

## POSITIONAL PROFICIENCIES – Skills required of players to be selected into the State Team

CLASSIFICATIONS	MINIMUM EXPECTATION FOR STATE TEAM PLAYERS	ELEMENTS EXPECTED OF OUR ELITE PLAYERS FOR STATE TEAMS
Point Guards	<ol style="list-style-type: none"> <li>1. Shoot the ball with proficiency and be able to consistently make the three point shot</li> <li>2. Create shots for others off dribble and pass penetration</li> <li>3. Make open and contested lay-ups to a high percentage</li> <li>4. Defend the fast break and organise defensive transition</li> <li>5. Be able to apply full court defensive pressure</li> <li>6. Be great communicator - Vocal enough to communicate with players on offence and defence.</li> <li>7. Be an assertive ball handler - Carry the ball without turning it over.</li> <li>8. Develop sound knowledge and understanding of the game</li> <li>9. Pass the ball effectively using all passing both sides of body types.</li> <li>10. Be an 80% Foul shooter</li> </ol>	<ol style="list-style-type: none"> <li>11. Effective execution of ball screens</li> <li>12. Carrying the ball to create for other players</li> <li>13. Ability to create open shots for teammates. Bring others into the game.</li> <li>14. Ability to bring ball up during pressing situations</li> <li>15. Elite defender being able to contain/channel offensive players</li> <li>16. Understanding of offensive and defensive strategy. Be able to assess the opposition and make changes.</li> <li>17. Strong communication and leadership skills.</li> </ol>
2. Shooting Guards	<ol style="list-style-type: none"> <li>1. Shoot the ball with proficiency and be a consistently high percentage three point shooter</li> <li>2. Create and make shots for themselves off the dribble</li> <li>3. Create and make shots for themselves from cutting and utilising screens</li> <li>4. Carry the ball in pressure situations</li> <li>5. Be able to rebound and block out</li> <li>6. Contain players attacking them on the dribble</li> <li>7. Make open and contested lay-ups to a high percentage.</li> <li>8. Be able to run the floor at great tempo</li> <li>9. Comfortable in carrying the ball in the open court and with contain pressure.</li> <li>10. Be an 80% Foul shooter</li> </ol>	<ol style="list-style-type: none"> <li>11. Develop world class driving game</li> <li>12. Play as a point guard/ creating role in half court offence.</li> <li>13. Elite defender being able to contain/channel offensive players.</li> <li>14. Effective execution of ball screens</li> <li>15. Defend screens – be able to chase over screens</li> </ol>
3. Small Forwards	<ol style="list-style-type: none"> <li>1. Shoot the ball with proficiency and be a consistently high percentage three point shooter</li> <li>2. Be able to create and make shots facing the basket and with their back to the basket</li> <li>3. Be able to rebound and block out</li> </ol>	<ol style="list-style-type: none"> <li>9. Be an elite offensive rebounder.</li> <li>10. Elite defender</li> <li>11. Ability to penetrate and make good decisions under pressure.</li> <li>12. Effective execution of ball screens</li> <li>13. Maintain vision of the floor and</li> </ol>

	<ul style="list-style-type: none"> <li>4. Be able to defend the perimeter and in the post</li> <li>5. Set effective on and off ball screens</li> <li>6. Be able to run the floor at great speed</li> <li>7. Be able to defend on and off screens</li> <li>8. Be a 75-80% Foul shooter</li> </ul>	<p>deliver the ball under pressure.</p>
4. Power Forwards	<ul style="list-style-type: none"> <li>1. Shoot the ball with proficiency and be a consistently high percentage catch and shooter 10-18'</li> <li>2. Be able to create and make shots facing the basket and with their back to the basket</li> <li>3. Be able to 'post the ring'</li> <li>4. Be able to rebound and block out</li> <li>5. Be able to defend the perimeter and in the post</li> <li>6. Set effective on and off ball screens</li> <li>7. Be able to run the floor at great speed</li> <li>8. Be able to defend on and off screens</li> <li>9. Be a 75-80% Foul shooter</li> </ul>	<ul style="list-style-type: none"> <li>10. Rebounding machine</li> <li>11. Consistently shoot a high percentage on open three point shots.</li> <li>12. Elite defender</li> <li>13. Maintain vision of the floor and deliver the ball under pressure.</li> <li>14. Ability to carry the ball under pressure without turning it over.</li> </ul>
5. Centres	<ul style="list-style-type: none"> <li>1. Shoot the ball with proficiency and be a consistently high percentage shooter 10-15'</li> <li>2. Be able to create and make shots facing the basket and with their back to the basket</li> <li>3. Be able to 'post the ring'</li> <li>4. Be able to rebound and block out</li> <li>5. Set effective on and off ball screens</li> <li>6. Be able to defend the interior</li> <li>7. Be able to defend on and off screens</li> <li>8. Be a 75-80% Foul shooter</li> </ul>	<ul style="list-style-type: none"> <li>9. Be a physical presence defensively.</li> <li>10. Contest shots at the rim without fouling.</li> <li>11. Elite rebounder</li> <li>12. Elite at running the floor</li> </ul>



INDIVIDUAL ATHLETE STATE TEAM FEEDBACK FORM		
Proficiency	Score	Key area for improvement
<b>Shooting</b>		
a) Ready to catch and shoot	1 2 3 4 5 6	
b) Land in shooting stance/footwork	1 2 3 4 5 6	
c) Start position –hands/head	1 2 3 4 5 6	
d) Set - Eyes up on target	1 2 3 4 5 6	
e) Load - no dip, triceps 45 to floor	1 2 3 4 5 6	
f) Shoot – Trajectory, elevation	1 2 3 4 5 6	
g) End position - follow through	1 2 3 4 5 6	
h) Lay ups ( all types)	1 2 3 4 5 6	
i) Foul shooting	1 2 3 4 5 6	
j) 3 pt shooting (long foul shot)	1 2 3 4 5 6	
<b>Passing &amp; catching</b>		
a) Passing from stances	1 2 3 4 5 6	
b) Leading the pass to moving receiver	1 2 3 4 5 6	
c) Use of non preferred hand	1 2 3 4 5 6	
d) Variety and appropriateness of pass	1 2 3 4 5 6	
e) Use of pass fakes	1 2 3 4 5 6	
f) Passing off the dribble	1 2 3 4 5 6	
g) Passing/catching on the run	1 2 3 4 5 6	
h) Catching under pressure	1 2 3 4 5 6	
i) Post feeding	1 2 3 4 5 6	
j) Catching on the run	1 2 3 4 5 6	
<b>Handling</b>		
a) Dribble with purpose	1 2 3 4 5 6	
b) At tempo with control		
c) Protecting ball under pressure		
d) Use of non preferred hand		
e) Variety and appropriateness		
f) Change of pace and direction		
<b>Rebounding</b>		
a) Blocking out	1 2 3 4 5 6	
b) Contest contact (2 <sup>nd</sup> effort)	1 2 3 4 5 6	
c) Getting to position	1 2 3 4 5 6	
d) Desire to get to all opportunities	1 2 3 4 5 6	
e) Outlet passing	1 2 3 4 5 6	

Defence	Score	Key Emphasis for Improvement
a) Maintaining/understanding stances	1 2 3 4 5 6	
b) Maintaining proper spacing	1 2 3 4 5 6	
c) Effective hand pressure	1 2 3 4 5 6	
d) Position and stance off the ball	1 2 3 4 5 6	
e) Reaction/movement off the ball	1 2 3 4 5 6	
f) Denial stance/footwork	1 2 3 4 5 6	
g) Hedging	1 2 3 4 5 6	
h) Containment footwork	1 2 3 4 5 6	
i) Channelling	1 2 3 4 5 6	
j) Dead ball – Jam pressure	1 2 3 4 5 6	
k) Dead ball – denial	1 2 3 4 5 6	
l) Contest shot and block out	1 2 3 4 5 6	
m) Close out to contain (2 dribbles)	1 2 3 4 5 6	
n) Getting a lead foot advantage	1 2 3 4 5 6	
o) Sprint to screen with ball vision	1 2 3 4 5 6	
p) Effective communication	1 2 3 4 5 6	
q) Lock and trail turn out cutter	1 2 3 4 5 6	
r) Rotation	1 2 3 4 5 6	
s) Trapping and rotation out of trap	1 2 3 4 5 6	
t) Defending screens	1 2 3 4 5 6	
(through/over/under/switch)	1 2 3 4 5 6	
u) Getting to line of ball	1 2 3 4 5 6	
v) Run and trap	1 2 3 4 5 6	
w) Run and switch	1 2 3 4 5 6	
x) Switching	1 2 3 4 5 6	
Techniques		
1. Catch and square up (threaten)	1 2 3 4 5 6	
2. Rip throughs – (catch and drive)	1 2 3 4 5 6	
3. Vision of driving lane/passing lane	1 2 3 4 5 6	
4. Effective defensive communication	1 2 3 4 5 6	
5. Creating space - Leads/cuts	1 2 3 4 5 6	
6. Playing without the ball	1 2 3 4 5 6	
7. Setting and use of screens	1 2 3 4 5 6	
8. Sprint lanes to get ahead of ball	1 2 3 4 5 6	
9. Receiver spots off penetration	1 2 3 4 5 6	
10. Create off the dribble (driving lane)	1 2 3 4 5 6	
11. Read secondary defence	1 2 3 4 5 6	
12. 2 <sup>nd</sup> movement principle	1 2 3 4 5 6	
13. Make the play off ball screen	1 2 3 4 5 6	
14. Handoff proficiency	1 2 3 4 5 6	
15. Get to the basket	1 2 3 4 5 6	
16. Pull up jump shot (right/left)	1 2 3 4 5 6	
17. Catch and shoot on the move	1 2 3 4 5 6	
18. 3pt shooting	1 2 3 4 5 6	
19. Cutting after post feed	1 2 3 4 5 6	
20. Finishing with non preferred hand	1 2 3 4 5 6	

21. Front to basket (low post)	1 2 3 4 5 6	
22. Back to basket (low post)	1 2 3 4 5 6	
23. High post proficiency	1 2 3 4 5 6	
24. Foul shooting	1 2 3 4 5 6	
25. Close outs (short/long)	1 2 3 4 5 6	
26. Defensive containment	1 2 3 4 5 6	
27. Defensive rebounding	1 2 3 4 5 6	
<b>Physical Development</b>		
a) Speed and Agility	1 2 3 4 5 6	
b) Flexibility	1 2 3 4 5 6	
c) Vertical leap	1 2 3 4 5 6	
d) Arm span	1 2 3 4 5 6	
e) Stability and Balance	1 2 3 4 5 6	
f) Endurance and Stamina	1 2 3 4 5 6	
<b>Mental/Emotional Development</b>		
a) Punctuality	1 2 3 4 5 6	
b) Self awareness	1 2 3 4 5 6	
c) Self belief	1 2 3 4 5 6	
d) Concept of Responsibility	1 2 3 4 5 6	
e) Motivation	1 2 3 4 5 6	
f) Concentration	1 2 3 4 5 6	
g) Handling adversity	1 2 3 4 5 6	
h) Coping skills	1 2 3 4 5 6	
i) Focus	1 2 3 4 5 6	
j) Thriving on pressure	1 2 3 4 5 6	
k) Anxiety	1 2 3 4 5 6	
l) Desire to succeed	1 2 3 4 5 6	

Athletes Name: \_\_\_\_\_ Date: \_\_\_\_\_

State Team: \_\_\_\_\_

State Team Coach: \_\_\_\_\_

Score: 6 = Exceptional Performance  
5 = Exceeded expectations of Performance  
4 = Meets Expectations of Performance  
3 = Below Expectations of Performance  
2 = Needs Improvement  
1 = Poor Level of Performance