

# **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	LOCATION: 2810 S US HWY 1, FORT PIERCE, FL 34982	
Feb 22 (Sun)	Coed ages 6-10   4pm - 5pm	Coed ages 11-16   5pm - 6pm
Mar 1 (Sun)	Coed Ages 6-10   4pm - 5pm	Coed Ages 11-16   5pm - 6pm

DATE	LOCATION: 2810 S US HWY 1, FORT PIERCE, FL 34982		
Mar 7 (Sat)	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 (Sat)	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 (Sat)	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 (Sat)	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/ Location: 2810 S US Hwy 1, Fort Pierce, FL 34982		
Apr 4 (Sat)	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 (Sat)	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 (Sat)	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 (Sat)	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 (Sat)	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 (Sat)	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 (Sat)	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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