

PRESTON BASKETBALL CLUB



PLAYER DEVELOPMENT FRAMEWORK

CORE VALUES FOR OUR PLAYERS

Respect	U9's / U11's
Teamwork	U9's / U11's
Communication	U9's U11's
Resilience	U11's / U14's
Leadership	U14's / U16's
Adaptability	U16's
Accountability	U16's
Responsibility	U17's / U18's
Assertiveness	U17's / U18's

These core values form the basis of the players we wish to develop in the long-term.

UNDER 9's

SKILL	INDIVIDUAL (SKILL/PRINCIPLE)	TEAM (TACTIC)	BY THE END OF THIS AGE GROUP
PASSING	<ul style="list-style-type: none">● Chest pass<ul style="list-style-type: none">○ Stationary○ Off the dribble● Bounce pass<ul style="list-style-type: none">○ Stationary● Receiver hands ready to catch	<ul style="list-style-type: none">● Passing forwards up the court● Short passes● Pass to open players	<ul style="list-style-type: none">● Chest pass whilst stationary and off a dribble● Short passes and movements● Advancing the ball with passes
DRIBBLING / BALL HANDLING	<ul style="list-style-type: none">● Ball familiarity● Dribble posture (waist height)● Cross-over<ul style="list-style-type: none">○ L to R, R to L● Running with the ball<ul style="list-style-type: none">○ L & R hand	<ul style="list-style-type: none">● Dribble if you can't pass or shoot● Cross-over to get past a defender	<ul style="list-style-type: none">● Good ball control when dribbling● Understanding of the power and height of dribbles● Strong athletic posture when dribbling
SHOOTING (LAY-UPS, FREE THROWS, JUMP SHOTS)	<ul style="list-style-type: none">● Lay-ups<ul style="list-style-type: none">○ L & R side● Jump shots in and around the key<ul style="list-style-type: none">○ From a stationary set position	<ul style="list-style-type: none">● Lay-up to get closer to the basket● Shoot when in the key and open	<ul style="list-style-type: none">● Understand the correct footwork for a lay-up● Begin to establish a shooting technique which works for them● Shooting jump shots with control

REBOUNDING	PLAYERS AT THIS AGE GROUP GENERALLY WON'T SHOOT ENOUGH TO WARRANT TEACHING REBOUNDING. THERE WILL BE TURNOVERS IN POSSESSION AS OPPOSED TO MISSED SHOTS		
DEFENDING	<ul style="list-style-type: none"> • In an athletic stance (low and ready to move) • Stop attacker getting past you 	<ul style="list-style-type: none"> • Man-to-Man defence • Get back in transition as quickly as possible (beat the attackers down the floor) 	<ul style="list-style-type: none"> • You are responsible for your own player to defend • Know who they are marking in games
OTHER / AGE SPECIFIC	<ul style="list-style-type: none"> • Pivots <ul style="list-style-type: none"> ◦ Both feet • Jump stops • Triple Threat position • Jumping/Landing techniques • SAQ and balance 	<ul style="list-style-type: none"> • Passes are quicker than dribbles • General spacing • Getting free to receive the ball • PRINCIPLES OVER PLAYS 	<ul style="list-style-type: none"> • Positionless players • Basic understanding of violations in a game (carry, double dribble, travel)

UNDER 11's

SKILL	INDIVIDUAL (SKILL/PRINCIPLE)	TEAM (TACTIC)	BY THE END OF THIS AGE GROUP
PASSING	<ul style="list-style-type: none"> • Chest pass <ul style="list-style-type: none"> ◦ Off the dribble • Bounce pass <ul style="list-style-type: none"> ◦ Off the dribble • Javelin pass • Receiver hands ready to catch 	<ul style="list-style-type: none"> • Pass ahead of you • Pass to open teammates • Pass into spaces to encourage movement 	<ul style="list-style-type: none"> • Players can pass accurately in a variety of ways • Players can pass with power and precision • Players pass to open teammates on the court
DRIBBLING / BALL HANDLING	<ul style="list-style-type: none"> • Ball familiarity • Dribble posture (straight back) • Head up, eyes forward • Between the legs/Round the back dribbles <ul style="list-style-type: none"> ◦ L to R, R to L • Running with the ball <ul style="list-style-type: none"> ◦ L & R hand ◦ Change direction / speed 	<ul style="list-style-type: none"> • Dribble into space • Dribble to beat your defender • Simple crossovers (efficient) 	<ul style="list-style-type: none"> • Strong athletic posture when dribbling • Head up when dribbling looking ahead • Using the dribble to score not to explore
SHOOTING (LAY-UPS, FREE THROWS, JUMP SHOTS)	<ul style="list-style-type: none"> • Lay-ups <ul style="list-style-type: none"> ◦ L, R & centre positions ◦ L & R hands • Jump shots in and around the key 	<ul style="list-style-type: none"> • Shoot a jump shot when open • Lay-up when there are no defenders between attacker and the basket 	<ul style="list-style-type: none"> • Consistently score open lay-ups with a strong hand • Begin to score with weak hand

	<ul style="list-style-type: none"> • Free throws 		<ul style="list-style-type: none"> • Shooting jump shots with control
REBOUNDING	PLAYERS AT THIS AGE GROUP GENERALLY WON'T SHOOT ENOUGH TO WARRANT TEACHING REBOUNDING. THERE WILL BE TURNOVERS IN POSSESSIONS AS OPPOSED TO MISSED SHOTS		
DEFENDING	<ul style="list-style-type: none"> • Defensive stance <ul style="list-style-type: none"> ◦ Sliding to stay in front • Hands in the passing lanes • Hands up to contest lay-ups and jump shots 	<ul style="list-style-type: none"> • Man-to-Man defence • Get back in transition as quickly as possible (beat the attackers down the floor) • Recovering when being beaten • Contesting shots 	<ul style="list-style-type: none"> • You are responsible for your own player to defend • Stay between your attacker and the basket • Players getting back in transition quicker than attackers
OTHER	<ul style="list-style-type: none"> • Pivots <ul style="list-style-type: none"> ◦ Front and reverse • 1-2 stops • Triple Threat position 	<ul style="list-style-type: none"> • Getting free to receive the ball • Spacing the floor well, minimising periods of 'bunching up' • PRINCIPLES OVER PLAYS 	<ul style="list-style-type: none"> • Positionless players • A solid fundamental foundation • Solid passing, dribbling and shooting, with knowledge of defence • Knowledge of spacing on offence

UNDER 14's

SKILL	INDIVIDUAL (SKILL/PRINCIPLE)	TEAM (TACTIC)	BY THE END OF THIS AGE GROUP
PASSING	<ul style="list-style-type: none">• Chest pass over a greater distance (transition)• Javelin Pass• Outlet Pass• Receivers catch on the move	<ul style="list-style-type: none">• Ball Reversal• Passing in front of the cutter• Passing into space	<ul style="list-style-type: none">• Crisp passes which are on target (to chest, shooters pocket or in front when cutting)
DRIBBLING / BALL HANDLING	<ul style="list-style-type: none">• Between the legs/Round the back dribbles<ul style="list-style-type: none">◦ L to R, R to L• Running with the ball<ul style="list-style-type: none">◦ L & R hand• Change direction / speed	<ul style="list-style-type: none">• Ball handler down the middle channel of the court• Avoid sidelines and baseline when dribbling	<ul style="list-style-type: none">• Dribble to score, not to explore• Ball stays down the middle channel of the court• Head up looking for easy passes in transition
SHOOTING (LAY-UPS, FREE THROWS, JUMP SHOTS)	<ul style="list-style-type: none">• Lay-ups<ul style="list-style-type: none">◦ L & R hand finish◦ Reverse lay-ups◦ Finger Roll• Jump shots from mid-range to 3-point line<ul style="list-style-type: none">◦ Feet set and prepared to shoot	<ul style="list-style-type: none">• Shoot when open• Be in an athletic stance when ready to receive the ball and shoot• When to lay-up/drive vs. shoot a jump shot	<ul style="list-style-type: none">• Begin to understand the concept of shot selection 'that shot was difficult, could we get a better one?'• Variety of finishes around the rim, in the first instance the correct footwork to get the best shots off

REBOUNDING	<ul style="list-style-type: none"> • Box-out 	<ul style="list-style-type: none"> • Box-out all players, even perimeter players for good practice 	<ul style="list-style-type: none"> • Understand the box out technique • 'Put a body' on the attacker
DEFENDING	<ul style="list-style-type: none"> • Drop step recover when sliding • Turn and run to get back in front 	<ul style="list-style-type: none"> • Man-to-Man defence • Initial help defender • Passing lanes to deny • Beat your attacker back in transition 	<ul style="list-style-type: none"> • Understand your role as a defender and how to stay in front of your man • Getting back between your attacker and the basket in transition and when beat individually • Begin to understand the concept of help defence, the initial rotation over • Know where the help line is as a point of reference
OTHER	<ul style="list-style-type: none"> • Develop competent ball handlers • Develop competent shooters • They will need a mixture of these as a cohort for future development 	<ul style="list-style-type: none"> • PRINCIPLES OVER PLAYS • Continue spacing on offence as a means to develop shot selection 	<ul style="list-style-type: none"> • Positionless players • Develop an understanding of the violations and fouls that occur in game

UNDER 16's

SKILL	INDIVIDUAL (SKILL/PRINCIPLE)	TEAM (TACTIC)	BY THE END OF THIS AGE GROUP
PASSING	<ul style="list-style-type: none">• Skip pass• Outlet pass• Begin to pass out of a dribble<ul style="list-style-type: none">◦ 1 handed	<ul style="list-style-type: none">• Ball reversal• Outlet pass• Passing into the post & receiving• Passing angles• Recognising mismatches	<ul style="list-style-type: none">• Understand passing lanes/angles• Knowledge of what passes to use in different situations, and making an efficient and effective pass
DRIBBLING / BALL HANDLING	<ul style="list-style-type: none">• Utilising screens<ul style="list-style-type: none">◦ Set-up the defender◦ Brush the shoulder◦ Attack the key• Retreat dribble• Basic dribble counters	<ul style="list-style-type: none">• Wing screens• Top screens• Begin to use dribble hand-offs	<ul style="list-style-type: none">• Ball handlers will know how to attack a screen off a dribble• Begin to understand when to use a dribble hand off or a screen
SHOOTING (LAY-UPS, FREE THROWS, JUMP SHOTS)	<ul style="list-style-type: none">• Lay-ups<ul style="list-style-type: none">◦ Wrong foot/hand finishes◦ Floaters◦ Euro-steps• 3 point shots• Basic post moves<ul style="list-style-type: none">◦ Establishing post position	<ul style="list-style-type: none">• Shooting off screens• When to drive vs pull-up off a screen• Shoot from the post in a mismatch	<ul style="list-style-type: none">• Begin to understand shot selection off a screen• Finish around the rim with either hand off either foot• Know when to shoot from the post

	<ul style="list-style-type: none"> o Drop step o Face-up • Scoring in transition <ul style="list-style-type: none"> o Lay-ups o 3 point shots 		
REBOUNDING	<ul style="list-style-type: none"> • Locate and box-out • 'Swim' over the defender 	<ul style="list-style-type: none"> • When to rebound <ul style="list-style-type: none"> o When to cover the fastbreak o When to get out on offensive transition 	<ul style="list-style-type: none"> • Seek out the attackers and then box out and drive back • Establish position before attacking the rebound
DEFENDING	<ul style="list-style-type: none"> • Forcing opponent to sideline/baseline • Defending screens <ul style="list-style-type: none"> o Switching o Hedging 	<ul style="list-style-type: none"> • 2-3 Zone • Help defence – including 2nd help and scramble basics • Man-to-Man press • Switch defence against screens • Hedge defence against screens • Transition defence and switching back 	<ul style="list-style-type: none"> • Play a solid man-to-man defence • Understand help defence rotations, including a 2nd help
OTHER	<ul style="list-style-type: none"> • Ball screen and roll • Ball screen and pop 	<ul style="list-style-type: none"> • Off ball screens • Basic offensive plays • When to rebound and when to start transition (offence and defence) 	<ul style="list-style-type: none"> • Understand simple offensive plays/sets • Understand the concept of mismatches • Understand positional roles

UNDER 18's

SKILL	INDIVIDUAL (SKILL/PRINCIPLE)	TEAM (TACTIC)	BY THE END OF THIS AGE GROUP
PASSING	<ul style="list-style-type: none">• Power• Trajectory• 1 handed passes	<ul style="list-style-type: none">• Ball reversal• Passing into the post• Exploiting mismatches• Pass into space• Kick out to the perimeter for a better shot	<ul style="list-style-type: none">• Utilise varied passes to reach their intended target• Allow teammates to 'run on to' passes
DRIBBLING / BALL HANDLING	<ul style="list-style-type: none">• Flare screens• Dribble move counters	<ul style="list-style-type: none">• Dribble hand-offs	<ul style="list-style-type: none">• Understand when to use a dribble hand off or a screen
SHOOTING (LAY-UPS, FREE THROWS, JUMP SHOTS)	<ul style="list-style-type: none">• Lay-ups<ul style="list-style-type: none">◦ Wrong foot/hand finishes◦ Floaters◦ Euro-steps◦ Runners• Isolation scores• Step-back jump shots	<ul style="list-style-type: none">• Exploiting mismatches• Allowing the best scorers to do so in their favoured positions	<ul style="list-style-type: none">• Score in a variety of ways• Understand who needs to be scoring the most, and when• Understand their range and attack from where they are most effective
REBOUNDING	<ul style="list-style-type: none">• Locate and Box-out• 'Swim' over the defender	<ul style="list-style-type: none">• When to rebound<ul style="list-style-type: none">◦ When to cover the Fastbreak	<ul style="list-style-type: none">• Rebound to begin transition• When to go back up after an offensive rebound and when to reset

		<ul style="list-style-type: none"> o When to get out on offensive transition • Leaking offensively 	
DEFENDING	<ul style="list-style-type: none"> • Fronting the post • Post denial • Defending screens <ul style="list-style-type: none"> o ICE o Double 	<ul style="list-style-type: none"> • 1-3-1 Zone • 3-2 Zone • Second help • Scramble rotations (Zone and Man-to-Man) • ICE defence against screens 	<ul style="list-style-type: none"> • Understand when to use a man-to-man defence vs a zone • Recognise and run (including rotations) multiple zone combinations
OTHER	<ul style="list-style-type: none"> • Dribble move combinations 	<ul style="list-style-type: none"> • Understand playing a role 	<ul style="list-style-type: none"> • Understand offensive plays/sets • Understand how to create and exploit mismatches • Understand role players in the team and play them

KEY VOCABULARY

It is vital that we identify and unify key vocabulary at all levels of the club. By not doing so, we invite the possibility of confusion within our players. A clear and co-ordinated vocabulary across the club allows members to seamlessly develop and grow as they advance through the age groups and into the senior section of the club.

TERM	MEANING
And-One	A free throw awarded to a shooter who is fouled while scoring, especially one which is made.
Assist	A pass to a teammate who scores a basket immediately or after one dribble.
Athletic Stance	A 'triple threat' position – knees bent, back straight – explosive.
Backdoor Cut	An offensive play in which a player on the perimeter steps away from the basket, drawing the defender along, then suddenly cuts to the basket behind the defender for a pass.
Ball Reversal	The passing of the ball from one side of the court to the other.
Ball Screen	An offensive play in which a player sets a screen on the defender guarding the player with the ball.
Baseline	The line that marks the playing boundary at either end of the court.
Basket Cut	A cut toward the basket.
Box Out	To maintain a better rebounding position than an opposing player by widening your stance and arms and using your body as a barrier.
Bounce Pass	A pass that bounces once before reaching the receiver.
Carrying	A violation in formal play which occurs when an offensive player holds the ball excessively at the ball's apex while dribbling.

Charge	An offensive foul which occurs when a player with the ball rushes into a non-moving defender.
Chest Pass	A pass that is made from one player to another player's chest, especially by forcefully pushing the ball away from the chest with both hands.
Double Dribble	To dribble the ball with two hands at the same time, or to dribble, stop, and then begin to dribble again. Either act is a violation of the rules and results in a loss of possession.
Elbow	The court area where the free throw line meets the edge of the key.
Euro-Step	A move in which an offensive player picks up their dribble, takes a step in one direction, and then quickly takes a second step in another direction.
Fadeaway	A fadeaway or fall-away in basketball is a jump shot taken while jumping backwards, away from the basket but still facing it. The goal is to create space between the shooter and the defender, making the shot much harder to block.
Fast Break	An offensive tactic in which a team attempts to advance the ball and score as quickly as possible, giving the other team no time to defend effectively. Often the result of a steal or blocked shot.
Finger Roll	A specialized type of layup shot where the ball is rolled off the tips of the player's fingers using the momentum of the jump. The advantage of the finger roll is that the ball can travel in a higher arc over a defender that might otherwise block the shot.
Floater	A shot in which the ball is released with an extremely high arc in order to prevent taller defenders from blocking the shot.
Foul	A violation of the rules other than a <i>floor violation</i> , generally one which attempts to gain advantage by physical contact. Such violations are penalized by a change in possession or the awarding of free-throw opportunities.
Free Throw	An unopposed attempt to score a basket, worth one point, from the free-throw line.
Hedge	A type of screen defence, where the screener's defender jumps out to force the ball handler wide.

ICE	A type of screen defence, where the ball handlers' defender jumps to the side of the incoming screen, to force the ball handler away from the screen.
Isolation (Iso)	An offensive tactic where the ballhandler moves to one side of the court while all the other offensive players move to the far side. The offense seeks to create a favourable one-on-one matchup for the isolated ballhandler, or else to draw a double-team that may create an open shot for a teammate.
Javelin Pass	Passing the basketball using an overhand throw with one hand similar to throwing a javelin.
Jump Shot	An overhead shot taken while jumping.
Jump Stop	Where a player picks up their dribble whilst jumping, landing on 2 feet.
Jump Ball	The jump ball is what starts every basketball game. Takes place in the centre of the court.
Key	The free-throw lane and free-throw circle together.
Lay-Up	A close-range shot using one hand to bank the ball off the backboard and into the basket.
Man-To-Man Defence	A defence in which each player guards a single opposing player.
Mid-Range	Describes a shot taken from outside the key but inside the three-point line.
Offensive Foul	A foul committed by an offensive player.
Outlet Pass	A pass thrown by a rebounder to start a fast break.
Overtime	When the score is tied at the end of regulation play, the teams play a five-minute overtime period.
Perimeter	The area behind the 3 point line.
Pick and Roll	An offensive play in which a player sets a screen (pick) for a teammate handling the ball and then slips behind the defender (rolls) to accept a pass.
Pivot Foot	The foot that must remain touching the floor to avoid traveling.

Post Up	To go in or near the key, turn so that you are facing away from the basket but towards a teammate who has the ball, and try to establish position to receive a pass.
Rebound	To obtain the ball after a missed shot attempt.
Screen	To attempt to prevent a defender from guarding a teammate by standing in the defender's way.
Shot Clock	A timer designed to increase the pace (and, consequently, the frequency of scoring) by requiring a shot to be released before the timer expires (24 seconds).
Switch	A type of screen defence, where the ball handler and screener's defenders end up switching the man they were defending previously.
Three Point Field Goal	A shot worth three points that must be attempted with both feet behind the three-point line.
Transition Defence	The portion of a team's defensive play conducted when the other team has first gained possession and is moving up the court, before both teams have established positions; this includes defence against fast breaks.
Transition Offence	The portion of a team's offensive play conducted when first obtaining possession from the other team and moving up the court, before both teams have established positions; this includes fast breaks.
Travel	To move one's pivot foot illegally, to fall to the floor without maintaining a pivot foot, or to take three or more steps without dribbling the ball. Such violations are referred to as traveling.
Triple Threat	See <i>Athletic Stance</i> – a position where the player with the ball can shoot, dribble or pass from – explosive, knees bent.
Turnover	A loss of possession, either during ordinary play or as the result of a penalty for an infraction of the rules.
V-Cut	A move where a player moves to the player defending him or her, then quickly turns and receives the ball; used to fake the defender.
Violation	An infraction of the rules other than a foul, such as traveling or a three-second violation.

Wing	An area located on either side of the court, outside the three-second lane, along an imaginary extension of the free-throw line.
Zone Defence	A defensive strategy in which each player is responsible for defending an area of the court.