

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