

Iron Tigers Academy - Term 3 Curriculum 2024

Week 1: Introduction and Assessment

- **Skills:**
 - Basic ball handling (dribbling with both hands, stationary and on the move)
 - Basic shooting technique (form shooting, layups)
 - Passing (chest pass, bounce pass)
- **Concepts:**
 - Understanding court positions
 - Basic basketball rules
- **Game Play/Scrimmage:** 30-minute scrimmage to assess baseline skills and fitness

Week 2: Dribbling and Passing

- **Skills:**
 - Advanced ball handling (crossovers, behind the back, between the legs)
 - Passing under pressure (passing while moving, outlet passes)
- **Concepts:**
 - Spacing and movement without the ball
 - Fast break fundamentals
- **Game Play/Scrimmage:** 30-minute scrimmage focusing on dribbling and passing in game situations

Week 3: Shooting Mechanics and Techniques

- **Skills:**
 - Shooting off the dribble
 - Catch-and-shoot
 - Free throws
- **Concepts:**
 - Shot selection
 - Creating space for a shot
- **Game Play/Scrimmage:** 30-minute scrimmage focusing on incorporating shooting into game scenarios

Week 4: Defense Fundamentals

- **Skills:**
 - On-ball defense (stance, footwork, positioning)
 - Help defense and rotations
- **Concepts:**
 - Defensive communication
 - Understanding defensive schemes (man-to-man, zone)
- **Game Play/Scrimmage:** 30-minute scrimmage emphasising defensive skills and concepts

Week 5: Rebounding and Positioning

- **Skills:**
 - Offensive and defensive rebounding techniques
 - Boxing out
- **Concepts:**
 - Importance of second-chance points
 - Transition from defense to offense
- **Game Play/Scrimmage:** 30-minute scrimmage with a focus on rebounding and positioning

Week 6: Offensive Skills and Concepts

- **Skills:**
 - Driving to the basket
 - Post moves and finishing at the rim
 - Perimeter shooting
- **Concepts:**
 - Offensive sets and plays
 - Reading the defense
- **Game Play/Scrimmage:** 30-minute scrimmage focusing on offensive execution

Week 7: Advanced Ball Handling and Court Vision

- **Skills:**
 - Dribble penetration and kick-out
 - No-look passes
 - Pick-and-roll/pick-and-pop
- **Concepts:**
 - Decision making under pressure
 - Court awareness and vision



- **Game Play/Scrimmage:** 30-minute scrimmage emphasising advanced ball handling and playmaking

Week 8: Conditioning and Agility

- **Skills:**
 - Speed and agility drills
 - Stamina and endurance exercises
- **Concepts:**
 - Importance of conditioning in basketball
 - Managing fatigue during games
- **Game Play/Scrimmage:** 30-minute high-intensity scrimmage to test conditioning and agility

Week 9: Team Play and Chemistry

- **Skills:**
 - Setting and using screens
 - Team defense strategies
 - Effective communication on the court
- **Concepts:**
 - Building team chemistry
 - Understanding roles and responsibilities
- **Game Play/Scrimmage:** 30-minute scrimmage focusing on team play and communication

Week 10: Trial Preparation and Mock Trials

- **Skills:**
 - Review of all skills and techniques learned
 - Individual and team drills to refine skills
- **Concepts:**
 - Mental preparation for trials
 - Handling pressure and maintaining composure
- **Game Play/Scrimmage:** Full-length scrimmage simulating trial conditions