

# **SKILL DEVELOPMENT PHASE**

## **(WEEKS 1–7 | PRACTICE FOCUSED)**

**BOYS & GIRLS AGES 6-16**

### **OOC Developmental Basketball League: Skill Training Overview**

The initial seven weeks of the OOC Developmental Basketball League are dedicated to structured skill training. Athletes will work under the guidance of experienced coaches, concentrating on essential basketball fundamentals, such as: Ball handling, Shooting mechanics, Footwork, Defensive positioning, Conditioning, Decision-making. These sessions aim to cultivate strong habits, enhance basketball IQ, and build confidence. This phase emphasizes development, discipline, and readiness for competitive play. Please note, this is not a recreational program—athletes are expected to engage fully, learn, and make progress in each session.

Date	Time/ Group		
Feb 14	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Feb 21	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Feb 28	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Mar 7	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Mar 14	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Mar 21	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Mar 28	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM

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# **COMPETITIVE GAME PHASE**

## **(WEEKS 8–14 | GAME PLAY FOCUSED)**

### **BOYS & GIRLS AGES 6-16**

#### **OOC Developmental Basketball League: Competitive Game Overview**

During the final seven weeks, athletes transition into structured game play. Each Saturday, players will be drafted into teams and compete in organized games. This format challenges athletes to adapt, compete, and apply the skills learned during the development phase. Players will compete with and against different teammates, building basketball IQ, teamwork, and in-game decision-making. Games are coached and officiated by the OOC staff, maintaining a high standard of competition and accountability. This phase emphasizes competitive development, performance under pressure, and real-game application.

Date	Time/ Group		
Apr 4	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Apr 11	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Apr 18	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
Apr 25	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
May 2	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
May 9	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM
May 23	Coed Ages 6–7   Time 9 AM Coed Ages 8–10   Time 10 AM	Girls Ages 11–13   Time 11 AM Boys Ages 11–13   Time 12 PM	Girls Ages 14–16   Time 1 PM Boys Ages 14–16   Time 2 PM

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