## Program Goals:

1. Exposure to structured basketball that is fun.
2. Teach basic team concepts of basketball.
3. Instruct basic fundamentals of basketball.
4. Introduction of the basic rules of the game.
5. Instill the value of sportsmanship at all times.

At the end of the program:
$1^{\text {st }}$ Graders should:

1. Know what traveling is.
2. Understand double dribble.
3. Be able to be strong with the ball in a triple threat position.
4. Pass with two hands.
5. Know to keep moving on offense without the ball.
6. Know what defending a player means.
7. Understand to stay between the basket and the person they are defending.
8. Rebound the ball when shot.
$2^{\text {nd }}-6^{\text {th }}$ Graders should:
9. Have proficiency in
a) Dribbling with both hands.
b) Doing a jump stop layup on both sides
c) Doing lay-ups from both sides.
d) Shooting from 10 ' and in.
e) Passing with two hands
f) Catching with two hands.
10. Have an understanding of these offensive team concepts:
a) Be able to screen away.
b) Set a ball screen.
c) Know how to make a basket cut.
d) Know to keep moving without the ball.
e) Rebound the ball the when shot
11. Have an understanding of these defensive team concepts:
a) Find the player you are defending in transition.
b) Always stay on ball side of the person defending.
c) Be aware of where the ball is at all times while defending your player.
d) Blockout after each shot.

Underlined statements are for $4^{\text {th }}-6^{\text {th }}$ graders

