

Koa Basketball- 10 Year Player Development Plan		
Age Group	Organization Priority	Expectation by End of Season
3 rd grade	<ul style="list-style-type: none"> • Team- Attention to situational basketball awareness. Develop an understanding of the rules. • Defense- learn correct defensive stance, to play defense with feet not hands, stay between the man and the basket. • Offense- Learn correct techniques for dribbling and passing. Begin to gain an understanding of spacing on the court. 	<ul style="list-style-type: none"> • Rules- master double dribble, traveling, fouls, and back court. • Consistently be able to identify their man in man to man defense. • Learn how to get into a basketball game. • Bench etiquette. • Be able to stay in proper defensive slide for 10 uninterrupted seconds. • Dribble with both hands. • Be able to execute a bounce pass and chest pass. • Understanding of 5 out offense.
4 th grade	<ul style="list-style-type: none"> • Team- Establish positions/roles on team. As well as introduction to zone offense and defense. • Defense-Learn Man-to-Man help defense and 3-2 and 2-3 zone. • Offense- Learn body control, triple threat, and jump stop. Learn how to pick. 	<ul style="list-style-type: none"> • Primary and secondary positions identified (subject to change) • While on offense be able to identify zone defense. • Execute basic zone offense principles, attacking the gaps and ball movement. • Fully understand the defensive shell drill (off-ball defense) • Execute 3-man weave w/o traveling or stopping. • Each player can set a proper pick.
5 th grade	<ul style="list-style-type: none"> • Team- Learn how to press (apply pressure) and break the press. • Defense- Trapping full and half court zone and full court man. • Offense-.Learn to outlet pass, including an overhead pass. • How to defend against a screen • Move without the ball 	<ul style="list-style-type: none"> • Learn the places on the court to trap and not pick up your dribble. • 90 degree trap angle and retreat dribble. • Break the press by passing, including the outlet pass. • Learn how to communicate whether to switch or hedge against a screen • Be able to get yourself open
6 th grade	<ul style="list-style-type: none"> • Team- 50% attention to situational basketball and 50% attention on skill development. • Defense- learn to close out on a jump shot. Intro to boxing out. • Offense- Make layups with both hands. 	<ul style="list-style-type: none"> • Ability to switch from man to zone defense without a timeout. • Begin to properly shoot off the dribble. • Can perform the Mikan lay up drill with both hands.

7 th grade.	<ul style="list-style-type: none"> • Team- Get use to the full size basketball. 40% situational basketball and 60% skill development. Pick N Roll offense and defensive concepts. • Defense – transition defense. • Offense – Scoring off the Pick N Roll and step back jump shot. • Triple Threat next steps. • Post Moves 	<ul style="list-style-type: none"> • Understand your role on the team. • All 5 players boxing out. • Learn how to hedge and recover and switch on the Pick N Roll. • Being able to score while popping, slipping, and splitting the screen. • Create separation when shooting a step back jump shot. • Can score from the triple threat will performing a jab step, rip through, and pump fake. • Guards - Face up in post • Forwards - Up and under, floater, power dribble
8 th Grade	<ul style="list-style-type: none"> • Prepare 8th graders for high school basketball tryouts. 20% situational basketball and 80% skill development. • Situational basketball and clock management • Defense- Learn to take a charge. • Offense- Learn how to score in the mid range 	<ul style="list-style-type: none"> • Understanding which man gets back on defense when the shot goes up. • Ability to run a continuous offense. • Every player takes at least 1 charge during the course of the season. • Able to perform the reverse Mikan layup drill. • Learn how to find the 45 degree angle and use the backboard 12 feet and closer. • Jump stop in the paint and learn to shoot 10 feet and closer.
Junior Varsity	<ul style="list-style-type: none"> • Be able to play defense against at least two different positions • Complete measurables for strength and conditioning • Reach 60 % shooting percentage-unguarded • Ability to play complementary positions offensively • Mental toughness, coachability, body language, and leadership 	<ul style="list-style-type: none"> • Understand playing the complementary position defensively i.e. 1 and 2, 2 and 3 etc. • Perform 2x 30 push-ups, 3 ladders (sprints) • 300 series of shots (need to make 180) elbow jumpers, mid-range, baseline • Learning position specific skills • Complete reading list and short homework assignments
Varsity	<ul style="list-style-type: none"> • Adjusting to the game speed • Position specific mastery of skills • Being able to recognize when to switch offenses based on defense without coach guidance • Complete measurables for strength and conditioning • Reach 70% shooting percentage-unguarded and 70% FT line 	<ul style="list-style-type: none"> • Speed and agility training • i.e. being able to get the ball up the court closely guarded, get a bucket or foul on the block • Understanding game situations • 2x 50 push up, 4 ladders in under 30 seconds each • 500 series of shots (includes every shot on the court)