

Top 10 Goals for 6-8,7-9 Basketball

1. Fun! For many players this will be their first introduction to the game. Make it fun and grow their love of the sport.
2. Sportsmanship. Players should learn how to encourage their teammates as well as respect opposing players. Example: Fouls are not meant to intentionally hurt another player. Players charged with a foul receive a penalty, but the reality is fouls are a part of the game of basketball.
3. Respect officials, coaches, players, and spectators. Players may not always agree with decisions that any of the above mentioned make. However, we can encourage them to respect the decision and focus on playing their very best.
4. Basketball Terms/Lines on the Court
5. Dribbling/Pivot
6. Passing
7. Shooting
8. Zone Defense
9. Inbounding the ball
10. How to Sub

Top 10 Goals for 9-10 Basketball

1. Fun! For many players this will be their first introduction to the game. Make it fun and grow their love of the sport.
2. Sportsmanship. Players should learn how to encourage their teammates as well as respect opposing players. Example: Fouls are not meant to intentionally hurt another player. Players charged with a foul receive a penalty, but the reality is fouls are a part of the game of basketball.
3. Respect officials, coaches, players, and spectators. Players may not always agree with decisions that any of the above mentioned make. However, we can encourage them to respect the decision and focus on playing their very best.
4. Reminder of Basketball Basics: Basketball Terms (5 Seconds/Back Court), Dribbling, Passing, Proper Shooting, Substitution, Inbounding the ball
5. Layups
6. Jump Shots
7. Rebounding on Offense/Defense: (Outlet)
8. How to line up for free throws (Offense/Defense)
9. Basic Cuts
10. Introduction to Man to Man Defense

Top 10 Goals for 10-12, 11-12 Basketball

1. Fun! For many players this will be their first introduction to the game. Make it fun and grow their love of the sport.
2. Sportsmanship. Players should learn how to encourage their teammates as well as respect opposing players. Example: Fouls are not meant to intentionally hurt another player. Players charged with a foul receive a penalty, but the reality is fouls are a part of the game of basketball.
3. Respect officials, coaches, players, and spectators. Players may not always agree with decisions that any of the above mentioned make. However, we can encourage them to respect the decision and focus on playing their very best.
4. Reminder of Basketball Basics: Basketball Terms (5 Seconds/Backcourt/Press), Dribbling, Passing, Proper Shooting, Inbounding the ball, Substitution
5. Layups/Jump Shots
6. Rebounding on Offense/Defense (Outlet)
7. How to line up for free throws (Offense/Defense)
8. Man to Man Defense
9. Basic Cuts
10. Basic Screens