



# U9/10 Skills Curriculum

## **Defence:**

- Get feet and chest in front
- Hands up (shadow the ball)

## **Footwork:**

- Stance (triple-threat)
- Jump-stop
- 1-2 Stride stop
- Pivot

## **Ball Handling:**

- Change of direction (cross-over) and change of pace
- Speed dribble
- Control dribble
- Two ball dribbling
- Retreat dribble

## **Passing:**

- Chest pass
- Right hand push pass
- Left hand push pass
- Right hand bounce pass
- Left hand bounce pass

## **Shooting:**

- Overhand layup
- Attempting to shoot with technique (not two hands)