

Grade Level Objectives – WMYBA

Kindergarten – 2nd Grade

Players should have the following skills by the end of 2nd Grade

1. Dribbling
 - a. Dribble with right and left hand – both stationary and moving
 - b. Protect ball with off-hand kept out in front, bent at 90 degree angle as a protection from defenders
 - c. Hesitation dribble
 - d. Crossover dribble – both stationary and moving
 - e. Ability to pivot on right and left feet
2. Passing
 - a. Stationary passing – chest and bounce
 - b. Pass fake
 - c. Give and go
3. Shooting – Form over results
 - a. Stationary shots with proper form
 - b. Dribble layups
4. Defense
 - a. Stance and shuffle
 - b. Between player and basket
5. Rebound
 - a. Box out
 - b. Squeeze ball with two hands

3rd Grade

In addition to the above concepts, players should be able to do the following by the end of 3rd grade

1. Offense
 - a. Ball screen and roll
 - b. Screen away from ball
 - c. Catch and pivot
 - d. Jump shots
 - e. Pass and move
2. Defense
 - a. Correct Stance
 - b. Defend then box out
 - c. See ball and see offense player being guarded – butt to baseline
3. Out of bounds play
 - a. Stack

Grade Level Objectives – WMYBA

4th Grade

In addition to the above concepts, players should be able to do the following by the end of 4th grade:

1. Offense
 - a. Passing layups
 - b. Step through (around) bounce passes
 - c. Dribble in layups from further out
 - d. Jump shots from further distance
 - e. Give and go
 - f. 5 out motion offense concepts
 - g. Dribble versus on ball pressure
 - h. Catch, pivot and shoot
 - i. Jump stop dribbles and receiving passes
 - j. Proper screens – ball screens and off ball screens
2. Defense
 - a. On ball defense – look at belly button, between your player and basket
 - b. Help defense –
 - i. One pass away – hand in passing lane
 - ii. Two passes away – help side in the lane
 - c. Box Out
 - d. Rebound with 2 hands

5th Grade

In addition to the above concepts, players should be able to do the following by the end of 5th grade:

1. Offense
 - a. Dribbling
 - i. Changing speeds, hesitation and crossover when moving
 - ii. Every player should be able to bring the ball up as point guard in Waconia League
 - iii. Be prepared to handle ball against press during last two minutes of game
 - b. Screening
 - i. Proper form
 - ii. Ball screen and screen away
 - c. Shooting
 - i. Half court layups
 - ii. Post moves – drop step
 - iii. Continue expanding jump shot range without sacrificing form
 - iv. Free throws
 - d. Offense
 - i. 5 out
 - ii. 2-3 quick set plays
 - iii. 2-3 out of bounds plays
 - iv. Passing – work as a team to make sure that every player finds success, especially in Waconia League
 - v. Make teammates better
2. Defense
 - a. Extend defense
 - b. Continue help side principles
 - c. Introduce 2-3 zone
 - d. Introduce full court press – person to person

Grade Level Objectives – WMYBA

6th Grade

In addition to the above concepts, players should be able to do the following by the end of 6th grade:

1. Offense
 - a. Dribbling behind the back and between the legs stationary and moving
 - b. Off-hand layups
 - c. Perform solid post up positioning
 - d. Multiple offensive plays
 - e. Break a press
 - f. Zone offense
 - i. Example - Star
 1. Posts alternate low and high post
 2. 1 baseline runner
 3. 2 high guards on the wings
 - g. Transition offense
 - i. Get ball to wing
 - ii. Push ball up
 - iii. Fill passing lanes and get to basket
 - iv. Primary and secondary break
 - h. Post moves – turnaround jumper, drop step, up and under
2. Defense
 - a. Extend defense
 - b. 2-3 zone defense
 - c. Press player to player and/or zone
 - d. Aggressive box outs from person to person or zone defense

7th and 8th Grade

In addition to the above concepts, players should be able to do the following by the end of 8th grade:

1. Offense
 - a. Shoot layups and post moves with both hands
 - b. Run motion, passing, screening offense
 - c. Run multiple out of bounds plays from baseline and sideline
2. Defense
 - a. Fully perform help side person to person principles
 - b. Play multiple zone defenses