

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	Dribbling (strong and weak hands)	U8	U10	U12	U14	U16
Running - Change of pace / direction	1 1	R	M	1		Speed dribble	1 1	R	M	1	1
Stopping – jump stops & stride stops	+ i	R	M		-	Control dribble	+ i -	R	M		
Pivoting – forward & reverse	+ i -	R	M		_	Power dribble		I I	R	М	-
Court terminology	+ :-	R	M		_	Retreat dribble		R	M	IVI	-
Court terminology		IX.	IVI		_	Change of pace / hesitation dribble		I I	R	М	-
		l .	l .	l .		Crossover dribble		R	M	IVI	
Deseine / Deseiving	U8	1140	1140	114.4	1140		- '	_ <u>r</u>	R		
Passing / Receiving	U8	U10	U12	U14	U16	Reverse (spin) dribble	_			M	
Catching / receiving ("ten fingers")	+ !	R R	M M			Behind back dribble			R	R R	M M
Move to ball	+ - ! -					Between legs dribble				ĸ	IVI
Chest pass	- ! -	R	M								
Bounce pass		R	M			Individual Offense	U8	U10	U12	U14	U16
Overhead pass			R	M		Triple threat position		R	M		
Baseball pass			R	M		Jab step – strong side drive			R	M	
Pass fakes			R	M		Jab step – crossover, shoot			R	M	L
						Posting up technique & target hand				R	M
Shooting	U8	U10	U12	U14	U16	Post moves – drop-step				R	M
Lay-up – strong hand	ı	R	M			Post moves – turn-around				R	M
Lay-up – weak hand			R	M		V-cuts	I	R	M		
Reverse lay-up			R	M		Flash, Flare, Curl cuts			R	M	
Set shot			R	M							
Jump shot				R	M	Out-Of-Bounds Plays	U8	U10	U12	U14	U16
Foul shots	I	R	M			Offensive baseline			R	M	
Power lay-up			R	M		Defensive baseline			R	M	
Catch & shoot			R	M		Offensive sideline		-	R	M	
Dribble & shoot		1	R	M		Defensive sideline		1	R	M	
-											
Jump Ball	U8	U10	U12	U14	U16	Rebounding	U8	U10	U12	U14	U16
Positioning (offensive & defensive)	1	R	M			Stance, Positioning			R	M	
Technique	1	R	M			Protection of ball		- 1	R	M	
Plays		1	R	M		Positioning		- 1	R	M	
						Offensive – power layup				R	M
Individual Defense	U8	U10	U12	U14	U16	Defensive – outlet pass / power dribble		I	R	M	
Defensive stance	I	R	M								
Maintaining position	1 1	R	M			Team Offense	U8	U10	U12	U14	U16
Footwork – shuffle / drop-step	i	R	M			Court spacing	1	R	M		
Footwork – shuffle / drop-step Use of hands	i I	R R	M M			Court spacing Ball movement, ball reversal	-	R	R	M	
	I			M			ı	R I I		M M	
Use of hands	I I	R	M	M M		Ball movement, ball reversal	I	R I I	R		
Use of hands Turning the dribbler		R	M R			Ball movement, ball reversal Pass, cut & replace	-	R I I	R R	M	
Use of hands Turning the dribbler Channeling the dribbler	1	R I I	M R R			Ball movement, ball reversal Pass, cut & replace Give & go	1	R I I	R R R	M M	M
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler	1	R I I	M R R	М		Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries		R I I	R R R	M M M	M M
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more Defensive triangle ("pointing pistols")	1	R I I	M R R M	M		Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll		R 	R R R	M M M R	
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more	1	R I I	M R R M R	M M M		Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll Screen away		R	R R R	M M M R R	М
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more Defensive triangle ("pointing pistols") Jumping to the ball	1	R I I	M R R M R R	M M M	M	Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll Screen away Skip passes		R	R R R	M M M R R	M M
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more Defensive triangle ("pointing pistols") Jumping to the ball Close out	1	R I I	M R R M R R	M M M M	M	Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll Screen away Skip passes Back screens		R I I	R R R	M M M R R R	M M M
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more Defensive triangle ("pointing pistols") Jumping to the ball Close out Defending cutters Defending screens	1	R I I	M R R M R R	M M M M M		Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll Screen away Skip passes Back screens Down screens Cross screens		R	R R R	M M M R R R	M M M
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more Defensive triangle ("pointing pistols") Jumping to the ball Close out Defending cutters	1	R I I	M R R M R R	M M M M M R R	M	Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll Screen away Skip passes Back screens Down screens		R	R R R R I I I I I I I I I I I I I I I I	M M M R R R R R R R R	M M M
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Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more Defensive triangle ("pointing pistols") Jumping to the ball Close out Defending outers Defending post players Rules		R	M R R M R R R R R R I I I	M M M M R R R R	M M	Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll Screen away Skip passes Back screens Down screens Cross screens Offensive alignments Fast break			R R R R I I I I I I R	M M M R R R R R R	M M M M
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more Defensive triangle ("pointing pistols") Jumping to the ball Close out Defending cutters Defending screens Defending post players Rules Scoring	U8	R	M R R M R R R R R R I I I	M M M M R R R R	M M	Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll Screen away Skip passes Back screens Down screens Cross screens Offensive alignments Fast break Motion offense principles			R R R R I I I I I I R	M M M R R R R R R	M M M M M
Use of hands Turning the dribbler Channeling the dribbler Man-to-man – guarding the ballhandler Man-to-man – one pass away, two or more Defensive triangle ("pointing pistols") Jumping to the ball Close out Defending cutters Defending screens Defending post players Rules Scoring Double (ilegal) dribble	U8	R I I I I I I I I I I I I I I I I I I I	M R R M R R R R R R I I I	M M M M R R R R	M M	Ball movement, ball reversal Pass, cut & replace Give & go Dribble entries Screen the ball & roll Screen away Skip passes Back screens Down screens Cross screens Offensive alignments Fast break Motion offense principles Zone offense principles	US		R R R R I I I R R R I I I R R R I I I R R R I I I I R R R I I I I R R R I I I I R R R I	M M M R R R R R R M M M M I I I	M M M M M
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I = Introduced R = Reinforced M = Mastered