

Trainingsvorgaben im Jugendbereich

| | Bis 12 | Bis 14 | Bis 16 | Bis 18 |
|--|--------|--------|--------|--------|
| Fangen | X | | | |
| Freilaufen (V-Cut, L-Cut, Post up, Backdoor) | | X | | |
| Dribbling (ein Ball) | X | | | |
| Dribbling (zwei Bälle) | | X | | |
| Wurftechnik | | X | | |
| Sprungwurf (Pull up + Spot up) | | | X | |
| Korbleger (rechts + links) | X | | | |
| Reverse Lay up | | X | | |
| Cross-over Lay up | | X | | |
| Hakenwurf | | | X | |
| Powermove | | X | | |
| Brustpass | X | | | |
| Bodenpass | X | | | |
| Pushpass | X | | | |
| Überkopfpass | | X | | |
| Baseballpass | | | X | |
| Curlpass | | X | | |
| Dribblepass | | | X | |
| Rückhandpass | | | X | |
| Dribblings | | | | |
| Cross-over | X | | | |
| Cross-over hinter dem Rücken | | X | | |
| Cross-over durch die Beine | | X | | |
| In-and-out | | X | | |
| Shuffle | | | X | |
| Spin reverse | | X | | |
| Täuschungen | | | | |
| Wurftäuschung | | X | | |
| Passtäuschung | | X | | |
| Jabstep | | | X | |
| Dribbletäuschung | | X | | |
| Abstoppen und Antreten | | | | |
| Jumpstop | X | | | |
| Zweikontaktstop | X | | | |
| Grundstellung | X | | | |
| Cross-over Step | X | | | |
| Sternschritt | X | | | |
| Defense | | | | |
| Slides | X | | | |
| Sprint-Slide | | X | | |
| Drop Step | | X | | |
| Box Out | | | X | |
| Close Out | | X | | |
| Deny | | X | | |
| Helpdefense | | X | | |
| Helpdefense + Rotation | | | X | |
| Blockverteidigung | | | X | |

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| Spielfähigkeit | | | | |
| 1-0 | X | | | |
| 1-1 | | X | | |
| Überzahl | | X | | |
| Penetration and Pitch | | X | | |
| Blocks und Cuts | | | X | |
| Pass/Cut/Fill | | X | | |
| Strukturierte Offense (Setplays) | | | | X |
| Strukturierte Defense (Zone usw.) | | | | X |