

Coach Lynch Basketball Curricula				Grade							
				1	2	3	4	5	6	7	8
Skills											
	Ball Handling										
		RH, LH stationary dribble		Y							
		RH, LH speed dribble		Y							
		Turn your back			Y						
		Hesitation			Y						
		In and out dribble				Y					
		Crossover					Y				
		Through the legs						Y			
		Behind the back							Y		
		Spin								Y	
		Pull-back dribble								Y	
	Dribble Stops										
		Pivoting		Y							
		Jump stop				Y					
		Bounce out					Y				
		Stride stop								Y	
	Passing										
		Bounce pass		Y							
		Chest pass		Y							
		Overhead pass		Y							
		Wraparound pass			Y						
		Pass fakes			Y						
		Drive and kick					Y				
		Post entry pass						Y			
		One-hand passes								Y	
		Skip passes									Y
	Finishing										
		Dribble into a close shot		Y							
		Layup technique			Y						
		Up fake after stop				Y					
		Extended arm					Y				
		Inside hand					Y				
		Two-foot jump stop					Y				
		Scoop								Y	
	Shooting										
		From the chest		Y							
		Use legs for power		Y							
		Hand under ball			Y						
		Use of guide hand				Y					
		Follow through				Y					

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		Balance					Y				
		Half step off dribble					Y				
		Catch and shoot (be shot ready)						Y			
		Shot fake and shoot							Y		
		3-point shot								Y	
		Drive and kick shooting									Y
Scheme											
	Gameplay Concepts										
		Taking the ball out of bounds as needed		Y							
		Travel and double dribble rule		Y							
		Defensive fouling rule			Y						
		Out of bounds SLOB, BLOB, after a score				Y					
		Foul shot alignment					Y				
		Substitution process					Y				
		Zone offence							Y		
		Press break concept							Y		
		Backcourt awareness								Y	
		Press and press break									Y
		Defending ballscreens									Y
	Defensive Concepts										
		On-ball									
			Defensive stance	Y							
			Defensive slide and run	Y							
			Staying between check and basket	Y							
			Arm's length				Y				
			Contain the ball				Y				
			Mirroring the ball					Y			
			Switching (ballscreen, DHO)					Y			
			Contesting shots						Y		
			Fighting over screens							Y	
		Off-ball									
			Getting back in transition	Y							
			See check and ball		Y						
			Stay between check and basket			Y					
			Box out and defensive rebounding			Y					
			Gap positioning				Y				
			Closing out					Y			
			Help positioning						Y		
			Taking charges							Y	

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	Team Offensive Concepts										
	Spacing away from the ball			Y							
	Pass and cut			Y							
	Flashing to the ball				Y						
	5-man spacing						Y				
	Pass and cut layer						Y				
	Post pass and cut layer						Y				
	Drive and space concept						Y				
	BLOB alignment						Y				
	SLOB alignment						Y				
	Backdoor cut							Y			
	Ballscreen option								Y		
	Use of backscreens									Y	
	Use of downscreens										Y