

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

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