escription of Skills Expected by Grade Level	4	5	6	7	8
dividual Skills:					
ffensive:					
Dribbling with off hand as well as strong hand	Х	Χ	Χ	Χ	Х
Proper footwork for:					
Jump stop	Х	Х	Х	Χ	Χ
Pivoting	Х	Χ	Х	Χ	Х
Jab & go		Χ	Х	Χ	Х
Jab & shoot		Χ	Х	Χ	Х
Crossover		Х	Х	Х	Х
Rocker		Х	Х	Х	Х
Post moves:					
Dropstep		Χ	Χ	Χ	Х
Up & under/step through			Χ	Χ	Х
Shooting with proper form (weak & strong hands):					
One dribble layup from the free throw line	Х				
One dribble layup from 3 point line		Х	Х	Х	Х
Contested layups		Х	Х	Х	Х
Set shots	Х	Х	Х	Х	Х
Jump shot off the pass		Х	Х	Х	Х
Jump shot off the dribble		Х	Х	Х	Х
Free throw shooting	Х	Х	Х	Х	Х
Passing & Catching with proper form:		,,			
Chest	Х	Х	Х	Х	Х
Bounce	X	X	X	X	X
Overhead	X	X	X	X	X
Baseball		X	X	X	X
Flip air & bounce pass with either hand		^	^	^	X
Feeding a teammate & passing on the move (receiveing the ball with a hop in or					
swinging in with the 1-2 step)		х	х	х	Х
Setting a pick/screen		X	X	X	X
Setting up a pick/screen		^	X	X	
·			^	^	Х
Moving without the ball:		V	V	V	V
L cut		X	X	X	X
V cut		Х	X	X	X
Back cut		.,	X	X	X
Offensive reboundingstepping around to get position	X	X	X	X	X
Boxing Out	Х	Х	Х	Х	Х
efensive:	.,	.,	.,	.,	.,
Proper stance	X	X	X	X	X
Shuffle	Х	X	X	X	X
Dropstep		X	X	X	X
Proper helpside position (triangleball, you, man)		Х	Х	Х	Х
Helping out or covering down on the backside and recovering back			X	X	X
Getting through all screens (on ball & off ball)			X	X	X
Defensive rebounding (blocking out) and starting the fastbreak		Х	Х	Х	Х

Descript	ion of Skills Expected by Grade Level	4	5	6	7	8
Team Skills	::					
Offensive:						
Fast Br	eak, up tempo basketball					Х
	bound, outlet or bust out with dribble, fill the lanes with the wings wide and the					
bal	l in the middle			Х	Х	Χ
Keepin	g floor balance (don't get bunched up)	Х	Х	Х	Х	Х
Movin	g without the ball (cutting and screening away from the ball)		Х	Х	Х	Х
Basic 2	man games					Х
Movin	g without the ball		Х	Х	Х	Х
	man games					Х
	e & go	Х	Х	Х	Х	Х
	kdoor			Х	Х	Х
Pic	k & roll		Х	Х	Х	Х
Pos	et-ups	Х	Х	Х	Х	Х
	g game/motion 3 out, 2 in:					
	miter rules:					
Pas	s & pick away	Х	Х	Х	Х	Х
Pas	s & basket cut	Х	Х	Х	Х	Х
Pas	s & replace yourself					Х
	t rules:					
Sta	y in paint area	Х	Х	Х	Х	Х
	t up strong when ball is on your side of the floor	Х	Х	Х	Х	Х
	stand ball movement vs man defense			Х	Х	Х
	stand ball movement vs zone defense			Х	Х	Х
Defensive:						
Pressu	re man-to-man principles (pressure on the ball and deny on the wings)					
	l Court			Х	Х	Х
	f Court	Х	Х	Х	Х	Х
TEAM (defense					
	pping the ball from going into the hoop vs just stopping my man	Х	Х	Х	Х	Х
	per help side position when your man is on weak side of the floor			Х	Х	Х
	ass away denial			Х	Х	Х
	asses away help side position			Х	Х	Х
	ak side players must be ready to help out on ball at all times		Х	Х	Х	Х
	ate properly to cover down to the next man			Х	Х	Х
	vays hustle back on defense in transition	Х	Х	Х	Х	Х
	ish every possession with all five players blocking out on every shot and fighting					
	d for every rebound	Х	Х	Х	Х	Х
						