

Skill Progression Summary for 5th & 6th Graders

Utilize the APRD Youth Basketball Coach Binder, and tap into your experience as a coach, along with the insight of other coaches in your program to construct lesson plans centered around helping kids develop these skills. (For additional drill & activity ideas, contact the league coordinator). Have a great season!

EARLY SEASON (Weeks 1-3)

- Chest Pass, Bounce Pass, Overhead Pass, Hip Pass – Proper Form & Technique
- Passing while on the move
- Stationary Dribbling & Ball Handling – becoming more comfortable with the ball in hand, not looking at ball.
- Dribbling while on the move – using both hands, crossover techniques.
- Shooting Form & Using the legs to generate more power in your shot.
- Layups – form & footwork
- Proper Defensive Position
- Defensive “Mirroring” – basics of guarding your “man”.
- Odd Man Scenarios – ex. 2 on 1 fast break
- Small sided scrimmages – 3 vs. 3

MID SEASON (Weeks 3-5)

- Connecting Skills – Dribble, Pivot, Pass, Shoot
- Increasing speed of dribbling while moving,
 - Adding in cuts, crossovers, between legs, behind back.
- Full Court Layups
- Full Court Fast Break – No Defense
- Shooting range & good shot selection – high percentage shots
- Free Throw Technique
- Rebounding Technique & Boxing Out
- Screens – On Ball & Off Ball
- Offense Basics – no defense (5 on 0)
- Out of Bounds Plays
- Providing Defensive Help - Communicating
- Small Sided Scrimmage Games – 2 vs. 2 or 3 vs. 3.

LATE SEASON (Weeks 6-8)

- Off Ball Movement
- Odd Man Scenarios – Full Court
- Offensive sets vs. a live defense

