

# Coach David Akin's "Basketball Skills/ Objectives/Tips - by Age Group"

## Coaching 9-10 Year Olds

### Offense:

- pivots (outside/inside)
- dribbling with your eyes up with your dominate hand
- learn transition (ball out of the basket and look to move the ball up the court)
- overhead pass
- learn how to screen
- rebound and pivot out to outlet-overhead pass

### Defense:

- Man-Man principles (see the ball and your man)
- stopping the ball in transition
- jumping for rebound at highest point

### Game Situations:

- Appreciate the things in life while you have them

### Terminology:

- Positions-Numbers

### Rules:

- Carrying
- back court
- Blocking
- Charging
- Reaching In
- Shooting Fouls

### Drills:

- 3-Man Weave
- Rick Pitino Drill
- Dean Smith 4 Corners drill
- 3 man 2 ball

### Set Plays:

- Pick N Roll on top of key or Wing

### Footwork:

- Back pedaling

### Player Characteristics:

#### Life Lessons

#### Review / Introduce /Master