*)

**JUNIOR DIVISION SKILL DEVELOPMENT**  
*(10 & 11 Year Olds)*  
&  
**SENIOR DIVISION SKILL DEVELOPMENT**  
*(12 to 14 Year Olds)*

## **TACTICS**

### *Offense Tactics:*

- Setting Up the Screen
- Creating / Developing Set Plays
- 'How To' beat Man v Man Pressure
- 'How To' beat Zone Defensive Pressure

### *Defense Tactics:*

- Proper Double Team Technique
- Using the Court Dimensions as an Extra Defender
- Introduce *Full Court Defense* Strategies
- Introduce *Defensive Zone Defense* schemes: (2:3, 3:2, 1:2:2, 2:1:2, etc...)