



CSP BASKETBALL DEVELOPMENT FOCUS/CURRICULUM

THE 8 PILLARS OF BASKETBALL:

- **Ball Handling/Dribbling**
- **Footwork and Body Control**
- **Passing and Receiving**
- **Rebounding**
- **Screening**
- **Shooting**
- **Team Defensive Concepts**
- **Team Offensive Concepts**

Age Group 5-6:

<https://www.usab.com/youth/development/youth-development-curriculum-introductory-level.aspx>

- For the most in-depth outline of the development focus for this age group, please click on the link above
- This age group's goal is for kids to have an outlet to be active through the sport of basketball, with a heavy focus on creating a **FUN** environment rather than being competitive
- With that being said, we need to focus on our players developing their skill and becoming better basketball players at the end of each day with us

- These are the pillars of basketball that will **primarily** apply to this age group
 - **Basic Ball Handling/Dribbling**
 - Trying not to double dribble
 - Controlling the bounce of the ball
 - Dribbling with both hands
 - Dribbling at different speeds while maintaining control
 - **Passing and Receiving**
 - Proper step and pass form
 - Getting your body/hands ready to catch the ball
 - How to throw a bounce pass
 - **Shooting**
 - Basic Technique (BEEF)
 - **B**alance- Feet set near shoulder-width, body facing the basket, bend the knees to generate power from the legs not just their arms
 - **E**lbows- Making the L with their elbows/arms getting their arms/hands under the ball
 - **E**yes- Make sure they are focusing on the goal as they shoot (Look towards back rim)
 - **F**ollow Through- Finish their shot up and out
 - Remember that none of these kids' form will be perfect as they don't have much strength at this age yet and are still growing
 - **Basic Footwork and Body Control**
 - Triple threat position with rip trough/Stay on a pivot foot and don't travel
 - Proper two step lay-up/nothing fancy just take two steps and put the ball off the back board
 - Even these two steps may be hard for some kids so just walking to the goal at the proper angle and shooting it off the backboard as a lay-up will be fine

- Basic defensive slide technique to stay in front of their man
 - **Basic Rebounding technique**
 - Teach kids how to turn and locate the ball/ Not focusing on box outs very much at this age
 - Teach kids how to be in the right position for a rebound
- You should notice that Team Defensive Concepts, Team Offensive Concepts, and Screening are not seen for this age group. Footwork and Body control should be simplified to the most basic level as well at this age
 - Our 5-6 division athletes shouldn't be trying to learn a zone defense (It won't be allowed), setting a bunch of screens, or trying to run complex plays
 - Basketball needs to be in its simplest form for this age group so they can develop the proper fundamentals to advance
 - Most importantly, at this age they are here to have an active outlet for their energy and to have fun. Every now and then just let the kids run around or do something that doesn't specifically pertain to basketball such as suicides or relay races, so the kids don't get bored with always doing the fundamentals of basketball

Age Group 7-8:

- Our intention for this league is for the 7-8 division to basically be an extension of our 5-6 division. At this time, we will have some players who are advanced, but the goal is to have FUN over being competitive
- At this age we still aren't too far from the core beliefs of the 5-6 introductory level age group

- We are much more focused on FUN over competitive still and the balance between those two concepts leans heavily towards the fun side
- Our core principles with this group will stay the same as the 5-6 division, but the main difference will be the added basketball concepts/pillars for our 7-8 division
- We are introducing all 8 pillars of basketball for this division but obviously none of these pillars will be taught at advanced levels, but rather simplified for our athletes' proper development (Still no zone defense)
- **Ball Handling/Dribbling**
 - Focus on improving control over the basketball while dribbling. This is most important
 - Start to learn how to change directions with the basketball
 - Really try and lock in on taking out travels/double dribbles
 - Introduce dribbling while multitasking: Keep your head up looking for open teammates, shooting off the dribble, and being aware of the defense
- **Passing and Receiving**
 - Same as ball handling the main focus is improving control over our players' passes
 - Learn how to pass while the receiver is moving
 - Still teaching the fundamentals
- **Shooting**
 - Teaching form repetitively is of the utmost important and that won't change no matter how old they get
 - Our BEEF concept will still be in effect and everything will remain the same as the 5-6 division, just the application of what they've learned will change
 - While there still won't be any 3 point attempts allowed, players at this age will begin to use the jump shot as an effective means to score whereas in the 5-6 division, it will

most likely be an inefficient strategy to if they're not close to the goal (inside the paint)

- **Footwork and Body Control**

- The two-step fundamental layup and triple threat position shouldn't change at all
- Offensive footwork should just be further taught the exact same way as it was in the 5-6 division
- Defensive footwork should continue to be improved upon, start to teach closeouts (Closeouts are important)

- **Rebounding**

- Still making sure our players are locating the ball when the shot goes up as the main priority
- Start to introduce the basic concept of checking/finding the man you were guarding when the shot goes up
- Teach the simplest form of a boxout without fouling

- **SIMPLE Team Defensive Concepts**

- There is still no zone defense allowed for this age group, so don't teach zone defense
- There is no defensive 3 seconds in the lane, so our main/only defensive concept we will focus on is HELP DEFENSE
- Teach athletes how to be in the right positions to help their teammates on defense when they're not the person guarding the ball
- Continue to teach good man to man principles such as stay between your man and the goal, keep your hands up, slide your feet to cut players off, and don't put your hands on the players when they start to dribble

- **SIMPLE Team Offensive Concepts**

- We are only introducing offensive concepts into this group, but it shouldn't be actual plays rather than just movement of your team

- Teach your team how to cut and move without the ball as the only offensive concepts they will need
- Ball movement/Getting the ball side to side with the dribble or pass and cutting players is basically the only offensive concept we should be teaching
- Screens will also come into play for this age group, but we need to make sure they aren't so frequent that our players look cluttered/unorganized on the floor
- **Screening**
 - The basic concept and fundamentals of a screen need to be taught with high attention to detail in this age group
 - This is a very important part of basketball, but this is something that can easily be messed up by kids so make sure we are teaching this the right way
 - No movement, sticking the knee out, or leaning over when setting a screen
 - Plant your feet shoulder width apart, don't move, and protect yourself
 - Teach guards how to set up screens by making sure their man runs into the screen: Typical shoulder to shoulder with your teammate technique needs to be taught
 - Small amount of teaching of how to set off ball screens

Age Group 9-11:

- Our intention for this league is for the 9-11 division to really take that step forward from the introductory levels of 5/6 and 7/8. We are still making sure that FUN is over competitive, but we do want the level of competition to increase. This is in terms of how the referees call games, and the brand of basketball that is being played.

- At this age we are trying to push for that jump in skill from the introductory stages of the previous age groups
 - We are still focused on FUN over competitive, but the balance between those two concepts is starting to even out
- There are all 8 pillars of basketball for this division and we will begin to teach these concepts at somewhat advanced levels
 - It's a rec league. A lot of players will obviously not be anywhere close to somewhat advanced levels, but at this age we are going to do our best to get them as close to that somewhat advanced level as possible
- **Ball Handling/Dribbling**
 - Focus on improving control over the basketball while dribbling. This is most important, and we want to really have our players with good control over the ball at the end of the season
 - If they can't do advanced dribble moves but can dribble with control over the basketball, then we have succeeded
 - Start to learn how to change directions with the basketball
 - Incorporate and look for moves with the basketball
 - Under the legs, crossovers, behind the back
 - Have to start taking out travels/double dribbles of our players games. They need to be executing the rules of basketball at this age
 - This is a harder skill to teach, but really push for dribbling while multitasking:
 - Keep your head up looking for open teammates, shooting off the dribble, and being aware of the defense
- **Passing and Receiving**
 - Same as ball handling, the main focus is improving control over our players' passes
 - Learn how to pass while the receiver is moving

- Still teaching the fundamentals, but we can start to look for one hand passes, look-off passes, and even half-court outlet passes
- At this stage, we can introduce different passing concepts such as post feeds, drop off passes, and skip passes
 - These three passing concepts are really important if you want to run any somewhat advanced offensive concepts
 - So teach your team this first, then your offense will become easier to actually execute
- Traps will come into play at this age group, so make sure your players know how to pass out of traps
- **Shooting**
 - Teaching form repetitively is of the utmost important and that won't change no matter how old they get
 - Our BEEF concept will still be in effect and everything will remain the same as the 5-6 division, just the application of what they've learned will change
 - The 3-point line is in effect, but make sure your kids aren't changing their shot to shoot the 3 ball
 - Make sure distance does not change the fundamentals of their shooting form
 - Jump-shots and shooting off the dribble/move should start to be encouraged and worked on for our athletes
- **Footwork and Body Control**
 - The two-step fundamental layup and triple threat position shouldn't change at all
 - You can start to look for more advanced footwork moves such as a drop step from the post, or even the euro step
 - We should really start to home in on closeouts at this age
 - We need to be able to teach a 9/11 year old how to closeout properly at this age
- **Rebounding**

- Still making sure our players are locating the ball when the shot goes up as the main priority
- We can really teach the concept of boxing out at this age and make sure to focus on not fouling
- Make sure that players aren't just boxing out, but attacking the basketball and securing the rebound
- **Team Defensive Concepts**
 - Zone defense is now in effect, but Zone defense is not an opportunity for kids to be lazy and lose discipline
 - You still need to stay in front of the ball, closeout properly, and be in the right positions off the ball
 - There is no defensive 3 seconds in the lane, so our main/only defensive concept we will focus on is HELP DEFENSE
 - Make sure that whether you're in zone or man-to-man defense, you are teaching proper help positions
 - Continue to teach good man to man principles such as stay between your man and the goal, keep your hands up, slide your feet to cut players off, and don't put your hands on the players when they start to dribble
 - Now we can add ball pressure into the mix depending on players' ability, as well as denying passing lanes off of the ball
 - Traps in this age group will also start to come into effect, so make sure you are teaching closing the gap, and not fouling
- **Team Offensive Concepts**
 - Structured plays should start at this age group as a normal part of the league
 - Teach your team how to cut and move without the ball as plays can always break down, and when that happens player/ball movement is always positive
 - Sometimes player/ball movement is the only play you need

- Teach athletes how to run multiple plays in a game because they will be asked to do this throughout the rest of their basketball lives, should they choose to keep playing
- Screens will also become important in this age group, so start to introduce off-ball screens as a part of offensive play concepts
- **Screening**
 - The concept and fundamentals of a screen need to continue to be taught with high attention to detail in this age group
 - This is a very important part of basketball, but this is something that can easily be messed up by kids so make sure we are teaching this the right way
 - No movement, sticking the knee out, or leaning over when setting a screen
 - Plant your feet shoulder width apart, don't move, and protect yourself
 - Teach guards how to set up screens by making sure their man runs into the screen: Typical shoulder to shoulder with your teammate technique needs to be taught
 - Really start teaching how to set off ball screens as they can be a huge advantage when running any somewhat advanced offensive concepts
 - Start to teach players what they need to do AFTER they set the screen
 - This is especially important when setting on-ball screens

Age Group 12-14:

- Our intention for this league is for the 12-14 division to really try and push for our players to maximize their potential. This is

important at every age group of course, but they will be leaving our program after this age group, so we need to make sure that they leave as the best versions of themselves

- Concepts and advanced skills will be mostly the same as 9/11 age group, but now we are focusing on mastering these skills
- We are still making sure that FUN is over competitive, but obviously the level of competition is increased.
- Some of this age group may have trusted our program to replace junior high, or even freshmen basketball. We want to make sure that after they leave our league, they are equipped to play basketball at schools or wherever else going forwards
- **Ball Handling/Dribbling**
 - Focus on mastering control over the basketball while dribbling. This is most important, and we want to really have our players with good control over the ball at the end of the season
 - Still, if they can't do advanced dribble moves but can dribble with control over the basketball, then we have succeeded
 - Not everyone is supposed to be a point guard
 - Really emphasize changing directions with the basketball and using the dribble as a means to get by defenders/score effectively
 - Obviously not every position needs to be teaching this, but we can definitely teach moves with the basketball
 - Under the legs, crossovers, behind the back
 - Make sure that even these advanced moves our fundamental, we don't need to teach fancy moves that won't be useful in real game situations
 - Have to take out travels/double dribbles of our players games. They need to be executing the rules of basketball at this age for sure
 - Really teach dribbling while multitasking:

- Keep your head up looking for open teammates, shooting off the dribble, and being aware of the defense

- **Passing and Receiving**

- Same as ball handling, the main focus is improving control over our players' passes
- Learn how to pass while the receiver is moving
- Still teaching the fundamentals, but we can start to teach one hand passes, look-off passes, and even half-court outlet passes
- At this stage, we want to master different passing concepts such as post feeds, drop off passes, and skip passes
 - These three passing concepts are really important if you want to run any somewhat advanced offensive concepts
 - So, teach your team this first, then your offense will become easier to actually execute
- Make sure your players know how to pass out of traps, and AROUND defensive pressure

- **Shooting**

- Teaching form repetitively is of the utmost important and that won't change no matter how old they get
- Our BEEF concept will still be in effect and everything will remain the same as the 5-6 division, just the application of what they've learned will change
- The 3-point line is in effect, but make sure your athletes aren't changing their shot to shoot the 3 ball
 - Make sure distance does not change the fundamentals of their shooting form
 - Everybody isn't meant to be Stephen Curry. Sometimes the 3-point shot just shouldn't be a focus for a player's game. That's okay, make sure that they are advanced and improving in the role they are projecting to be

- Jump-shots and shooting off the dribble/move should start to be worked on for our athletes
- **Footwork and Body Control**
 - The two-step fundamental layup and triple threat position shouldn't change at all
 - You can encourage and teach more advanced footwork moves such as a drop step from the post, or even the euro step
 - We should really start to home in on closeouts at this age
 - We have to have mastered closeouts at this age
- **Rebounding**
 - Still making sure our players are locating the ball when the shot goes up as the main priority
 - We can really teach the concept of boxing out at this age and make sure to focus on not fouling
 - Make sure that players aren't just boxing out, but attacking the basketball and securing the rebound
 - The next step is securing the rebound, and quickly making the next decisions as to whether to dribble or pass
- **Team Defensive Concepts**
 - Zone defense is encouraged, but zone defense is not an opportunity for kids to be lazy and lose discipline
 - Athletes have to stay in front of the ball, closeout properly, and be in the right positions off the ball
 - There is no defensive 3 seconds in the lane, so our main defensive concept we will focus on is HELP DEFENSE
 - Make sure that whether you're in zone or man-to-man defense, you are teaching proper help positions
 - Most advanced defensive concepts can be taught such as going to trap the ball handler, forcing teams' middle/sideline, and switching defenses
 - Continue to teach good man to man principles such as stay between your man and the goal, keep your hands up, slide

your feet to cut players off, and don't put your hands on the players when they start to dribble

- Need to add ball pressure into the mix depending on players' ability, as well as denying passing lanes off of the ball
- This is a very important concept as the principles of man to man defense is what all other defenses are formulated off of
- If our athletes can't play man to man defense or at least perform the principles to the best of their abilities, then they won't provide much value on defense to a team
- Traps in this age group will also become important, just make sure to teach players not to foul
- Lastly, different ball screen coverages should be taught at this age because it will be a huge advantage to our players going forward

- **Team Offensive Concepts**

- Structured plays at this age group should be a normal part of the league
- Teach your team how to cut and move without the ball as plays can always break down, and when that happens player/ball movement is always positive
 - Sometimes player/ball movement is the only play you need
- Teach athletes how to run multiple plays in a game because they will be asked to do this throughout the rest of their basketball lives, should they choose to keep playing
 - Start to teach sideline/baseline out of bounds plays, and have players able to run a play without the coach's directive

- Screens will also be important in this age group, so make sure all players can set off-ball screens as a part of offensive play concepts
- **Screening**
 - The concept and fundamentals of a screen need to continue to be taught with high attention to detail in this age group
 - This is a very important part of basketball, but this is something that can easily be messed up by kids so make sure we are teaching this the right way
 - No movement, sticking the knee out, or leaning over when setting a screen
 - Plant your feet shoulder width apart, don't move, and protect yourself
 - Teach guards how to set up screens by making sure their man runs into the screen: Typical shoulder to shoulder with your teammate technique needs to be taught
 - Really teach how to set off ball screens as they can be a huge advantage when running any somewhat advanced offensive concepts
 - Teach players what they need to do AFTER they set the screen
 - This is especially important when setting on-ball screens
 - 'Slip,' 'Slide,' and Rolling should be highly emphasized

