

Golden Youth Basketball Curriculum

Areas of emphasis:

***Footwork**

- >Triple Threat position
- >Jump Stop
- >Front and Reverse Pivots
- >Positive Starts (no backward steps)

***Defense**

- Stance
- Push Step Footwork
- Drop Step
- Close Outs
- Defending The Ball (one on one defense)
- Deny Position
- Jumping to the ball (6th, 7th, 8th)
- Helpside- Help and Recover (6th, 7th, 8th)

***Ball Handling**

- Stationary Dribbling- Both Hands
- Control Dribble In Open Court
- Speed Dribble In Open Court
- Change of Speed and Direction Dribbling
- Basic Ball Handling Drills
- Crossover, Hesitation, and Pull Back Dribble (6th, 7th, 8th)

***Shooting**

- Stationary Lay Up with Dominant and Non-Dominant Hand
- Introduce proper shooting Technique and footwork
- Moving Lay Up with Dominant Hand
- Set Shot from no further than 15 feet (Jump shot 7th & 8th Grade)
- Free Throw Form (Adjust distance according to age & strength)
- Shooting off the dribble (6th, 7th, 8th)
- 3 point shooting (5th, 6th, 7th, 8th)
- Post Moves (5th, 6th, 7th, 8th)

***Passing**

- Chest Pass to stationary and moving targets
- Bounce Pass to stationary and moving target
- Overhead Pass to stationary and moving target
- Wrap Around Post Pass (6th, 7th, 8th)
- Baseball Pass (7th, 8th)
- 1 Hand Push Pass (7th, 8th)

***Receiving the Ball**

- > Target Hand
- Jumping Through the Pass into Jump Stop
- Catch and Triple Threat Position
- Rip Move (5th, 6th, 7th & 8th)

***Rebounding**

- Basic Box Out techniques
- Jumping and ball pursuit
- Chinning the ball
- Outlet Pass

***Offensive Movement without the Ball**

- V Cuts
- L Cuts
- Setting Screens
- Using Screens
- Back Door Cuts
- Reading Defense on Screens (5th, 6th, 7th & 8th)
- Introduce Curl, Pop, Fade, Flare (5th, 6th, 7th, 8th)

***Understanding the Game**

- > Learn How to Play Hard
- >How to Compete
- >Offensive Spacing and Moving without the Ball
- >Understanding and Accepting Roles
- >Sportsmanship
- >Ability to Accept Coaching