



## Player Development Program

The Player Development Program groups players by ability based on a variety of measurable skill sets. Players that reach a defined fundamental mastery advance to the next level. The curriculum is customized for the skill level of each class color. There are 4 levels in the program, all with progressive skill-sets involving footwork, individual ball-skills, game/situational knowledge, consistency and conditioning. Players must practice and demonstrate mastery of a color-coded skill set before graduating to the next level.

The **White Level** is designed as an introduction to the sport of basketball. Geared towards first time players, we will introduce the basic lines on the court as well as basic basketball rules such as traveling, double dribbling, and fouls. The curriculum will focus on stationary ball handling (learning to get comfortable with the ball), speed and control dribble, passing and catching techniques, jump stops and pivots, and basic defensive stance. Games such as dribble tag, dribble relays, and the passing game will be played to make the class fun and to build towards playing the game for real.  
Suggested Age Range (6-9 yrs)

The **Yellow Level** is designed for those that have had a year or two of instruction, know the game rules, and may be starting to play on a team. The terminology will focus on player positions as well as positions on the court, such as the wing, low post, and the point. The curriculum will focus on more advanced stationary ball handling skills, learning to dribble with the proper hand during the game, basic change of speed and direction dribble moves, advanced passing techniques, one foot lay-ups, triple threat position and footwork, step and slide defense, box out techniques, and an introduction to proper shooting form. Controlled scrimmaging will be used to teach player spacing and movement without the ball.  
Suggested Age Range (8-11 yrs)

The **Red Level** is designed for players that have a firm grasp of the game and are ready for advanced basketball concepts. Terminology such as weak side/strong side, reading defenses, traps, and swings will be used. The curriculum will focus on advanced stationary dribbling skills, advanced change of direction and combination dribble moves, weak handed one foot lay-ups, jab step and swing through moves, passing on the move, on-ball jab and retreat defense, zig-zag defensive slides, and shooting on the catch and off the dribble. Controlled scrimmaging will be used to display skills in a real playing environment.  
Suggested Age Range (10-13 yrs)

The **Purple Level** is designed for players preparing to enter high school basketball. The terminology will focus on strategic concepts such as curls, flares, help side defense, dig outs, and entry passes. The curriculum will focus on advanced in place dribbling skills with both hands, dribble moves to score on both sides of the court, reading screens, post moves, rebounding, getting open on the wing, sealing in the post, wing denial, conditioning, and advanced offensive and defensive footwork. Controlled scrimmaging will be used to display skills in a real playing environment.  
Suggested Age Range (12-15 yrs)

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