

## EPBBA - Basketball Fundamentals Progression by Grade Level

Grade Level	Kindergarten - Grade 1	Grade 2	Grades 3-4	Grade 5-6	Grade 7-12
<b>Dribbling</b>					
Dribble with both hands – stationary and up and down the court	X	X	X	X	X
Hesitation, crossover, between legs, behind the back, spin, fake crossover	CROSSOVER, HESITATION	CROSSOVER, HESITATION	X	X	X
Pivot – L, R, forward, reverse	X	X	X	X	X
All stationary ball handling – with and without dribble	X	X	X	X	X
Change speeds	X	X	X	X	X
<b>Passing</b>					
Chest pass	X	X	X	X	X
Bounce pass	X	X	X	X	X
Overhead pass	X	X	X	X	X
Passing on the move	X	X	X	X	X
Fake chest pass, step through bounce pass			X	X	X
Skip passes			X	X	X
Feeding post with bounce pass and lobs				X	X
Pass fakes		X	X	X	X
<b>Shooting</b>					
Lay ups – no dribble	X	X	X	X	X
Lay ups – one dribble	X	X	X	X	X
Lay ups – dribble from outside three point line			X	X	X
Lay ups – reverse				X	X
Lay ups – jump stop – shot fake			X	X	X
Lay ups – shot fake from 3 point line – get to rim in one dribble				X	X
2 line passing (catch bounce pass on run and finish lay up)			X	X	X
Introduce Proper Shooting Techniques (can use BEEF)		INTRODUCE	DEVELOPING	X	X
Do swish drill			X	X	X

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<b>Defense</b>					
Athletic stance	X	X	X	X	X
On ball D – short choppy steps – level off dribbler		X	X	X	X
Rebound with two hands – yell ball	X	X	X	X	X
Rebound – make contact		X	X	X	X
Rebound – your hip to opponent's thigh			X	X	X
1 pass away positioning			X	X	X
2 passes away positioning			X	X	X
Early help			X	X	X
Full shell			X	X	X
9 point contesting			X	X	X
<b>Screens</b>					
Call name, say use me			X	X	X
Show fist			X	X	X
Wide stance			X	X	X
Hands protecting mid section			X	X	X
Man using screen must set opponent up and put shoulder to hip				X	X
Shape up				X	X
Execute following screens: UCLA, Back, Down, Cross, Ball, Fade, Pin down				X	X
<b>Offensive Moves</b>					
Posts – drop, up and under, shot fakes, jump hooks, turn around jumper, double drop step				X	X
Perimeter – 1 dribble to rim, shooting without dribble, quick away				X	X
<b>Transition</b>					
Open and ahead – pass the ball				X	X
Posts beat their posts				X	X
Win the race				X	X