TeamX Skill Outcomes and Building Blocks

Girls

10U

1. Dribble ball with dominate hand and some use of off-hand.
2. Basic dribble moves such as the speed dribble, crossover, protect-the-ball dribble, and back-up dribble.
3. Understand correct form of layups
4. Correct shooting form- toe, knee, elbow, fingertips
5. Be able to control and protect the ball- jump stop, pivoting, triple threat position.
6. Introduce man to man defense (correct movement)
7. Continue to focus rebounding concepts- turn towards basket, use both hands, box out
8. Introduce basic motion offense plays

13U

1. Ball handling with BOTH hands
2. Being able to finish with both hands from both sides
3. Continue to focus on shooting form (shooting drills)
4. Passing the ball with bounce, chest, over the head and baseball passes
5. Moving with and without the ball- spacing and off ball principles
6. Defense on and off the ball- spacing concepts
7. Continue to hone rebounding technique
8. Introduce basic screening techniques
9. Incorporate additional motion type offense plays
10. Post moves, drop step, jump hook