

LCBA-Riverhawk Basketball Coaching Standards

K-2nd Grade Standards

Ball Handling-Players should be able too.....

1. Play out of a triple threat position
2. Pivot with both feet
3. Be boss with the ball
4. Dribble with both hands at game speed with their eyes up
5. Perform a crossover dribble with both hands with their eyes up

Finishing at the Basket-Players should be able too....

1. Shoot a Right and Left hand Lay-Up with both hands.
*Some players may only be able to shoot a lay-up with their strong hand.

Shooting -Players should be able too....

1. Shoot with their feet shoulder width apart and square to the basket
2. Start with the ball in their shot pocket
3. Have a straight lift on their shot
4. Follow through with their eyes on the front of the rim

Passing -Players should be able too....

1. Make a chest pass with palms out and thumbs down
2. Make a bounce pass palms out and thumbs down
3. Call the name of the person they are passing too
4. Jump to catch the ball

Cutting and Screening-Players should be able too....

1. Perform a Back/Basket Cut
2. Perform a L-Cut

Man to Man Defense-Players should be able too.....

1. Stay in a good defensive stance
 - a. Butt down
 - b. Feet shoulder width
 - c. Feet should stay apart on slides
 - d. Weight on the balls of your feet
 - e. Back should be at a 45 degree angle
2. Attempt to see man and ball at times
3. Attempt to jump to the ball on every pass

Motion Offense-Players should be able too.....

1. Understand the importance of spacing the floor
2. Cut to the basket when getting over played
3. Fill open spots on the floor

3rd Grade Standards

Ball Handling-Players should be able too.....

1. Play out of a triple threat position
2. Pivot with both feet
3. Be boss with the ball
4. Dribble with both hands at game speed with their eyes up
5. Perform a crossover dribble with both hands with their eyes up
6. Perform an inside out dribble with both hands with their eyes up
7. Perform a sit and split or cross between their legs with their eyes up
8. Perform a hesitation dribble with both hands with their eyes up

Finishing at the Basket-Players should be able too....

1. Shoot a Lay-Up with both hands
2. Shoot a Power Lay-Up off of two feet with both hands

Shooting -Players should be able too....

1. Shoot with their feet shoulder width apart and square to the basket
2. Start with the ball in their shot pocket
3. Have a straight lift on their shot
4. Follow through with their eyes on the front of the rim

Passing -Players should be able too....

1. Make a chest pass with palms out and thumbs down
2. Make a bounce pass palms out and thumbs down
3. Call the name of the person they are passing too
4. Jump to catch the ball

Cutting and Screening-Players should be able too....

1. Perform a Back/Basket Cut
2. Perform a L-Cut
3. Set the following screens.....
 - a. Down
 - b. Ball
4. Screen and then separate opposite the cutter

Man to Man Defense-Players should be able too.....

1. Stay in a good defensive stance
 - a. Butt down
 - b. Feet shoulder width
 - c. Feet should stay apart on slides
 - d. Weight on the balls of your feet
 - e. Back should be at a 45 degree angle
2. See man and ball at all times
3. Jump to the ball on every pass
4. Apply great ball pressure when on the ball
5. Give great help when off the ball
6. Box out your man when a shot goes up every time

Motion Offense-Players should be able too.....

1. Understand the spacing locations for motion offense
 - a. 4 Perimeter Spots
 - b. 1 Post Spot
2. Screen with the purpose of getting their teammate open
3. Cut to the basket when getting over played
4. Finish a back cut at the basket
5. Fill open spots on the floor

4th Grade Standards

Ball Handling-Players should be able too.....

1. Play out of a triple threat position
2. Pivot with both feet
3. Be boss with the ball
4. Dribble with both hands at game speed with their eyes up
5. Perform a crossover dribble with both hands with their eyes up
6. Perform an inside out dribble with both hands with their eyes up
7. Perform a sit and split or cross between their legs with their eyes up
8. Perform a hesitation dribble with both hands with their eyes up
9. Perform an inside out with a crossover dribble with both hands with their eyes up
10. Perform a around the back dribble with both hands with their eyes up

Finishing at the Basket-Players should be able too....

1. Shoot a Lay-Up with both hands
2. Shoot a Power Lay-Up off of two feet with both hands
3. Shoot a Stockton Lay-Up with both hands

Shooting -Players should be able too....

1. Shoot with their feet shoulder width apart and square to the basket
2. Start with the ball in their shot pocket
3. Have a straight lift on their shot
4. Follow through with their eyes on the front of the rim
5. Ninety degrees at their wrist
6. Ninety degrees at their elbow

Passing -Players should be able too....

1. Make a chest pass with palms out and thumbs down
2. Make a bounce pass palms out and thumbs down
3. Call the name of the person they are passing too
4. Jump to catch the ball
5. Make a wrap around pass with both hands

Cutting and Screening-Players should be able too....

1. Perform a Back/Basket Cut
2. Perform a L-Cut
3. Set the following screens.....
 - a. Down
 - b. Ball
 - f. UCLA Screen
4. Screen and then separate opposite the cutter

Man to Man Defense-Players should be able too.....

1. Stay in a good defensive stance
 - a. Butt down
 - b. Feet shoulder width
 - c. Feet should stay apart on slides
 - d. Weight on the balls of your feet
 - e. Back should be at a 45 degree angle
2. See man and ball at all times
3. Jump to the ball on every pass
4. Apply great ball pressure when on the ball
5. Give great help when off the ball
6. Box out your man when a shot goes up every time
7. Defend ball screens
8. Defend down screens

Motion Offense-Players should be able too.....

1. Understand the spacing locations for motion offense
 - a. 4 Perimeter Spots
 - b. 1 Post Spot
 - c. Screen with the purpose of getting their teammate open
 - d. Cut to the basket when getting over played
 - e. Finish a back cut at the basket
 - f. Fill open spots on the floor

Ball Handling-Players should be able too.....

1. Play out of a triple threat position
2. Pivot with both feet
3. Be boss with the ball
4. Dribble with both hands at game speed with their eyes up
5. Master a crossover dribble with both hands with their eyes up
6. Master an inside out dribble with both hands with their eyes up
7. Master a sit and split or cross between their legs with their eyes up
8. Master a hesitation dribble with both hands with their eyes up
9. Perform an inside out with a crossover dribble with both hands with their eyes up
10. Perform an around the back dribble with both hands with their eyes up
11. Perform a spin dribble with both hands and with their hands up

Finishing at the Basket-Players should be able too....

1. Master shooting a Lay-Up with both hands
2. Master shooting a Power Lay-Up off of two feet with both hands
3. Shoot a Stockton Lay-Up with both hands
4. Shoot a Reverse Lay-Up with both hands
5. Shoot a Vicious Pivot off of two feet with both hands

Shooting -Players should be able too....

1. Shoot with their feet shoulder width apart and square to the basket
2. Start with the ball in their shot pocket
3. Have a straight lift on their shot
4. Follow through with their eyes on the front of the rim
5. Ninety degrees at the wrist
6. Ninety degrees at the elbow
7. Release the ball at the top of their jump
8. Jump straight up and down (not to the side or backwards)

Passing -Players should be able too....

1. Master a chest pass with palms out and thumbs down
2. Master a bounce pass palms out and thumbs down
3. Call the name of the person they are passing too
4. Jump to catch the ball
5. Make a wrap around pass with both hands
6. Make an over the head pass with palms out and thumbs down

Cutting and Screening-Players should be able too....

1. Perform a Back/Basket Cut
2. Perform a L-Cut
3. Perform a Curl-Cut
4. Set the following screens.....
 - a. Down
 - b. Ball
 - c. UCLA Screen
 - d. Back Screen
5. Screen and then separate opposite the cutter

Man to Man Defense-Players should be able too.....

1. Stay in a great defensive stance
 - a. Butt down
 - b. Feet shoulder width
 - c. Feet should stay apart on slides
 - d. Weight on the balls of your feet
 - e. Back should be at a 45 degree angle
2. See man and ball at all times
3. Jump to the ball on every pass
4. Apply great ball pressure when on the ball
5. Give great help when off the ball
6. Box out your man when a shot goes up every time
7. Defend ball screens
8. Defend down screens
9. Defend cross screens
10. Defend back screens
11. Understand and perform help and recovery

Motion Offense-Players should be able too.....

1. Understand the spacing locations for motion offense
 - a. 4 Perimeter Spots
 - b. 1 Post Spot
 - c. Screen with the purpose of getting their teammate open
 - d. Cut to the basket when getting over played
 - e. Finish a back cut at the basket
 - f. Fill open spots on the floor
 - g. Read defenders and make the proper cut

6th Grade Standards

Ball Handling-Players should be able too.....

1. Play out of a triple threat position
2. Pivot with both feet
3. Be boss with the ball
4. Dribble with both hands at game speed with their eyes up
5. Master a crossover dribble with both hands with their eyes up
6. Master an inside out dribble with both hands with their eyes up
7. Master a sit and split or cross between their legs with their eyes up
8. Master a hesitation dribble with both hands with their eyes up
9. Master an inside out with a crossover dribble with both hands with their eyes up
10. Perform an around the back dribble with both hands with their eyes up
11. Perform a spin dribble with both hands and with their hands up

Finishing at the Basket-Players should be able too....

1. Master shooting a Lay-Up with both hands
2. Master shooting a Power Lay-Up off of two feet with both hands
3. Master a Stockton Lay-Up with both hands
4. Master a Reverse Lay-Up with both hands
5. Shoot a Vicious Pivot off of two feet with both hands
6. Shoot a Hips-Through with both hands

Shooting -Players should be able too....

1. Shoot with their feet shoulder width apart and square to the basket
2. Start with the ball in their shot pocket
3. Have a straight lift on their shot
4. Follow through with their eyes on the front of the rim
5. Ninety degrees at the wrist
6. Ninety degrees at the elbow
7. Release the ball at the top of their jump
8. Jump straight up and down (not to the side or backwards)
9. Have consistently good form on every shot

Passing -Players should be able too....

1. Master a chest pass with palms out and thumbs down
2. Master a bounce pass palms out and thumbs down
3. Call the name of the person they are passing too
4. Jump to catch the ball
5. Make a wrap around pass with both hands
6. Make an over the head pass with palms out and thumbs down

Cutting and Screening-Players should be able too....

1. Master a Back/Basket Cut
2. Master a L-Cut
3. Perform a Curl Cut
4. Set the following screens.....
 - a. Down
 - b. Ball
 - c. UCLA Screen
 - d. Back Screen
5. Screen and then separate opposite the cutter

Man to Man Defense-Players should be able too.....

1. Stay in a great defensive stance
 - a. Butt down
 - b. Feet shoulder width
 - c. Feet should stay apart on slides
 - d. Weight on the balls of your feet
 - e. Back should be at a 45 degree angle
2. See man and ball at all times
3. Jump to the ball on every pass
4. Apply great ball pressure when on the ball
5. Give great help when off the ball
6. Box out your man when a shot goes up every time
7. Defend ball screens
8. Defend down screens
9. Defend cross screens
10. Defend back screens
11. Understand and perform help and recovery

Motion Offense-Players should be able too.....

1. Understand the spacing locations for motion offense
 - a. 4 Perimeter Spots
 - b. 1 Post Spot
 - c. Screen with the purpose of getting their teammate open
 - d. Cut to the basket when getting over played
 - e. Finish a back cut at the basket
 - f. Fill open spots on the floor
 - g. Read defenders and make the proper cut

7th Grade Standards

Ball Handling-Players should be able too.....

1. Play out of a triple threat position
2. Pivot with both feet
3. Be boss with the ball
4. Dribble with both hands at game speed with their eyes up
5. Master a crossover dribble with both hands with their eyes up
6. Master an inside out dribble with both hands with their eyes up
7. Master a sit and split or cross between their legs with their eyes up
8. Master a hesitation dribble with both hands with their eyes up
9. Master an inside out with a crossover dribble with both hands with their eyes up
10. Master an around the back dribble with both hands with their eyes up
11. Perform a spin dribble with both hands and with their hands up

Finishing at the Basket-Players should be able too....

1. Master shooting a Lay-Up with both hands
2. Master shooting a Power Lay-Up off of two feet with both hands
3. Master a Stockton Lay-Up with both hands
4. Master a Reverse Lay-Up with both hands
5. Master a Vicious Pivot off of two feet with both hands
6. Shoot a Hips-Through with both hands

Shooting -Players should be able too....

1. Shoot with their feet shoulder width apart and square to the basket
2. Start with the ball in their shot pocket
3. Have a straight lift on their shot
4. Follow through with their eyes on the front of the rim
5. Ninety degrees at the wrist
6. Ninety degrees at the elbow
7. Release the ball at the top of their jump
8. Jump straight up and down (not to the side or backwards)
9. Have consistently good form on every shot
10. Consistently make a 10-15 foot jump shot

Passing -Players should be able too....

1. Master a chest pass with palms out and thumbs down
2. Master a bounce pass palms out and thumbs down
3. Call the name of the person they are passing too
4. Jump to catch the ball
5. Master a wrap around pass with both hands
6. Master an over the head pass with palms out and thumbs down

Cutting and Screening-Players should be able too....

1. Master a Back/Basket Cut
2. Master a L-Cut
3. Master a Curl Cut
4. Set the following screens.....
 - a. Down
 - b. Ball
 - c. UCLA Screen
 - d. Back Screen
5. Screen and then separate opposite the cutter

Man to Man Defense-Players should be able too.....

1. Stay in a great defensive stance
 - a. Butt down
 - b. Feet shoulder width
 - c. Feet should stay apart on slides
 - d. Weight on the balls of your feet
 - e. Back should be at a 45 degree angle
2. See man and ball at all times
3. Jump to the ball on every pass
4. Apply great ball pressure when on the ball
5. Give great help when off the ball
6. Box out your man when a shot goes up every time
7. Defend ball screens
8. Defend down screens
9. Defend cross screens
10. Defend back screens
11. Understand and Master help and recovery

Motion Offense-Players should be able too.....

1. Understand the spacing locations for motion offense
 - a. 4 Perimeter Spots
 - b. 1 Post Spot
 - c. Master Screening with the purpose to get their teammate open
 - d. Master cutting to the basket when getting over played
 - e. Finish a back cut at the basket
 - f. Fill open spots on the floor
 - g. Read defenders and make the proper cut

8th Grade Standards

Ball Handling-Players should be able to.....

1. Play out of a triple threat position
2. Pivot with both feet
3. Be boss with the ball
4. Dribble with both hands at game speed with their eyes up
5. Master a crossover dribble with both hands with their eyes up
6. Master an inside out dribble with both hands with their eyes up
7. Master a sit and split or cross between their legs with their eyes up
8. Master a hesitation dribble with both hands with their eyes up
9. Master an inside out with a crossover dribble with both hands with their eyes up
10. Master an around the back dribble with both hands with their eyes up
11. Master a spin dribble with both hands and with their eyes up

Finishing at the Basket-Players should be able to....

1. Master shooting a Lay-Up with both hands
2. Master shooting a Power Lay-Up off of two feet with both hands
3. Master a Stockton Lay-Up with both hands
4. Master a Reverse Lay-Up with both hands
5. Master a Vicious Pivot off of two feet with both hands
6. Master a Hips-Through with both hands

Shooting -Players should be able to....

1. Shoot with their feet shoulder width apart and square to the basket
2. Start with the ball in their shot pocket
3. Have a straight lift on their shot
4. Follow through with their eyes on the front of the rim
5. Ninety degrees at the wrist
6. Ninety degrees at the elbow
7. Release the ball at the top of their jump
8. Jump straight up and down (not to the side or backwards)
9. Have consistently good form on every shot
10. Consistently make a 15-18 foot jump shot

Passing -Players should be able to....

1. Master a chest pass with palms out and thumbs down
2. Master a bounce pass palms out and thumbs down
3. Call the name of the person they are passing too
4. Jump to catch the ball
5. Master a wrap around pass with both hands
6. Master an over the head pass with palms out and thumbs down

Cutting and Screening-Players should be able too....

1. Master a Back/Basket Cut
2. Master a L-Cut
3. Master a Curl Cut
4. Master setting the following screens.....
 - a. Down
 - b. Ball
 - c. UCLA Screen
 - d. Back Screen
5. Master screening and separating opposite the cutter

Man to Man Defense-Players should be able too.....

1. Master staying in a great defensive stance at all times
 - a. Butt down
 - b. Feet shoulder width
 - c. Feet should stay apart on slides
 - d. Weight on the balls of your feet
 - e. Back should be at a 45 degree angle
2. Master seeing man and ball at all times
3. Master jumping to the ball on every pass
4. Master applying great ball pressure when on the ball
5. Master giving great help when off the ball
6. Master boxing out your man when a shot goes up every time
7. Master defending ball screens
8. Master defending down screens
9. Master defending cross screens
10. Master defending back screens
11. Master help and recovery

Motion Offense-Players should be able too.....

1. Understand the spacing locations for motion offense
 - a. 4 Perimeter Spots
 - b. 1 Post Spot
 - c. Master Screening with the purpose to get their teammate open
 - d. Master cutting to the basket when getting over played
 - e. Master finishing back cuts at the basket
 - f. Master filling open spots on the floor
 - g. Master reading defenders and making the proper cut