



Sports Curriculum Summary (Winter Basketball)

A USAB Youth Development Certified Curriculum

Technical	Tactical	Fitness	Psychology	Class tips
<p>Objectives: General Technical skill development and comfort</p> <p>Passing and receiving: (Week 1)</p> <ul style="list-style-type: none"> • Chest • Bounce • Overhead <p>Ball Handling: (Week 1)</p> <ul style="list-style-type: none"> • "Head Up" • Right/left Hand • Dribble Moves <p>Shooting: (Week 2)</p> <ul style="list-style-type: none"> • Close, mid and long range • Free throws • Layups/Finishing <p>Rebounding: (Week 2)</p> <ul style="list-style-type: none"> • Boxing Out <p>Footwork: (Week 3)</p> <ul style="list-style-type: none"> • Quickness • Speed • Movement without the ball 	<p>Objectives: Confidence to use skill in game.</p> <p>Individual Offense: (Week 1)</p> <ul style="list-style-type: none"> • 1 vs. 1 Attacking • Triple threat • Dribbling <p>Individual defense: (Week 2)</p> <ul style="list-style-type: none"> • 1 vs. 1 defending • Defensive Stance • Positioning <p>Concepts: (Week 3)</p> <ul style="list-style-type: none"> • Zone vs. Man-to-man <p>Team Defense and offense: (Week 3)</p> <ul style="list-style-type: none"> • Screening • 3 vs. 3, 5 vs. 5 defense and offense • Transition • Scrimmage 	<p>Objectives: Improve player's general level of fitness</p> <p>Conditioning: (Week 1-2)</p> <ul style="list-style-type: none"> • Running Activities • Agility and balance <p>Nutrition (Week 3)</p> <ul style="list-style-type: none"> • Hydration 	<p>Objectives: Ensure athletes are taught in a positive environment</p> <p>Mental awareness</p> <p>Safety</p> <p>Sportsmanship</p> <p>Communication</p> <p>Discipline</p> <p>Rules and regulations</p>	<p>It is the responsibility of the athlete to improve their individual techniques</p> <p>Training off the court</p> <ul style="list-style-type: none"> • Dribble Moves • Shooting exercises • Healthy diet • Endurance exercises <p>Athletes with good 1 vs. 1 skill can make a big difference in competition.</p>

B-Ball practice plans w/ goals are sent home with athletes to give to the parents so they can be informed of what's being taught on a weekly basis.

