



Phase II: Basic Principles Phase (8-12 years old)

Milestones to Accomplish:

Name: _____

1. Footwork and pivoting to include direct drives and cross-over step.
2. Ball handling full speed right and left hands, change of speed, and one change of direction move.
3. Basic shooting fundamentals.
4. Finishing at rim beginning phases.

Milestone testing performed by parent or coach to progress to phase III or track progress:

Testing List	Date:	Date:	Date:	Date:
Demonstrate v-series drill (cross-overs, between legs right foot forward, and between legs left foot forward 15x each) in 20 seconds or less with head up.				
Demonstrate full speed lay-up right and left hands to parent or coach off one foot.				
Demonstrate proper form with direct drive, cross-over step, shot fake, and create space pivot off left foot for right handed players to parent or coach at game speed.				
Demonstrate proper shooting form with ball at rim to parent or coach from appropriate distance.				

- Rim height suggestions to develop proper form and increase chance for success are 8 feet for 7-8 year olds, 9 feet for 9-11 year olds when possible, and 10 feet for 11 year olds and above. It is recommended for ages 8 and under that a 27.5 inch size ball be used, ages 9-11 use 28.5 inch ball, and boys 12 and above use 29.5 inch ball.