Core fundamentals our players will learn.

**Offense:**
- Claw Fingertip Dribbling Technique
- Pop Passing Technique for all Passes
- BEEF and Pizza Pie to Cookie Jar Shooting Form
- Power-up Jumping Footwork for Shooting
- Back Cuts, Basket Cuts, V-Cuts, Ball Screens, Down Screens

**Defense:**
- Sitting Defensive Stance
- Reach-Step Defensive Slide Footwork
- Ball-You-Basket On-Ball Positioning
- Ball-You-Player Off-Ball Positioning
- Jump To The Ball Defensive Movement

**Rebounding:**
- Butt in the Gut Boxouts
- Hit and Go Explosive Rebounders
- Alley Crashing Offensive Rebounders

**Kindergarten:**
- Players will be able to recite the names and locate all the parts of the court.
- Players will demonstrate an understanding of play until the whistle or buzzer.
- Players will demonstrate an understanding of taking the ball out of bounds after a made basket.
- Players will be able to dribble stationary with both hands.
- Players will be able to take three dribbles while running with their strong hand.
- Players will demonstrate an understanding of traveling.
- Players will demonstrate an understanding of double dribbling.
- Players will be able to make a bounce pass across the lane.
- Players will be able to catch the ball with their hands.
- Players will demonstrate proper one handed shooting technique.
- Players will demonstrate the defensive concept of guarding a specific player.
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1st Grade:
- Players will demonstrate knowledge of out of bounds and backcourt rules.
- Players will demonstrate knowledge of how to line up for a free throw with coaching assistance.
- Players will be able to take three dribbles while running with their weak hand.
- Players will be able to sustain their dribble with their strong hand running or stationary.
- Players will limit in game traveling.
- Players will limit in game double dribbling.
- Players will be able to make a chest pass across the lane.
- Players will be able to catch the ball with their hands on both bounce passes and chest passes.
- Players will jump while demonstrating proper one handed shooting technique.
- Players will demonstrate knowledge of proper foot placement while shooting.
- Players will demonstrate the defensive concept of between your player and the basket.
- Players will demonstrate knowledge of proper defensive stance.
- Players will jump for rebounds.

2nd Grade:
- Players will demonstrate knowledge of where to stand on offense.
- Players without the ball will demonstrate knowledge of how to get open by cutting.
- Players will demonstrate knowledge of how to line up for a free throw without coaching assistance.
- Players will be able to sustain their dribble with either hand while running or stationary.
- Players will be able to make chest and bounce passes in the flow of the game.
- Players will be able to catch the ball with their hands in the game without traveling.
- Players will catch the ball in triple threat position.
- Players will jump while demonstrating proper one handed shooting technique.
- Players will demonstrate knowledge of proper foot placement while shooting.
- Players will not travel while preparing to shoot in a game.
- Players will demonstrate no heels clicking defensive slides
- Players will demonstrate knowledge of ball-you-player defensive position.
- Players will crash for offensive rebounds.
- Players will demonstrate knowledge of boxing out for defensive rebounds.
3rd Grade:
- Players will execute simple basketball plays, pick and roll, give and go, pass and cut.
- Players will screen for teammates who do not have the ball to help them get open.
- Players will use off the ball screens and cut to get open.
- Players will sprint dribble to start fast breaks.
- Players will not over dribble in the half court.
- Players will pass the ball to create layups on fast breaks.
- Players will pass the ball off the dribble.
- Players will catch the ball while sprinting and not travel.
- Players will catch and shoot with proper shooting technique.
- Players will begin to be able to shoot on the move with proper shooting technique.
- Players will demonstrate jump to the ball defense when not guarding the player with the ball.
- Players will demonstrate proper positioning when guarding the player with the ball based on the offensive players strengths relative to the defender. (ie: more or less pressure, shade right or left)
- Players will gauge and react appropriately to how missed shots come off the backboard or rim.
4th – 6th Grade:

- Players will be self-aware of their strengths and weaknesses. They will showcase their strengths during the games. They will work on their weaknesses in practice and turn them into strengths to be showcased during the games.
- Players will demonstrate their awareness of game time and score when making on court decisions.
- Players will execute Team offensive concepts, run proper fast break spacing, Out of bounds plays, press breaks, multiple offensive plays and continuity offenses for both man and zone defenses.
- Players will execute team defensive concepts, man to man, help defense, ball screen defense, zone defense, full court presses, and game plan specific defenses.
- Players will work together to help players deal with difficult defensive pressure, by screening and cutting.
- Players will efficiently handle the basketball to create better spacing, drive to the basket, or improve passing angles.
- Players will efficiently pass and catch the ball using ball movement to put the defensive in a disadvantage situation.
- All players will be shot ready and aware of shot selection.
- Players will use proper shooting technique to shoot high percentages in game situations.
- Players will demonstrate proper guarding technique on the ball.
- Players will demonstrate proper guarding technique one pass away from the ball.
- Players will demonstrate proper guarding technique in help defense.
- Players will demonstrate proper guarding technique in screen situations.
- Players will demonstrate both box out and hit and go rebounding techniques on defense.
- Players will use defensive rebounds to start offensive fast breaks.
- Players will crash the offensive glass with full effort to prolong offensive possessions when appropriate.