

HANFORD FLIGHT

PROGRESSION > PERFECTION



STAGE 1 FOUNDATIONAL

1ST - 3RD GRADE



- FUN
- EXPLORATION
- FREEDOM
- LOVE THE GAME
- WORK ETHIC
- ENSURE SUCCESS

- Dribbling equally well with right and left hands
- Basic dribbling moves:
 - Speed
 - Crossover
 - Protect
 - Reverse

- Triple threat/Hard2Guard
 - Pivoting
- Stopping (Jump/Stride)
- Running, skipping, jumping, bounding
- Twisting, turning, balancing, etc.

- Tennis ball drop
- Get Up Tag
- Box/Key Tag
 - * Knee Tag
 - * Speed Tag
 - * Boxing Tag

- Find Your Feet Balance
- Lay-up (both hands off of both feet and two feet)
 - * Lay-up (inside hand/outside hand)

- Use appropriate size ball and basket if possible
- Teach a sound shooting base
- Teach the concept of balance
- Teach players to see the basket before shooting

STAGE 2 FUNDAMENTAL

4TH - 5TH GRADE



- LEARNING
- TECHNIQUE
- MASTERY OF SKILLS
- BE A GOOD TEAMMATE

- In & Out (fake crossover)
 - Space dribble
 - Hesitation
- Finish all moves with a layup

- Add stimuli to make games and drills more challenging
- Balance (Red Light Green Light)
 - Acoustical signals (react to coaches whistle)
- Rhythmic motion (skipping, two ball drills while ball handling)

- Mirror Defense
- T-Drill (four cones)
- Spoke Drill (Middle and 8 cones around the perimeter)
 - Lane slide drill
 - Ladder drills
 - Ice Skater drill
- 45-degree bounding

- Lay-up (Reach finishes, jump stop jump hook)
- Add decision making element
 - Add guided defender
 - Begin teaching back to the basket moves (post moves)

- Begin to add decision making elements
- Begin teaching concepts of range and being open
- Teach shooting off the dribble
 - Teach catch and shoot

STAGE 3 TRAINING

6TH - 8TH GRADE



- INCREASED INTENSITY
- OFF-SEASON TRAINING
- STRENGTH & FITNESS TRAINING
- TEAM/TACTICAL AWARENESS

- Spin dribble
 - Between the Legs
 - Behind the Back
- Around the Back (open court)
 - Handle under pressure
- Ball handling into shooting

- Anaerobic training
- Sport specific conditioning
- Year-long periodization if players only play one sport
- Resistance training

- Teammate resistance running
 - Shuttle Run
 - Liners (aka "suicides")
- Resistance training/weightlifting

- Lay-up (Reverse, Euro-step, step-through/over)
- Increase defender's intensity

- Teach "game-type" shots
- Teach "game-speed" shots
- Begin to practice shooting from screens
- Continue teaching decision making skills