

# FUNDAMENTAL SKILLS CHECK LIST

Skills	Miniball	U14	U16	U18	18+
<b>1. Movement Fundamentals</b>					
Triple threat position (every possession)	E	P/M	M	M	M
Running (controlled)	E	P	M	M	M
Changing direction	E	P	M	M	M
Jump stop	E	P	M	M	M
Stride stop (general)	E	P	M	M	M
Stride stop (leading to shot)	-	E	P	M	M
Jumping (stationary, 2 foot take-off)	E	P/M	M	M	M
Jumping (on the move, 1 foot take-off)	E	P	M	M	M
Defensive push-step	E	P	M	M	M
Drop step	E	P	M	M	M
Pivoting	E	P	M	M	M

Skills	Miniball	U14	U16	U18	18+
<b>2. Ball Handling</b>					
Ball familiarity skills	E	P	M	M	M

Skills	Miniball	U14	U16	U18	18+
<b>3. Passing and Receiving</b>					
Grip (before passing/ upon receiving)	E	P	M	M	M
Two handed chest pass	E	P/M	M	M	M
Two handed bounce pass	E	P/M	M	M	M
Two handed overhead pass	-	E	P	M	M
Baseball pass	E	P	P	M	M
Hook pass	-	E	P	M	M
One hand push pass	-	E	P	M	M
Hand-off to cutter	-	E	P	M	M
Lob pass	-	E	P	M	M
Receiving (balanced, give target, work to get open, meet pass, eyes on ball, tuck ball way, square up)	E	P	M	M	M

Skills	Miniball	U14	U16	U18	18+
<b>4. Dribbling</b>					
* Strong Hand					
Control Dribble (stationary)	E	P/M	M	M	M
Control dribble (moving)	E	P/M	M	M	M
Speed dribble	E	P/M	M	M	M
Speed dribble to control dribble	E	P	M	M	M
* Off Hand					
Control Dribble (stationary)	E	P	M	M	M
Control dribble (moving)	E	P	M	M	M
Speed dribble	E	P	M	M	M
Speed dribble to control dribble	E	P	M	M	M
* Both Hands					
Cross-over dribble	E	P	M	M	M
Reverse or spin dribble	-	E	P	M	M
Change of pace dribble	E	P	M	M	M
Head and shoulder fake dribble	-	-	E	P	M
Behind the back dribble	-	E	P	M	M
Between the legs dribble	-	E	P	P	M

Skills	Miniball	U14	U16	U18	18+
<b>5. Shooting</b>					
* Strong Hand					
Set shot and free throw	E	P	M	M	M
Lay up	E	P/M	M	M	M
Jump shot (stationary)	-	-	E/P	P	M
Jump shot (moving)	-	-	E	P	M
Hook shot (esp. jump hook)	-	E	P	M	M
Tip-in	-	E	P	P	M
* Off Hand					
Lay up	-	E	P	M	M
Hook shot (esp. jump hook)	-	E	P	M	M
Tip-in	-	E	P	P	M

Skills	Miniball	U14	U16	U18	18+
<b>6. Rebounding</b>					
* Defensive					
Blocking out	-	E/P	P/M	M	M
Rebound and protect the ball	-	E/P	M	M	M
Outlet	-	E	P	M	M
*Offensive					
Avoiding blocking out	-	E	P	M	M
Tip-in or follow shot	-	E	P	M	M

Skills		U14	U16	U18	18+
<b>7. Defense</b>					
*Ball side					
Line of the ball	-	E	P/M	M	M
Deny the cutter	-	E	P	P/M	M
Deny the passing lane	-	E	P/M	M	M
Screen (on the ball)	-	E	P	P/M	M
Screen (off the ball)	-	E	P	P/M	M
Rotate towards the ball	-	E	P	M	M
Help and recover	-	E	P	M	M
On the ball (perimeter)	-	E	P/M	M	M
On the ball (post)	-	E	P	M	M
* Help side					
Line of the ball	-	E	P/M	M	M
Flat triangle positioning	-	E	P/M	M	M
Deny the cutter (esp. the flash cutter)	-	E	P	P/M	M
Screen (off the ball)	-	E	P	P/M	M
Rotate towards the ball	-	E	P	M	M
Help and recover	-	E	P	M	M
* Zone Defense					
Positioning and movement 1-3-1, 2-1-2, 2-3, 1-2-2, 3-2	-	-	E/P	M	M

Skills	Miniball	U14	U16	U18	18+
<b>8. Individual Offence</b>					
<b>Reading the Defensive player</b>					
When to move or cut	-	E	P	M	M
Setting up the defender	-	E	P	M	M
Cutting over screens	-	E	P	M	M
<b>Getting open for the ball</b>					
Straight lead out	E	P	M	M	M
Backdoor	-	E	P	M	M
V-cut	E	P	M	M	M
Triangle cut	-	-	E	P	M
Post-up and seal the defender	-	E	P	M	M
Step in and reverse pivot	-	-	E	P	M
<b>Individual moves</b>					
* Stationary 1x1 moves (perimeter)					
Jab and go	-	E	P	M	M
Jab and shoot	-	E	P	M	M
Jab and cross-over	-	E	P	M	M
Rocker step	-	E	P	P/M	M

Skills	Miniball	U14	U16	U18	18+
*Stationary 1x1 moves (post)					
Baseline dropstep	-	E	P	M	M
Turn and face -shot	-	E	P	P/M	M
Turn and face - fake and drive	-	E	P	M	M
Half turn and reverse spin	-	-	E	P	M
*Team offensive fundamentals					
Give and go	-	E/P	P/M	M	M
Setting a screen (front, side, back)	-	E/P	P/M	M	M
Screen and roll (on the ball)	-	E/P	P/M	M	M
Screen and roll (away from the ball)	-	E/P	P/M	M	M
Dribble rub	-	E	P	P/M	M
Blind Pig	-	E	P/M	M	M
Scissors cut	-	E	P/M	M	M
Backdoor	-	E	P	M	M
*Fastbreak					
Reaction/ positioning/ initial break	-	E	P	M	M
Secondary break	-	-	E	P	M
*Zone offense					
Overload/ filling the spot	-	-	E	M	M
Attacking the gaps	-	-	E	M	M

# D

## COACHING AND DEVELOPING SKILLS

### SKILL DEVELOPMENT CHECKLIST

#### Introduction

The following checklist details all of the fundamental skills in Basketball and the order and priority in which to teach them.

It is intended to be used as a guideline only. Each individual player and every Team will develop at differing stages. Chronological age is not a good indicator for skill development of players. The following table is a guide as to the ages at which players **could** be developing these skills (under ideal conditions).

The following key is used with each skill :

- = **Untaught**  
Skill not taught specifically as part of a player development Programme
- E** = **Exposed**  
Skill is demonstrated and attempted under supervision with explanation as to when it is used. Players should begin to practice regularly/ repeatedly
- P** = **Proficient**  
Skill is familiar to players, has been practised extensively and is displayed in practice and game situations the majority of the time
- M** = **Mastered**  
The skill is a habit that is performed correctly in all circumstances and conditions. Players recognise and react rather than thinking what to do

The Age-groups used are :

Miniball/ Juniors	5 - 10 years
Under 14	10 - 13 years
Under 16	14 - 15 years
Under 18	16 - 17 years
18 +	18 and over

The Fundamental skills that the Level 1 Coach must be able to Coach as part of their Assessment are highlighted :

Skill Coaching assessed for Level 1
-------------------------------------

Skills	Miniball	U14	U16	U18	18+
<b>1. Movement Fundamentals</b>					
Triple threat position (every possession)	E	P/M	M	M	M
Running (controlled)	E	P	M	M	M
Changing direction	E	P	M	M	M
Jump stop	E	P	M	M	M
Stride stop (general)	E	P	M	M	M
Stride stop (leading to shot)	-	E	P	M	M
Jumping (stationary, 2 foot take-off)	E	P/M	M	M	M
Jumping (on the move, 1 foot take-off)	E	P	M	M	M
Defensive push-step	E	P	M	M	M
Drop step	E	P	M	M	M
Pivoting	E	P	M	M	M

Skills	Miniball	U14	U16	U18	18+
<b>2. Ball Handling</b>					
Ball familiarity skills	E	P	M	M	M

Skills	Miniball	U14	U16	U18	18+
<b>3. Passing and Receiving</b>					
Grip (before passing/ upon receiving)	E	P	M	M	M
Two handed chest pass	E	P/M	M	M	M
Two handed bounce pass	E	P/M	M	M	M
Two handed overhead pass	-	E	P	M	M
Baseball pass	E	P	P	M	M
Hook pass	-	E	P	M	M
One hand push pass	-	E	P	M	M
Hand-off to cutter	-	E	P	M	M
Lob pass	-	E	P	M	M
Receiving (balanced, give target, work to get open, meet pass, eyes on ball, tuck ball way, square up)	E	P	M	M	M

Skills	Miniball	U14	U16	U18	18+
<b>4. Dribbling</b>					
* Strong Hand					
Control Dribble (stationary)	E	P/M	M	M	M
Control dribble (moving)	E	P/M	M	M	M
Speed dribble	E	P/M	M	M	M
Speed dribble to control dribble	E	P	M	M	M
* Off Hand					
Control Dribble (stationary)	E	P	M	M	M
Control dribble (moving)	E	P	M	M	M
Speed dribble	E	P	M	M	M
Speed dribble to control dribble	E	P	M	M	M
* Both Hands					
Cross-over dribble	E	P	M	M	M
Reverse or spin dribble	-	E	P	M	M
Change of pace dribble	E	P	M	M	M
Head and shoulder fake dribble	-	-	E	P	M
Behind the back dribble	-	E	P	M	M
Between the legs dribble	-	E	P	P	M

Skills	Miniball	U14	U16	U18	18+
<b>5. Shooting</b>					
* Strong Hand					
Set shot and free throw	E	P	M	M	M
Lay up	E	P/M	M	M	M
Jump shot (stationary)	-	-	E/P	P	M
Jump shot (moving)	-	-	E	P	M
Hook shot (esp. jump hook)	-	E	P	M	M
Tip-in	-	E	P	P	M
* Off Hand					
Lay up	-	E	P	M	M
Hook shot (esp. jump hook)	-	E	P	M	M
Tip-in	-	E	P	P	M

Skills	Miniball	U14	U16	U18	18+
<b>6. Rebounding</b>					
* Defensive					
Blocking out	-	E/P	P/M	M	M
Rebound and protect the ball	-	E/P	M	M	M
Outlet	-	E	P	M	M
*Offensive					
Avoiding blocking out	-	E	P	M	M
Tip-in or follow shot	-	E	P	M	M

<b>Skills</b>		<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>18+</b>
<b>7. Defense</b>					
*Ball side					
Line of the ball	-	E	P/M	M	M
Deny the cutter	-	E	P	P/M	M
Deny the passing lane	-	E	P/M	M	M
Screen (on the ball)	-	E	P	P/M	M
Screen (off the ball)	-	E	P	P/M	M
Rotate towards the ball	-	E	P	M	M
Help and recover	-	E	P	M	M
On the ball (perimeter)	-	E	P/M	M	M
On the ball (post)	-	E	P	M	M
* Help side					
Line of the ball	-	E	P/M	M	M
Flat triangle positioning	-	E	P/M	M	M
Deny the cutter (esp. the flash cutter)	-	E	P	P/M	M
Screen (off the ball)	-	E	P	P/M	M
Rotate towards the ball	-	E	P	M	M
Help and recover	-	E	P	M	M
* Zone Defense					
Positioning and movement 1-3-1, 2-1-2, 2-3, 1-2-2, 3-2	-	-	E/P	M	M

<b>Skills</b>	<b>Miniball</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>18+</b>
<b>8. Individual Offence</b>					
<b>Reading the Defensive player</b>					
When to move or cut	-	E	P	M	M
Setting up the defender	-	E	P	M	M
Cutting over screens	-	E	P	M	M
<b>Getting open for the ball</b>					
Straight lead out	E	P	M	M	M
Backdoor	-	E	P	M	M
V-cut	E	P	M	M	M
Triangle cut	-	-	E	P	M
Post-up and seal the defender	-	E	P	M	M
Step in and reverse pivot	-	-	E	P	M
<b>Individual moves</b>					
* Stationary 1x1 moves (perimeter)					
Jab and go	-	E	P	M	M
Jab and shoot	-	E	P	M	M
Jab and cross-over	-	E	P	M	M
Rocker step	-	E	P	P/M	M



Skills	Miniball	U14	U16	U18	18+
*Stationary 1x1 moves (post)					
Baseline dropstep	-	E	P	M	M
Turn and face -shot	-	E	P	P/M	M
Turn and face - fake and drive	-	E	P	M	M
Half turn and reverse spin	-	-	E	P	M
*Team offensive fundamentals					
Give and go	-	E/P	P/M	M	M
Setting a screen (front, side, back)	-	E/P	P/M	M	M
Screen and roll (on the ball)	-	E/P	P/M	M	M
Screen and roll (away from the ball)	-	E/P	P/M	M	M
Dribble rub	-	E	P	P/M	M
Blind Pig	-	E	P/M	M	M
Scissors cut	-	E	P/M	M	M
Backdoor	-	E	P	M	M
*Fastbreak					
Reaction/ positioning/ initial break	-	E	P	M	M
Secondary break	-	-	E	P	M
*Zone offense					
Overload/ filling the spot	-	-	E	M	M
Attacking the gaps	-	-	E	M	M

Skill Coaching assessed for Level 1