

BASKETBALL SKILLS CHECKLIST



I = Introduce
R = Reinforce
M = Master

Body Movement Fundamentals	U8	U10	U12	U14	U16	U18
Running	I	R	M			
Change of pace	I	R	M			
Change of direction	I	R	M			
Stopping – jump stops & stride stops	I	R	M			
Jumping	I	R	M			
Pivoting – forward & reverse	I	R	M			

Ball Handling Drills	U8	U10	U12	U14	U16	U18
Various	I	R	M			

Miscellaneous	U8	U10	U12	U14	U16	U18
Court terminology	I	R	M			
Player positions / roles	I	R	M			

Dribbling (strong and weak hands)	U8	U10	U12	U14	U16	U18
Fundamentals	I	R	M			
Speed dribble	I	R	M			
Control dribble	I	R	M			
Power dribble		I	R	M		
Retreat dribble	I	R	M			
Change of pace / stutter / hesitation dribble		I	R	M		
Crossover dribble	I	R	M			
Reverse (spin) dribble		I	R	M		
Behind back dribble			I	R	M	
Fake crossover dribble (inside / out)			I	R	M	
Between legs dribble			I	R	M	

Passing / Receiving	U8	U10	U12	U14	U16	U18
Fundamentals	I	R	M			
Catching / receiving ("ten fingers")	I	R	M			
Move to ball	I	R	M			
Chest pass	I	R	M			
Bounce pass	I	R	M			
Overhead pass		I	R	M		
Baseball pass		I	R	M		
Push pass		I	R	M		
Pass fakes		I	R	M		

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Shooting

	U8	U10	U12	U14	U16	U18
Fundamentals	I	R	M			
Lay-up – strong hand	I	R	M			
Lay-up – weak hand		I	R	M		
Reverse lay-up		I	R	M		
Set shot		I	R	M		
Jump shot			I	R	M	
Foul shots	I	R	M			
Power lay-up		I	R	M		
Hook shots			I	R	M	
Catch & shoot		I	R	M		
Dribble & shoot		I	R	M		

Individual Offense

	U8	U10	U12	U14	U16	U18
Triple threat position	I	R	M			
Jab step – strong side drive		I	R	M		
Jab step – crossover		I	R	M		
Jab step – shoot		I	R	M		
Shot fakes		I	R	M		
Posting up technique & target hand		I	R	M		
Post moves – drop-step			I	R	M	
Post moves – turn-around			I	R	M	
V-cuts	I	R	M			
Flash cuts		I	R	M		
Flare cuts		I	R	M		
Curl cuts		I	R	M		

Rebounding

	U8	U10	U12	U14	U16	U18
Stance		I	R	M		
Protection of ball		I	R	M		
Positioning		I	R	M		
Blocking out		I	R	M		
Offensive – power layup			I	R	M	
Defensive – outlet pass, power dribble out		I	R	M		

Team Offense

	U8	U10	U12	U14	U16	U18
Court spacing	I	R	M			
Ball movement, ball reversal		I	R	M		
Pass, cut & replace		I	R	M		
Give & go		I	R	M		
Dribble entries		I	R	M		
Screen the ball & roll		I	R	M		
Screen away		I	R	M		
Skip passes			I	R	M	
Back screens			I	R	M	

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Down screens			I	R	M	
Cross screens			I	R	M	

Team Offense cont...

	U8	U10	U12	U14	U16	U18
Offensive alignments		I	R	M		
Fast break		I	R	M		
Motion offense principles			I	R	M	
Zone offense principles			I	R	M	
Delay game			I	R	M	

Out-Of-Bounds Plays

	U8	U10	U12	U14	U16	U18
Offensive baseline		I	R	M		
Defensive baseline		I	R	M		
Offensive sideline		I	R	M		
Defensive sideline		I	R	M		

Jump Ball

	U8	U10	U12	U14	U16	U18
Positioning (offensive & defensive)	I	R	M			
Technique	I	R	M			
Plays		I	R	M		

Individual Defense

	U8	U10	U12	U14	U16	U18
Defensive stance	I	R	M			
Maintaining position	I	R	M			
Footwork – shuffle	I	R	M			
Footwork – drop-step	I	R	M			
Use of hands	I	R	M			
Turning the dribbler		I	R	M		
Channeling the dribbler		I	R	M		
Man-to-man – guarding the ballhandler	I	R	M			
Man-to-man – one pass away		I	R	M		
Man-to-man – two or more passes away		I	R	M		
Defensive triangle ("pointing pistols")		I	R	M		
Jumping to the ball		I	R	M		
Close out		I	R	M		
Defending cutters			I	R	M	
Defending screens			I	R	M	
Defending post players			I	R	M	
Taking the charge			I	R	M	

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Team Defense

	U8	U10	U12	U14	U16	U18
Half-court man-to-man		I	R	M		
Full-court man-to-man		I	R	M		
Rotation principles			I	R	M	
Zone press			I	R	M	
Run and jump				I	R	M
Zone defense (2-1-2, 1-2-2, 1-3-1)			I	R	M	
Fastbreak defense		I	R	M		
Trapping			I	R	M	

Rules

	U8	U10	U12	U14	U16	U18
Scoring	I	R/M				
Double (illegal) dribble	I	R/M				
Travel	I	R/M				
Backcourt violation	I	R/M				
Jump ball – start of each half	I	R/M				
Jump ball – held ball	I	R/M				
Fouls – hands	I	R/M				
Fouls – blocking	I	R/M				
Fouls – on shooter	I	R/M				
Five fouls on a player	I	R/M				
Eight team fouls	I	R/M				
3 seconds in key		I	R	M		
5 seconds guarded		I	R	M		
10 seconds in backcourt		I	R	M		
Jump balls – held ball	I	R	M			
Out of bounds	I	R	M			
In-bounds passes and defense of	I	R	M			
Free throws – player positions and rules	I	R	M			

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