

Skill Progression Summary for 3rd & 4th 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
- Stationary Dribbling & Ball Handling – becoming more comfortable with the ball in hand, not looking at ball.
- Dribbling while moving.
- Shooting Form & Using the legs to generate more power in your shot.
- Proper Defensive Position
- Defensive “Mirroring” – basics of guarding your “man”.

MID SEASON (Weeks 3-5)

- Executing Cuts & Pivots (no ball, then with ball)
- Passing while moving.
- Increasing speed of dribbling while moving,
 - Adding in cuts, crossovers, between legs, behind back.
- Layup Technique – Dribble & Footwork
- Rebounding Technique
- Boxing Out Your Man on a shot attempt.
- Providing Defensive Help
- Small Sided Scrimmage Games – 2 vs. 2 or 3 vs. 3.

LATE SEASON (Weeks 6-8)

- Connecting Skills Together – ex. Dribble, pivot, pass, shoot.
- Movement Off the Ball – getting open to receive the ball.
- Introduction of Screens & helping teammates get open.
 - On Ball Screens – screening the ball handler’s defender
 - Off Ball Screens – screening away from the ball handler, helping a teammate get open.
- Setting up basic plays on offense and out of bounds.

