

## **Basketball Program Syllabus**

Objective: Develop fundamental skills, basketball IQ, and teamwork, progressing from individual training to competitive team play.

### Weeks 1-5: Foundational Skills & Basic Movement

- Footwork & Conditioning
- Defensive stance, shuffling, sprinting, backpedaling
- Agility ladder & cone drills
- Ball Handling
  - Stationary dribbling (dominant & non-dominant hand)
  - Basic moves (crossover, between-the-legs, behind-the-back)
- Shooting Fundamentals
  - Proper form (B.E.E.F. – Balance, Elbow, Eyes, Follow-through)
  - Layups (right & left hand)
  - Free throws & mid-range shots
- Passing & Catching
  - Chest pass, bounce pass, overhead pass
  - Passing under pressure

### Weeks 6-10: Skill Development & Introduction to Game Concepts

- Advanced Dribbling
  - Speed dribbling, hesitation moves, combo moves
  - Dribbling under defensive pressure
- Shooting Progression
  - Off-the-dribble shooting
  - Pick-and-pop mechanics
  - Shooting off screens
- Defensive Fundamentals
  - Closeouts, on-ball defense, help defense
  - Rebounding positioning (boxing out)
- Intro to Offensive Concepts
  - Spacing, cutting, basic pick & roll
  - 2-on-2 & 3-on-3 half-court play

### Weeks 11-15: Tactical Understanding & Team Play

- Team Offense
  - Motion offense principles
  - Fast break execution (3-lane drill)
  - Reading defenses (pass fakes, shot fakes)
- Team Defense
  - Man-to-man vs. zone principles
  - Transition defense (sprinting back)

- Scrimmages (5-on-5)
- Controlled gameplay with coaching stoppages

#### Weeks 16-20: Advanced Strategies & Competitive Play

- 2-3 Man Advanced Offensive Actions
- Defensive Concepts
  - Full-court press, trapping, rotations
- Game Situations
  - Playing with/without a shot clock

#### Weeks 21-25: Pre-Competition Phase

- Specialized Skill Work
  - Individualized training based on position/role
- Conditioning & Mental Toughness
  - Endurance drills, late-game fatigue simulations
- Situational Drills
  - Down by 2 with 30 seconds left, holding a lead
- Tournament Preparation
  - Team chemistry building, role definition

#### Weeks 26-31: Competitive Season & Playoffs

- Weekly competitive situational scrimmages
  - Single-elimination, double-elimination formats
- Final Evaluations & Awards
  - Player feedback, awards ceremony

#### Progression Summary:

- Weeks 1-10 Individual skill mastery
- Weeks 11-20 Team concepts & tactical understanding
- Weeks 21-31:Competitive application & refinement