

Basketball Skills	Developmental Age in Years															
	FUNdamentals					L2T		T2T			T2C				L2W	
	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Basic Skills																
Start, Stop, Pivots				F	☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Lay ups				F	☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Shooting				F	☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Ball handling				F	☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Passing				F	☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Technical																
1 on 1	☹		F		☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
2 on 2	☹	☹			☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
3 on 3	☹	☹			☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
4 on 4	☹	☹	☹		☺	☺	☺	☺	☺	☺	√	√	√	√	√	√
Strategies																
5 on 5 Offence																
Conceptual offence																
Attacking the basket	☹	☹	☹	☹		☺	☺	☺	√	√	√	√	√	√	√	√
Penetration principles	☹	☹	☹	☹		☺	☺	☺	√	√	√	√	√	√	√	√
Passing and cutting	☹	☹	☹	☹			☺	☺	√	√	√	√	√	√	√	√
Screening	☹	☹	☹	☹	☹	☹	☹				☺	☺	☺	√	√	√
Set plays	☹	☹	☹	☹	☹	☹	☹	☹			☺	√	√	√	√	√
Defence																
Player to player																
On the ball	☹	☹				☺	☺	☺	☺	√	√	√	√	√	√	√
Help	☹	☹					☺	☺	☺	√	√	√	√	√	√	√
Deny	☹	☹						☺	☺	√	√	√	√	√	√	√
Zones	☹	☹	☹	☹	☹	☹	☹	☹	☹	☺	☺	√	√	√	√	√
Pressure Defence																
Full court pick up	☹	☹	☹	☹	☹			☺	☺	√	√	√	√	√	√	√

Double teaming	☹	☹	☹	☹	☹	☹	☹		☺	☺	√	√	√	√	√	√
Zone Pressure	☹	☹	☹	☹	☹	☹	☹	☹		☺	☺	√	√	√	√	√
Transition																
2-1	☹	☹			☺	√	√	√	√	√	√	√	√	√	√	√
3-2	☹	☹	☹		☺	√	√	√	√	√	√	√	√	√	√	√
Conceptual fast break	☹	☹	☹	☹		☺	√	√	√	√	√	√	√	√	√	√
Patterned fast break	☹	☹	☹	☹	☹	☹	☹	☹			☺	☺	√	√	√	√
Tactics																
Game adjustments	☹	☹	☹							☺	☺	√	√	√	√	√
Scouting reports	☹	☹	☹	☹	☹	☹	☹				☺	√	√	√	√	√
Developmental Age in Years																
LTAD Stages *	FUNDamentals				L2T		T2T		T2C				L2W			
	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Mental Training																
Enjoyment	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Confidence	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Concentration								☺	☺	☺	☺	☺	√	√	√	√
Goal setting								☺	☺	☺	☺	☺	√	√	√	√
Competition management	☹	☹	☹	☹	☹				☺	☺	☺	☺	√	√	√	√
Social support	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Life skills																
Responsibility						☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Communication						☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Trust						☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Leadership						☺	☺	☺	☺	☺	☺	☺	√	√	√	√
Self-reliance						☺	☺	☺	☺	☺	☺	☺	√	√	√	√

Legend: ☹ Should be avoided ☺ Optimal training age ☐ Not a priority
 ■ In moderation √ As needed by the sport
 F Female M Male

*Developmental age varies between males/ females and within a gender. Remember the difference between developmental age and chronological age. This causes fluctuation in the actual LTAD Stages that a given player may be in at a given time.