

WHYALLA WILDCATS										
Development program										
	Agility / Body movement	Ball Handling	Dribbling	Passing & Receiving	Rebounding	Shooting	Individual Defence	Team Defence	Individual Offence	Team Offence
Introduced in U/8	Change of direction-push off drill	4 ball handling drills	Stationary Dribble L + R hand	Chest pass	Catching the ball overhead	Set Shot mechanics	Defensive stance		Pivoting to protect the ball	
	Jump stop - without ball	head wrap around, Leg wrap around, Reflex (allow ball to bounce), Ball tap	Speed Dribble L + R hand		Catching the ball at top of jump		Stay with your opponent, don't follow the ball			
Introduced in U/10	Change of direction-push off drill	6 ball handling drills Waist wrap around, Leg wrap around, Head wrap around, Reflex (allow ball to bounce), Ball tap, Figure 8 dribble	Control dribble L + R hand	Chest pass	Catching the ball overhead	Set Shot mechanics	Defensive stance / shuffle footwork		Pivoting to protect the ball	
	Jump stop- with ball		Cross-over dribble Speed dribble L + R hand 1 on 1, ball handling with slight defensive pressure	Bounce pass	Catching the ball at top of jump Defensive rebound and outlet pass Offensive rebound and shoot	Close range set shot Lay-ups L + R Hand Foul shots	Change of direction-Drop step 1 on 1, defence on the ball handler In games, stay with your opponent		Begin the dribble without travelling Leading to receive the inbounds pass	
To be introduced in U/12	Stride stop- without ball	Ball handling drills Waist wrap around, Leg wrap around, Head wrap around, Reflex drill, Ball tap, Figure 8 leg wrap, Figure 8 dribble	Control dribble L + R hand under pressure	Passing & Receiving (Chest-pass) on the run	Defensive blocking out	Review shooting technique	Stopping the dribbler	Half court trap	Triple threat position - pivot to protect the ball	Defined roles Guards / Forwards
	Stride stop- with ball		Change of direction-behind the back dribble	Overhead pass	Offensive rebound and shoot, after Head and shoulders fake	Set Shot from increased range	Trapping the dribbler on sideline		Leading to receive the ball on the wing	
	Running backwards		Beating the defence with change of pace	Passing to a lead / Receiving on a lead		Lay-ups L + R Hand around a defender	Turn dribbler in B/court, - go steer dribbler to side in F/Court			
			Keeping the ball alive under pressure	Baseball pass- to fast break			Give & Go lay-ups, L + R Hand	Defensive position - 1 pass away		
To be introduced in U/14		Selected ball handling drills	Keeping the ball alive under pressure	Increased distance for passes- all types	Defensive rebound and outlet pass into fast break	Set Shot from increased range	Defensive position - 1 pass away, man - you - ball	Help & recover defence	Head & shoulders fake	Defined roles Guards / Forwards
	Defence - take the charge		Change of direction-back turn	Push pass, L + R hand			Dribble to a set shot	Defensive position - Help side	Half court trap	Attacking the lead foot
			Change of Direction - between legs	Passing to a cutter/ Receiving the ball on the cut			Lay-ups L + R hand under pressure		jab and go, jab and cross over fake	Pass & cut offensive move
				Passing & Receiving F/break (lob) pass, on the run			Close range jump shot		Full Court Zone Press	2 on 1 Fast break situation, some set plays for inbounds pass etc.