

## Program Philosophy Overview

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Players will be coached to develop skills first and foremost

Players will be comfortable (expected) playing all 5 positions on offense

- We will NOT pre-determine a position for your child

Players will know how to properly run the half court Illinois offense

Players will know how to read the defense and react accordingly

Players will be comfortable shooting the ball when they are open

- Distance will be determined by each player's ability

Players will be able to play in transition on offense

Players will embrace communication in all aspects of the game

Players will show sportsmanship to fellow players, coaches and referees

Players will learn proper Waukesha South man-to-man defensive principles and vocabulary

## Advancing Program Culture

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### Basketball player will...

- Jog off the floor when subbed for
- Stand up when teammate exits game
- High five every player on the bench before sitting down when exiting the game
- Enter the game with a towel and give that towel to the teammate they are subbing for
  - o Communication on current guarding assignment and offensive position
- Stand up and clap on all made baskets while sitting on the bench
- Run to help a fellow teammate up when he is on the ground during the game
- Run to huddle on all dead balls
  - o Jog to the other end of the floor and huddle when fouled in "bonus" on a defensive rebound

## Offensive Skills & Concepts

[Basketball player will be able to...]

### → *Ball Handling Skills*

- Perform a crossover and between the legs move with both hands
- Perform the following SINGLE ball dribble moves
- Perform the following TWO ball dribble moves

### → *Passing Skills*

- Perform the following passes with BOTH hands
  - Bounce, Chest and Post (5th grade)
  - Wrap Around Post Pass (outside of knee with spin)
- Perform an overhead skip pass from 3-pt line to 3-pt line

### → *Movements w/ the Basketball (5th Grade)*

- Triple threat and square up to the rim consistently
- Perform a jump stop in the correct situation
- Perform a Front and Reverse Pivot
- Perform the following moves when catching the basketball
  - Jab Step
  - Shot Fake
  - Rip low to a straight line drive

### → *Movements w/o the Basketball*

- Perform the following basic cuts
  - V-Cut, L-Cut (4th grade)
  - Curl and Flare (6-7th grade)
- Consistently free themselves on the wing
  - 2 plane cut, step across (5th grade)
- Perform a back cut with a "closed fist" when feeling gap pressure (5th grade)
- Perform a legal screen and ball screen (5th grade)
- Properly set-up and come off a screen (5th grade)
  - 2 plane cut
  - Shoulder to hip (rub bark off the tree)
- Read a screen and perform the following moves (6-7th grade)
  - Pop, curl, tight curl and flare
  - Slip

### → *Shot Preparation (4th grade)*

- Show their hand target
- Catch the ball with knees bent
- Step into shot by using the split footwork technique

- Perform the heel-toe footwork when screen shooting
- \*\*Player is NOT allowed to shoot a 3-pointer if they have to alter their shot\*\***

**→ Scoring**

- Perform the following finishing moves with both their R and L hand
  - Regular Lay-Up (4th grade)
  - Power Lay-Up (ball by ear - elbows out) (6th grade)
  - Slide Shot (shoulders parallel to baseline) (6th grade)
  - Opposite Side Lay-Up (7th grade)
  - Reverse Lay-Up (7th grade)
- Perform the following post moves with both their R and L hand (5th grade)
  - Drop step baseline
  - Drop step middle (hook)
- Perform a Veer with both their R and L hand to attack the rim (7th grade)

**→ Transition Offense (5th grade)**

- Understand what spots to get to on the floor
  - Wings run wide, PG middle, rim runner and trail
- Pass the ball ahead EARLY in transition

**→ Crash the offensive boards**

**→ Illinois Offense**

- Execute the offense at every position
- Read the correct cut based off of the defense
  - Downs, Vegas and Stays

**→ BLOB's (5th grade)**

- Execute all 5 positions correctly on
  - 1, 2 and 2C

**→ SLOB's (5th grade)**

- Execute all 5 positions correctly on
  - LA

## **Defensive Skills & Concepts**

[Basketball player will be able to...]

- Communicate the defensive vocabulary for “helpside” defense (22) (4th grade)
  - Ball, Gap, Help and Bottom
  - Flood
- Have their arms up and be in a defensive stance the whole possession (4th grade)
- Perform a box out with correct technique (4th grade)
  - Find player, hit and push away from basket
  - Free Throw Box Out Jobs
    - Pinch, Shooter and No Tip-Outs
- Perform a controlled closeout (4th grade)
- Communicate a “shot” call when the ball is shot (4th grade)
- Defend a “screen away” with correct technique (6-7th grade)
  - Peak and “through the drain”
  - Chase if shooter
- Defend a “ball screen” with correct technique (6-7th grade)
  - Match, Switch, or Hot
- Understand how to play “helpside” defense (22) (4th grade)
- Understand how to play “Friday” 1-3-1 zone defense (Friday) (7th grade)
- Understand how to play 12 (1-2-2) zone press (7th grade)
  - Hot and Cold
- Understand and communicate who the HALF and FULL guys are (5th grade)