

East Ridge Athletic Associations Basketball Scope and Sequence

K-2 (LIL RAPTORS):

1. Dribbling – One and two balls.
2. Catching and Passing (bounce and chest) - Off a wall or with a partner.
3. Triple Threat (shot, dribble, pass).
4. Shooting Form – “BEEF” (balance, eyes, elbow, follow through).
5. Footwork - Jump stops, pivots, side shuffles, back pedals, and carioca.
6. Defense – “Ball you player” (use pointer fingers and point one at ball and one at guarded player).
7. Box Out – “Hips low, elbows out, hands high.”
8. Communicate name of player they are passing too during passing drill.

Grade 3:

1. Dribbling – One and two balls.
2. Catching and Passing (bounce and chest) - Off a wall or with a partner.
3. Triple Threat (shot, dribble, pass).
4. Shooting Form – “BEEF” (balance, eyes, elbow, follow through).
5. Footwork - Jump stops, pivots, side shuffles, back pedals, and carioca.
6. Defense – “Ball you player” (use pointer fingers and point one at ball and one at guarded player).
7. Box Out – “Hips low, elbows out, hands high.”
8. Communicate name of player they are passing too during passing drill.

9. Lay-ups (regular right and left handed)
10. ERAA basketball defensive progression drills 1-6.

Grade 4:

1. Dribbling – One and two balls.
2. Catching and Passing (bounce and chest) - Off a wall or with a partner.
3. Triple Threat (shot, dribble, pass).
4. Shooting Form – “BEEF” (balance, eyes, elbow, follow through).
5. Footwork - Jump stops, pivots, side shuffles, back pedals, and carioca.
6. Defense – “Ball you player” (use pointer fingers and point one at ball and one at guarded player).
7. Box Out – “Hips low, elbows out, hands high.”
8. Communicate on screens with “screen, show, & go.” We have the player guarding the screener communicate “SCREEN & SHOW.” The player getting screened fights over the top and communicates “GO” when they are back in position. Go means to go recover back to your player.
9. Lay-ups (regular right and left handed)
10. ERAA basketball defensive progression drills 1-8.

11. Post and Guard Play:

-Post: Drop step, turn and shoot.

-Guards: Getting open with l-cut, v-cut, reverse pivot, and hesitation.

Attacking the basket with: swing through (“rip and go”); cross-over dribble; and spin dribble (from the wing dribble at the elbow, reverse pivot “spin” and finish with a lay-up).

Grade 5:

1. Dribbling – One and two balls.
2. Catching and Passing (bounce and chest) - Off a wall or with a partner.
3. Triple Threat (shot, dribble, pass).

4. Shooting Form – “BEEF” (balance, eyes, elbow, follow through).
5. Footwork - Jump stops, pivots, side shuffles, back pedals, and carioca.
6. Defense – “Ball you player” (use pointer fingers and point one at ball and one at guarded player).
7. Box Out – “Hips low, elbows out, hands high.”
8. Communicate on screens with “screen, show, & go.” We have the player guarding the screener communicate “SCREEN & SHOW.” The player getting screened fights over the top and communicates “GO” when they are back in position. Go means to go recover back to your player.
9. Lay-ups (regular right and left handed)
10. ERAA basketball defensive progression drills 1-10.
11. Post and Guard Play:
 - Post: Drop step, turn and shoot.
 - Guards: Getting open with l-cut, v-cut, reverse pivot, and hesitation.
Attacking the basket with: swing through (“rip and go”); cross-over dribble; and spin dribble (from the wing dribble at the elbow, reverse pivot “spin” and finish with a lay-up).
12. Screening away from the ball (Wait, set up the screen with a look and a jab step away, then brush shoulder to shoulder with your teammate as you cut off their screen).
13. “Shuffle cuts” from the slot to the basket with and without defense and with and without a screen.
14. “Flex cuts” from the corners with and without defense and with and without a screen.
15. Dribble drive to a pull-up jump shot (10 foot bank and elbow shots).
16. Numbered fast break: 1 receives the out let pass and dribbles or passes the ball up the court, 2 runs the right sideline, 3 runs the left sideline, 4 is the inbound passer after a made basket or is the trailer, and 5 runs to the front of the rim and the first hash mark above the ball side block.

Grade 6:

1. Dribbling – One and two balls.
2. Catching and Passing (bounce and chest) - Off a wall or with a partner.
3. Triple Threat (shot, dribble, pass).
4. Shooting Form – “BEEF” (balance, eyes, elbow, follow through).
5. Footwork - Jump stops, pivots, side shuffles, back pedals, and carioca.
6. Defense – “Ball you player” (use pointer fingers and point one at ball and one at guarded player).
7. Box Out – “Hips low, elbows out, hands high.”
8. Communicate on screens with “screen, show, & go.” We have the player guarding the screener communicate “SCREEN & SHOW.” The player getting screened fights over the top and communicates “GO” when they are back in position. Go means to go recover back to your player.
9. Lay-ups (regular right and left handed)
10. ERAA basketball defensive progression drills 1-12.
11. Post and Guard Play:
 - Post: Drop step, turn and shoot.
Double drop step.
 - Guards: Getting open with l-cut, v-cut, reverse pivot, and hesitation.
Attacking the basket with: swing through (“rip and go”); cross-over dribble; and spin dribble (from the wing dribble at the elbow, reverse pivot “spin” and finish with a lay-up).
12. Screening away from the ball (Wait, set up the screen with a look and a jab step away, then brush shoulder to shoulder with your teammate as you cut off their screen).
13. “Shuffle cuts” from the slot to the basket with and without defense and with and without a screen.
14. “Flex cuts” from the corners with and without defense and with and without a screen.
15. Dribble drive to a pull-up jump shot (10 foot bank and elbow shots).

16. Numbered fast break: 1 receives the out let pass and dribbles or passes the ball up the court, 2 runs the right sideline, 3 runs the left sideline, 4 is the inbound passer after a made basket or is the trailer, and 5 runs to the front of the rim and the first hash mark above the ball side block.
17. Mikan & reverse Mikan drill.
18. Moving without the ball, reading defenses, screens, and using curl, flare, flex, and shuffle cuts.
19. How to take a charge.
20. Backdoor cuts from slots and corners.

Grade 7:

1. Dribbling – One and two balls.
2. Catching and Passing (bounce and chest) - Off a wall or with a partner.
3. Triple Threat (shot, dribble, pass).
4. Shooting Form – “BEEF” (balance, eyes, elbow, follow through).
5. Footwork - Jump stops, pivots, side shuffles, back pedals, and carioca.
6. Defense – “Ball you player” (use pointer fingers and point one at ball and one at guarded player).
7. Box Out – “Hips low, elbows out, hands high.”
8. Communicate on screens with “screen, show, & go.” We have the player guarding the screener communicate “SCREEN & SHOW.” The player getting screened fights over the top and communicates “GO” when they are back in position. Go means to go recover back to your player.
9. Lay-ups (regular right and left handed)
10. ERAA basketball defensive progression drills 1-12.
11. Post and Guard Play:
 - Post: Drop step, turn and shoot.
Double drop step.
Pivot, face and attack the basket.
Moving from blocks to elbows and shooting elbow shots.
 - Guards: Getting open with l-cut, v-cut, reverse pivot, and hesitation.
Attacking the basket with: swing through (“rip and go”); cross-over dribble; and spin dribble (from the wing dribble at the elbow, reverse pivot “spin” and finish with a lay-up).
Reading post defenders and passing the ball to the proper hand away from the defender.
12. Screening away from the ball (Wait, set up the screen with a look and a jab step away, then brush shoulder to shoulder with your teammate as you cut off their screen).
13. “Shuffle cuts” from the slot to the basket with and without defense and with and without a screen.
14. “Flex cuts” from the corners with and without defense and with and without a screen.
15. Dribble drive to a pull-up jump shot (10 foot bank and elbow shots).
16. Numbered fast break: 1 receives the out let pass and dribbles or passes the ball up the court, 2 runs the right sideline, 3 runs the left sideline, 4 is the inbound passer after a made basket or is the trailer, and 5 runs to the front of the rim and the first hash mark above the ball side block.
17. Mikan & reverse Mikan drill.
18. Moving without the ball, reading defenses, screens, and using curl, flare, flex, and shuffle cuts.
19. How to take a charge.
20. Backdoor cuts from slots and corners.

21. 3 point shooting (Encourage!)
22. Pinning and sealing defenders inside on perimeter ball reversal for quick entry or lob passes.
23. Introduce back screens with lob passes.

Grade 8:

1. Dribbling – One and two balls.
2. Catching and Passing (bounce and chest) - Off a wall or with a partner.

3. Triple Threat (shot, dribble, pass).
4. Shooting Form – “BEEF” (balance, eyes, elbow, follow through).
5. Footwork - Jump stops, pivots, side shuffles, back pedals, and carioca.
6. Defense – “Ball you player” (use pointer fingers and point one at ball and one at guarded player).
7. Box Out – “Hips low, elbows out, hands high.”
8. Communicate on screens with “screen, show, & go.” We have the player guarding the screener communicate “SCREEN & SHOW.” The player getting screened fights over the top and communicates “GO” when they are back in position. Go means to go recover back to your player.
9. Lay-ups (regular right and left handed)
10. ERAA basketball defensive progression drills 1-12.
11. Post and Guard Play:
 - Post: Drop step, turn and shoot.
Double drop step.
Pivot, face and attack the basket.
Moving from blocks to elbows and shooting elbow shots.
 - Guards: Getting open with l-cut, v-cut, reverse pivot, and hesitation.
Attacking the basket with: swing through (“rip and go”); cross-over dribble; and spin dribble (from the wing dribble at the elbow, reverse pivot “spin” and finish with a lay-up).
Reading post defenders and passing the ball to the proper hand away from the defender.
12. Screening away from the ball (Wait, set up the screen with a look and a jab step away, then brush shoulder to shoulder with your teammate as you cut off their screen).
13. “Shuffle cuts” from the slot to the basket with and without defense and with and without a screen.
14. “Flex cuts” from the corners with and without defense and with and without a screen.
15. Dribble drive to a pull-up jump shot (10 foot bank and elbow shots).
16. Numbered fast break: 1 receives the out let pass and dribbles or passes the ball up the court, 2 runs the right sideline, 3 runs the left sideline, 4 is the inbound passer after a made basket or is the trailer, and 5 runs to the front of the rim and the first hash mark above the ball side block.
17. Mikan & reverse Mikan drill.
18. Moving without the ball, reading defenses, screens, and using curl, flare, flex, and shuffle cuts.
19. How to take a charge.
20. Backdoor cuts from slots and corners.
21. 3 point shooting (Encourage!)
22. Pinning and sealing defenders inside on perimeter ball reversal for quick entry or lob passes.
23. Introduce back screens with lob passes.

24. Pressing, trapping, run and jump trap rotations.
25. Effort/Competitiveness/Toughness!!!