



**AAU Development League
Girls Grades 5th-6th**

Goals of the Program

The primary goals of the AAU development program are as follows:

1. Individual Skill development
2. Teaching basketball concepts that will help players understand the game at a higher level.
3. Providing players with the opportunity to practice and play at competitive level that is higher than recreation but less than AAU.
4. Have fun learning and playing the game of basketball.
5. Weekly games to implement the skills and concepts from practice in game situations.

Team Breakdown and Playing Time

Prior to playing in the tournaments at the end of this program we will split the players into two equal teams. The Sunday night games and weekly practices will help us to accomplish this task. Teams on Sunday nights may change each week until we are satisfied that the teams are as equal as possible.

During games and tournaments coaches will do their best to provide equal playing time for all players.

Practice and Game Preparation

Practice will be designed to meet the goals of the program. This means that a significant amount of practice time will be devoted to individual skill development. Each week we will begin to implement basic offensive and defensive concepts that are needed to play in competitive games. These include; man and zone offense, man and zone defense, press and press break as well as a few bounds plays.

Sunday night games are more of recreational style, winning is not the priority, with players having the opportunity to work on the skills they have learned in practice is the main goal.

Practice and Game Schedule

We will have 12 practice sessions and 8 games prior to playing in two tournaments in the month of June. Dates and times for these events TBD.