

What a Farmington Youth Basketball Player Needs to Know

Description of Skills Expected by Grade Level		4	5	6	7	8
Individual Skills:						
Offensive:						
	Dribbling with off hand as well as strong hand	X	X	X	X	X
	Proper footwork for:					
	Jump stop	X	X	X	X	X
	Pivoting	X	X	X	X	X
	Jab & go		X	X	X	X
	Jab & shoot		X	X	X	X
	Crossover		X	X	X	X
	Rocker		X	X	X	X
	Post moves:					
	Dropstep		X	X	X	X
	Up & under/step through			X	X	X
	Shooting with proper form (<u>weak</u> & strong hands):					
	One dribble layup from the free throw line	X				
	One dribble layup from 3 point line		X	X	X	X
	Contested layups		X	X	X	X
	Set shots	X	X	X	X	X
	Jump shot off the pass		X	X	X	X
	Jump shot off the dribble		X	X	X	X
	Free throw shooting	X	X	X	X	X
	Passing & Catching with proper form:					
	Chest	X	X	X	X	X
	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)		X	X	X	X
	Setting a pick/screen		X	X	X	X
	Setting <u>up</u> a pick/screen			X	X	X
	Moving without the ball:					
	L cut		X	X	X	X
	V cut		X	X	X	X
	Back cut			X	X	X
	Offensive rebounding--stepping around to get position	X	X	X	X	X
	Boxing Out	X	X	X	X	X
Defensive:						
	Proper stance	X	X	X	X	X
	Shuffle	X	X	X	X	X
	Dropstep		X	X	X	X
	Proper helpside position (triangle--ball, you, man)		X	X	X	X
	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		X	X	X	X

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