FIFTH GRADE
YOUTH BASKETBALL CURRICULUM

COACH LYNCH
BASKETBALL

PRACTICE DESIGN

- **Skills** - 20-30 Min
  - Ball Handling - 5-10 Min
  - Finishing & Shooting - 5-10 Min
  - Passing - 5-10 Min
- **Scheme** - 30-40 Min
  - Offene - 15-20 Min
  - Defense - 15-20 Min

ORGANIZATION

- **Schedule:** 12 Week Season, 10 Games
- **Schedule:** 2 Practices & 1 Game Per Week
- **Session Design:** each session will split its time between skill development and team scheme.
- **Gameplay:** teams will play 5/5 against other towns, will paid referees.

SKILLS & SCHEME

SKILLS

The skill focus for fifh grade is to continue to build players skillset on the offensive end. Beating their man off the dribble, shooting, and passing solutions become more of a focal point.

Ball Handling -
- Stationary Dribble
- Speed Dribble
- Turn Your Back
- Hesitation / In & Out
- Crossover
- Through the Legs

Dribble Stops -
- Pivoting
- Jump Stop
- Bounce Out

Passing -
- Bounce & Chest Pass
- Over the Head Pass
- Wrap Around Pass
- Pass Fake
- Drive & Kick
- Post Entry Pass

Finishing -
- Extended Arm
- Inside Hand
- Two Foot Jump Stop

Shooting -
- Hand Under the Ball
- Use of the Guide Hand
- Follow Through
- Balance
- 1/2 Step off Dribble
- Catch & Shoot ("Be Shot Ready")

SCHEME

The scheme focus for fifth grade will build on the pass & cut layer. On offense, we need to teach the post pass & cut and drive & space concepts. On defense, we need to continue developing their off the ball habits.

Gameplay Concepts -
- BLOB, SLOB, & Inbounds
- Dribbling Rules
- Defensive Fouling Rules
- Foul Shot Alignment
- Substitution Process

Defensive Concepts -

On the Ball:
- Defensive Stance & Slides
- Contain the Basketball
- Arm's Length Distance
- Mirroring the Ball
- Switching (DHO/Ball Screen)

Off the Ball:
- Get Back in Transition
- See Man & Ball
- Gap Positioning
- Boxing Out & Def Reb
- Closing Out

Team Offensive Concepts -
- 5 Man Spacing
- Flashing to the Basketball
- Pass & Cut Layer
- Post Pass & Cut Layer
- Drive & Space Concept
- Backdoor Cut
- BLOB Alignment
- SLOB Alignment