



# WILLETTON TIGERS SKILLS CHECKLIST



As the athleticism and skill of basketball players continues to increase, the term "multi-skilling" is more prevalent and the concept of teaching all players all skills is universally accepted as vital in developing players. While there remains a place in the game for "specialists" such as point guards and post players, there can be no question that the biggest challenge facing coaches is the challenge of "multi-skilling" their players. Developing skills takes repetition, patience, time and precise instruction. There are no short-cuts, "quick fixes" and easy answers - practice makes permanent.

Fundamentals	U8	U10	U12	U14	U16
Running - Change of pace / direction	I	R	M		
Stopping - jump stops & stride stops	I	R	M		
Pivoting - forward & reverse	I	R	M		
Court terminology	I	R	M		

Passing / Receiving	U8	U10	U12	U14	U16
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	
Pass fakes		I	R	M	

Shooting	U8	U10	U12	U14	U16
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	
Catch & shoot		I	R	M	
Dribble & shoot		I	R	M	

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

Individual Defense	U8	U10	U12	U14	U16
Defensive stance	I	R	M		
Maintaining position	I	R	M		
Footwork - shuffle / 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, two or more		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

Rules	U8	U10	U12	U14	U16
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	
8 seconds in backcourt		I	R	M	
Jump balls - held ball	I	R	M		
Out of bounds	I	R	M		
Free throws - positions and rules	I	R	M		

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

Individual Offense	U8	U10	U12	U14	U16
Triple threat position	I	R	M		
Jab step - strong side drive		I	R	M	
Jab step - crossover, shoot		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, Flare, Curl cuts		I	R	M	

Out-Of-Bounds Plays	U8	U10	U12	U14	U16
Offensive baseline		I	R	M	
Defensive baseline		I	R	M	
Offensive sideline		I	R	M	
Defensive sideline		I	R	M	

Rebounding	U8	U10	U12	U14	U16
Stance, Positioning		I	R	M	
Protection of ball		I	R	M	
Positioning		I	R	M	
Offensive - power layup			I	R	M
Defensive - outlet pass / power dribble			I	R	M

Team Offense	U8	U10	U12	U14	U16
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
Down screens			I	R	M
Cross screens			I	R	M
Offensive alignments		I	R	M	
Fast break		I	R	M	
Motion offense principles			I	R	M
Zone offense principles				I	R

Team Defense	U8	U10	U12	U14	U16
Half-court man-to-man	I	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	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

I = Introduced  
R = Reinforced  
M = Mastered