

Traverse City West Basketball

Program Summary: Offense

3rd and 4th Grade: Begin to teach 3 out 2 in motion w/ “cross”. Concentrate on skills rather than teaching an offense. Have the 4 player take the ball out-of-bounds. Try to let players play many positions.

5th Grade: Start in 3 out 2 in motion w/ “cross”. Focus on skills more than the offense. Introduce transition offense. Try to let players play many positions.

6th Grade: Start in 3 out 2 in motion on dead balls. Focus on skills more than the offense. Try to run transition offense into “cross” after made baskets. Try to let players play many positions.

7th Grade: Transition offense (numbered break). High-Low motion offense.

8th Grade: Transition offense (numbered break). Introduce secondary break: 1, 2, or cross. High—Low motion offense or cross. Introduce quick hitters that fit personell.

9th Grade: Transition offense (numbered break). Secondary break: 1, 2, 3, Cross, Carolina. Teach motion concepts. Get into motion on dead balls from hi-lo sets or quick-hitters.

JV-V: Transition offense (numbered break. Secondary break: 1, 2, 3, Cross, Carolina. Teach motion concepts. Get into motion on dead balls from hi-lo sets or quick-hitters.

Program Summary: Defense

3rd & 4th Grade: ½ court man to man.

5th & 6th Grade: ½ court man to man. Introduce “42” terminology.

7th Grade: 14 Green on makes and dead balls. 42 on misses.

8th Grade: 14 Green or White on makes & dead balls. 42 on misses. Occasionally 44.

9th Grade: “14 Green or White” on makes & dead balls. “44 Red, Green, or White.” Introduce “21” in practice.

JV/V: “14 Green or White” on makes & dead balls. “44 Red, Green, or White.” Teach 21 in practice and implement occasionally after time-outs.

Titan Pride.