

## SKILLS CHECKLIST



### Ball Handling Drills

	U8	U10	U12	U14	U16	U18
Ball Wraps (Head, Waist, Knees – Tower)	I	R	M			
Figure 8's & Monster Walk	I	R	M			
Blur Series	I	R	M			
Pistol Pete Drill (can include clapping)	I	R	M			
Toss ball up and catch without moving feet (incl. Claps)	I	R	M			
Sitting down dribble (Circles, Up & Down, Lay down)	I	R	M			
Ball Tap Control with finger tips	I	R	M			
Figure 8 low dribbling		I	R	M		
Spider Dribble		I	R	M		

### Dribbling (Strong & 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	

### Body Movement Fundamentals

	U8	U10	U12	U14	U16	U18
Jumpstops	I	R	M			
Pivoting – Forwards	I	R	M			
Pivoting – Reverse		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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<b>Shooting</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
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		

<b>Individual Offence</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
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		

<b>Rebounding</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Jumping	I	R	M			
Stance		I	R	M		
Protection of ball		I	R	M		
Positioning		I	R	M		
Blocking Out		I	R	M		
Offensive – power lay-up			I	R	M	
Defensive – outlet pass, power dribble out		I	R	M		

<b>Team Offence</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
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 offence principles			I	R	M	
Zone offence principles			I	R	M	
Delay game			I	R	M	

I = Introduce, R = Refine, M = Master

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**Out-of-Bounds Plays**

**U8 U10 U12 U14 U16 U18**

Offensive baseline		I	R	M		
Defensive baseline		I	R	M		

**Individual Defence**

**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		
Channelling 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	

**Team Defence**

**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 defence (2-1-2, 1-2-2, 1-3-1)			I	R	M	
Fastbreak defence		I	R	M		
Trapping			I	R	M	

**Rules**

**U8 U10 U12 U14 U16 U18**

Court terminology	I	R	M			
Player positions/roles	I	R	M			
Scoring	I	R/M				
Double dribble	I	R/M				
Travel	I	R/M				
Backcourt violation	I	R/M				
Jump ball – start of first half	I	R/M				
Jump ball – held ball (position arrow)	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		
Out of bounds	I	R	M			
In-bounds passes and defence of	I	R	M			
Free throws – player positions and rules						

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