

Skills Checklist (Jr. High):

At this level, focus on basics and fundamentals. What the athlete does and how they perform the skills at this stage determines their habits that will be very hard to break.

- **Shooting Form.** Shoot in front of face not from the hip.
- **Passing Form.** Passing with left and right hand.
- **Dribbling.** Dribbling with left- and right-hand.
- **Triple Threat Position.** Athletic stance with the ball.
- **Defensive Stance.** One arm length away.
- **Defensive Movement.** Shuffling left and right, back pedaling.

Skills Checklist (Middle School):

At this level, focus needs to continue to be on basics and fundamentals while beginning to introduce team aspects.

- **Shooting Form.** Elbow in and follow through.
- **Free Throws.** Finish shot on your toes.
- **Lay Ups.** Off right and left foot.
- **Dribbling.** Head up always. Cross over without carrying.
- **Passing Form.** Left and right hand; bounce and chest.
- **Triple Threat Position.** Options out of this stance; establish pivot foot.
- **Defensive Stance.** On toes, one arm length.
- **Defensive Movement.** Cutting off offensive player attacking the basket.

Skills Checklist (Freshman in High School):

At this level, individual fundamentals should be automatic. Begin working on team concepts and basketball IQ.

- **Shooting.** Shots off the dribble. Catch and shoot with established pivot foot.
- **Post Moves.** Back to the basket shots.
- **Lay Ups.** Perfect left and right with contact, front of the rim floaters.
- **Dribbling.** Head up; cross over, behind the back and between legs.
- **Defensive Stance.** On toes, one arm length, ready to contest.
- **Defensive Movement.** Close outs, box outs, guarding fast breaks.
- **Team IQ.** Learn to read defense and ways to counteract their team strategy.

Skills Checklist (Sophomore and Junior in High School):

At this level, discover and capitalize your individual strengths. Make your strengths so automatic they are impossible to take away from you. Find your shot on the floor and work on this until you are consistent, and the skill is just muscle memory.

- **Shooting.** Work on set feet and quick release.

- **Free Throws.** 80% or greater in practice, 70% or greater in games.
- **Lay Ups.** Know when to attack, floater, or pull up jump shot.
- **Dribbling.** Confidence in abilities to bring ball up the floor with pressure.
- **Passing.** Pass fake, pivot foot, left and right hand, bounce, over-head, chest. Know when to use each.
- **Defensive Stance.** Know where to force opponent with direction body and feet are positioned.
- **Defensive Movement.** Understand man defense concepts and strategies of how to guard on and off ball screens. Understand basic movements and zones of 2-3, 3-2, 1-3-1. Understand concepts of full court and soft press.
- **Strength and Conditioning.** Core strength. Strength lifting form. Flexibility and injury prevention exercises.
- **Team IQ.** Know basic strategies at the end of close games.

Skills Checklist (Senior in High School):

At this level, you should know your strengths and be consistent and reliable in those facets. Learn your weaknesses and work to make them manageable- limiting the amount of weaknesses you have.

- **Shooting.** Be able to catch and shoot with confidence and a quick release. Have feet set when the ball is received.
- **Dribbling.** Be able to handle and deliver the ball at the appropriate time with defense.
- **Passing.** Feed the post at opportune times with pressured defense. Know passing concepts against zone defense. Quick, no look passes.
- **Defense.** Be consistent and quick with man to man help defense concepts. Contest every shot. Box out every shot. Know when and how to jump out in the passing lane for a steal.
- **Strength and Conditioning.** Strength lifting to build muscle. Core and flexibility to aid in injury prevention.
- **Team IQ.** Understand your role on the team. Do what you are capable of. Demonstrate flawless technique and strategy in close games.