

Basketball Skills Guide for Basketball Clubs

Acknowledgements

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This document has been produced to give basketball clubs a guide of the recommended skills that the players in each junior age group should first be introduced (I), then have refined (R), and finally mastered (M).

The skills are divided into three stages:

The first stage = (I) Introduced; this is when the players should be first shown the correct way to perform these skills and training programs designed to ensure an appropriate amount of time is spent to show the correct execution of the skill.

The second stage = (R) Refined; is when the skill needs to be refined, that is when the players have an understanding of how to perform the skill correctly and now the emphasis is on performing the skill at maximum speed and efficiency in a competitive environment.

The final stage = (M) Master; which is when the player should be capable of correctly performing the skill under game conditions.

The guide can be used by coaches to help plan their practise sessions and to assist clubs on whether the junior players graduating through their under 10, 12, 14, 16 and 18 junior ranks are acquiring the appropriate skills for players of their age.

To achieve these goals clubs and associations need to provide an environment that provides development opportunities for their coaches and ample practise opportunities for the players. Coaches need to carefully plan their practise sessions with a full-years' big picture in mind. This ensures that once players move on to the next age group they have the basic set of skills recommended in this program.

It is recommended that at the conclusion of each season a thorough skills evaluation is carried out on all players within a club to measure whether the club is achieving the objectives set out in this program.

This booklet also contains templates for player evaluations, practise plans and home practise plans to enable the club coaches to have the necessary technical resources to fulfil the expectations of the program.

KEYS

Introduce (I)

Introduce the skill through demonstration and repetition at training

Refine (R)

Refine skills regularly through practice and repetition; players are competent at training

Master (M)

Skill is implemented in game situations competently

DRIBBLING	U10	U12	U14	U16	U18
Control	I	R	M	M	M
Speed	I	R	M	M	M
Crossover	I	R	R	M	M
Reverse	I	I	R	M	M
Behind Back	-	I	R	M	M
Between the legs	-	I	R	M	M
Faked crossover	I	I	R	M	M
Combination Dribbles	-	I	R	M	M

PASSING	U10	U12	U14	U16	U18
Chest	I	I	R	M	M
Bounce	I	I	R	M	M
Push	-	I	R	M	M
Two-hand overhead	-	I	R	M	M
Baseball	-	I	R	M	M
Behind-the-back	-	-	I	R	M
Curl pass	-	-	I	R	M
Push pass	-	I	R	M	M

BODY MOVEMENT	U10	U12	U14	U16	U18
Running forwards	I	R	R	M	M
Running backwards	I	R	R	M	M
Changing direction	I	I	R	M	M
Forward pivoting	I	I	R	M	M
Reverse pivoting	I	I	R	M	M
Stopping (stride stop)	I	I	R	M	M
Stopping (jump stop)	I	I	R	M	M
Defensive sliding	I	I	R	M	M
Defensive drop steps	I	I	R	M	M

SHOOTING	U10	U12	U14	U16	U18
Catch and shoot (static)	I	I	R	R	M
- Close range	I	I	R	M	M
- Mid range	-	I	R	M	M
- Three point range	-	-	I	R	M
- NBA range	-	-	-	-	I
Catch and shoot (cutting)	I	I	R	R	M
- Close range	I	I	R	M	M
- Mid range	-	I	R	M	M
- Three point range	-	-	I	R	M
- NBA range	-	-	-	-	I
Shooting off dribble	I	I	R	R	M
- Close range	I	I	R	M	M
- Mid range	-	I	R	M	M
- Three point range	-	-	-	I	R
- NBA range	-	-	-	-	I
Hook shots	-	-	I	R	M
Jump shots	-	-	-	I	R

LAY UPS	U10	U12	U14	U16	U18
Non-preferred hand	-	I	R	M	M
Overhand	I	I	R	M	M
Underhand	-	I	R	M	M
Reverse	-	I	R	M	M
Runners	-	-	I	R	M
Jump stops	I	I	R	M	M
Other variations	-	-	I	R	M

DEFENSE (ON-BALL)	U10	U12	U14	U16	U18
Stance	I	I	R	M	M
Footwork	I	I	R	M	M
Prior to dribble	I	I	R	M	M
After dribble	I	I	R	M	M
Post defense	-	-	I	R	M

DEFENSE (OFF-THE-BALL)	U10	U12	U14	U16	U18
Defensive triangle	I	I	R	M	M
Denial stance	-	I	R	M	M
Help stance	I	R	R	M	M
Post defense	-	-	I	R	M
Help and recover	-	I	R	M	M
Rotations	-	-	I	R	M
Defending on-ball screens	-	-	I	R	M
Defending off-ball screens	-	-	I	R	M

TEAM DEFENSE	U10	U12	U14	U16	U18
Man-to-man	I	I	R	R	M
Zone defense					
- 2 - 1 - 2	-	-	-	I	R
- 1 - 3 - 1	-	-	-	I	R
- 1 - 2 - 2	-	-	-	I	R
Match-up zone	-	-	-	-	I
Full-court presses	-	-	I	R	M
Half-court presses	-	-	I	R	M
Run-and-jump principles	-	-	I	R	M

TEAM OFFENSE	U10	U12	U14	U16	U18
2 on 2 scenarios	I	R	R	R	M
- Pass and cut					
- Court balance					
- Penetrate and pass					
3 on 3 scenarios	-	I	R	R	M
- Pass and screen away					
- Dribble replace					
- Hand off					
4 on 4 scenarios	-	I	R	R	M
- Double screens					
- Turn outs					
Spacing - 5 out	I	I	R	M	M
4 out, 1 in	-	-	I	R	M
3 out, 2 in	-	-	I	R	M
Set plays	-	I	I	R	M
Continuity offense	-	-	I	R	M
Zone offense	-	-	I	R	M
Fast break scenarios					
- 2 on 1	I	R	R	M	M
- 3 on 2	I	I	R	M	M
- 4 on 3	-	I	I	R	M
Transition offense	-	-	-	I	R

INDIVIDUAL OFFENSE	U10	U12	U14	U16	U18
Creating lead - V cut	-	I	I	R	M
Creating lead - L cut	-	-	I	R	M
Jab step	-	I	R	M	M
Crossover step	-	I	R	M	M
Strong-side move	-	-	I	R	M
Step-back move	-	-	I	R	M
Pass fake	-	I	R	M	M
Shot fake	-	I	R	M	M
Dribble fake	-	I	R	M	M
Post moves	-	-	I	R	M

Skills Evaluation Form - Under 10's

Player's Name _____

Coach _____

C = Competent NYC = Not Yet Competent

Skill	C	NYC	Skill	C	NYC
Dribbling			Shooting		
Control	I		Catch & shoot (static)		
Speed	I		Close range	I	
Crossover	I		Mid range	-	
Reverse	I		Three point range	-	
Behind back	-		NBA range	-	
Between the legs	-		Catch & shoot (cutting)		
Faked crossover	I		Close range	I	
Combination dribbles	-		Mid range	-	
Passing			Three point range	-	
Chest	I		NBA range	-	
Bounce	I		Shooting off dribble		
Push	-		Close range	I	
Two hand overhead	-		Mid range	-	
Baseball	-		Three point range	-	
Behind the back	-		NBA range	-	
Curl pass	-		Hook shots	-	
Push pass	-		Jump Hooks	-	
Body movement			Lay ups		
Running forwards	I		Non preferred hand	-	
Running backwards	I		Overhand	I	
Changing direction	I		Underhand	-	
Forward pivoting	I		Reverse	-	
Reverse pivoting	I		Runners	-	
Stopping (stride stop)	I		Jump stops	I	
Stopping (jump stop)	I		Other variations	-	
Defensive drop steps	I		Defense on ball		
Defensive drop steps	I		Stance	I	
			Footwork	I	

Skill	C	NYC	Skill	C	NYC
Defense on ball (con't)			Team offense (con't)		
Prior to dribble	I		3 on 3 scenarios	-	
After dribble	I		- Pass and screen away		
Post defense	-		- Pass and on ball screens		
Defense off the ball			- Dribble replace		
Defensive triangle	I		- Hand off		
Denial stance	-		4 on 4 scenarios	-	
Help stance	I		- Double screens		
Post defense	-		- Turn outs		
Help and recover	-		Spacing – 5 out	I	
Rotations	-		4 out 1 in	-	
Defending on ball screens	-		3 out 2 in	-	
Defending off ball screens	-		Set plays	-	
Individual offense			Continuity offense	-	
Creating lead - V cut	-		Zone offense	-	
Creating lead - L cut	-		Fast break scenarios		
Jab step	-		2 on 1	I	
Crossover step	-		3 on 2	I	
Strong side move	-		4 on 3	-	
Step back moves	-		Transition offense	-	
Pass fake	-		Team defense		
Shot fake	-		Man to man	I	
Dribble fake	-		Zone Defense		
Post moves	-		- 2-1-2	-	
Team offense			-1-3-1	-	
2 on 2 scenarios	I		-1-2-2	-	
- Pass and cut			Match up zone	-	
- Court balance			Full court presses	-	
- Penetrate and pass			Half court presses	-	
			Run and Jump principles	-	

Skills Evaluation Form - Under 12's

Player's Name _____

Coach _____

C = Competent NYC = Not Yet Competent

Skill	C	NYC	Skill	C	NYC
Dribbling			Shooting		
Control	R		Catch & shoot (static)		
Speed	R		Close range	I	
Crossover	R		Mid range	I	
Reverse	I		Three point range	-	
Behind back	I		NBA range	-	
Between the legs	I		Catch & shoot (cutting)		
Faked crossover	I		Close range	I	
Combination dribbles	I		Mid range	I	
Passing			Three point range	-	
Chest	I		NBA range	-	
Bounce	I		Shooting off dribble		
Push	I		Close range	I	
Two hand overhead	I		Mid range	I	
Baseball	I		Three point range	-	
Behind the back	-		NBA range	-	
Curl pass	-		Hook shots	-	
Push pass	I		Jump Hooks	-	
Body movement			Lay ups		
Running forwards	R		Non preferred hand	I	
Running backwards	R		Overhand	I	
Changing direction	I		Underhand	I	
Forward pivoting	I		Reverse	I	
Reverse pivoting	I		Runners	-	
Stopping (stride stop)	I		Jump stops	I	
Stopping (jump stop)	I		Other variations	-	
Defensive drop steps	I		Defense on ball		
Defensive drop steps	I		Stance	I	
			Footwork	I	

Skill	C	NYC	Skill	C	NYC
Defense on ball (con't)			Team offense (con't)		
Prior to dribble	I		3 on 3 scenarios	I	
After dribble	I		- Pass and screen away		
Post defense	-		- Pass and on ball screens		
Defense off the ball			- Dribble replace		
Defensive triangle	I		- Hand off		
Denial stance	I		4 on 4 scenarios	I	
Help stance	R		- Double screens		
Post defense	-		- Turn outs		
Help and recover	I		Spacing – 5 out	I	
Rotations	-		4 out 1 in	-	
Defending on ball screens	-		3 out 2 in	-	
Defending off ball screens	-		Set plays	I	
Individual offense			Continuity offense	-	
Creating lead - V cut	I		Zone offense	-	
Creating lead - L cut	-		Fast break scenarios		
Jab step	I		2 on 1	R	
Crossover step	I		3 on 2	I	
Strong side move	I		4 on 3	I	
Step back moves	-		Transition offense	-	
Pass fake	I		Team defense		
Shot fake	I		Man to man	I	
Dribble fake	I		Zone Defense		
Post moves	-		- 2-1-2	-	
Team offense			-1-3-1	-	
2 on 2 scenarios	R		-1-2-2	-	
- Pass and cut			Match up zone	-	
- Court balance			Full court presses	-	
- Penetrate and pass			Half court presses	-	
			Run and Jump principles	-	

Skills Evaluation Form - Under 14's

Player's Name _____

Coach _____

C = Competent NYC = Not Yet Competent

Skill		C	NYC	Skill		C	NYC
Dribbling				Shooting			
Control	M			Catch & shoot (static)			
Speed	M			Close range	R		
Crossover	R			Mid range	R		
Reverse	R			Three point range	I		
Behind back	R			NBA range	-		
Between the legs	R			Catch & shoot (cutting)			
Faked crossover	R			Close range	R		
Combination dribbles	R			Mid range	R		
Passing				Three point range	I		
Chest	R			NBA range	-		
Bounce	R			Shooting off dribble			
Push	R			Close range	R		
Two hand overhead	R			Mid range	R		
Baseball	R			Three point range	-		
Behind the back	I			NBA range	-		
Curl pass	I			Hook shots	I		
Push pass	R			Jump Hooks	-		
Body movement				Lay ups			
Running forwards	R			Non preferred hand	R		
Running backwards	R			Overhand	R		
Changing direction	R			Underhand	R		
Forward pivoting	R			Reverse	R		
Reverse pivoting	R			Runners	I		
Stopping (stride stop)	R			Jump stops	R		
Stopping (jump stop)	R			Other variations	I		
Defensive drop steps	R			Defense on ball			
Defensive drop steps	R			Stance	R		
				Footwork	R		

Skill	C	NYC	Skill	C	NYC
Defense on ball (con't)			Team offense (con't)		
Prior to dribble	R		3 on 3 scenarios	R	
After dribble	R		- Pass and screen away		
Post defense	I		- Pass and on ball screens		
Defense off the ball			- Dribble replace		
Defensive triangle	R		- Hand off		
Denial stance	R		4 on 4 scenarios	R	
Help stance	R		- Double screens		
Post defense	I		- Turn outs		
Help and recover	R		Spacing – 5 out	R	
Rotations	I		4 out 1 in	I	
Defending on ball screens	I		3 out 2 in	I	
Defending off ball screens	I		Set plays	I	
Individual offense			Continuity offense	I	
Creating lead - V cut	I		Zone offense	I	
Creating lead - L cut	I		Fast break scenarios		
Jab step	R		2 on 1	R	
Crossover step	R		3 on 2	R	
Strong side move	R		4 on 3	I	
Step back moves	I		Transition offense	-	
Pass fake	R		Team defense		
Shot fake	R		Man to man	I	
Dribble fake	R		Zone Defense		
Post moves	I		- 2-1-2	-	
Team offense			-1-3-1	-	
2 on 2 scenarios	R		-1-2-2	-	
- Pass and cut			Match up zone	-	
- Court balance			Full court presses	I	
- Penetrate and pass			Half court presses	I	
			Run and Jump principles	I	

Skills Evaluation Form - Under 16's

Player's Name _____

Coach _____

C = Competent NYC = Not Yet Competent

Skill	C	NYC	Skill	C	NYC
Dribbling			Shooting		
Control M			Catch & shoot (static)		
Speed M			Close range R		
Crossover M			Mid range M		
Reverse M			Three point range R		
Behind back M			NBA range -		
Between the legs M			Catch & shoot (cutting)		
Faked crossover M			Close range M		
Combination dribbles M			Mid range M		
Passing			Three point range R		
Chest M			NBA range -		
Bounce M			Shooting off dribble		
Push M			Close range M		
Two hand overhead M			Mid range M		
Baseball M			Three point range I		
Behind the back R			NBA range -		
Curl pass R			Hook shots R		
Push pass M			Jump Hooks I		
Body movement			Lay ups		
Running forwards M			Non preferred hand M		
Running backwards M			Overhand M		
Changing direction M			Underhand M		
Forward pivoting M			Reverse M		
Reverse pivoting M			Runners R		
Stopping (stride stop) M			Jump stops M		
Stopping (jump stop) M			Other variations R		
Defensive sliding M			Defense on ball		
Defensive drop steps M			Stance M		
			Footwork M		

Skill	C	NYC	Skill	C	NYC
Defense on ball (con't)			Team offense (con't)		
Prior to dribble	M		3 on 3 scenarios	R	
After dribble	M		- Pass and screen away		
Post defense	R		- Pass and on ball screens		
Defense off the ball			- Dribble replace		
Defensive triangle	M		- Hand off		
Denial stance	M		4 on 4 scenarios	R	
Help stance	M		- Double screens		
Post defense	R		- Turn outs		
Help and recover	M		Spacing – 5 out	M	
Rotations	R		4 out 1 in	R	
Defending on ball screens	R		3 out 2 in	R	
Defending off ball screens	R		Set plays	R	
Individual offense			Continuity offense	R	
Creating lead - V cut	R		Zone offense	R	
Creating lead - L cut	R		Fast break scenarios		
Jab step	M		2 on 1	M	
Crossover step	M		3 on 2	M	
Strong side move	M		4 on 3	R	
Step back moves	R		Transition offense	I	
Pass fake	M		Team defense		
Shot fake	M		Man to man	R	
Dribble fake	M		Zone Defense		
Post moves	R		- 2-1-2	I	
Team offense			-1-3-1	I	
2 on 2 scenarios	M		-1-2-2	I	
- Pass and cut			Match up zone	-	
- Court balance			Full court presses	R	
- Penetrate and pass			Half court presses	R	
			Run and Jump principles	R	

Skills Evaluation Form - Under 18's

Player's Name _____

Coach _____

C = Competent NYC = Not Yet Competent

Skill	C	NYC	Skill	C	NYC
Dribbling			Shooting		
Control M			Catch & shoot (static)		
Speed M			Close range M		
Crossover M			Mid range M		
Reverse M			Three point range M		
Behind back M			NBA range I		
Between the legs M			Catch & shoot (cutting)		
Faked crossover M			Close range M		
Combination dribbles M			Mid range M		
Passing			Three point range M		
Chest M			NBA range I		
Bounce M			Shooting off dribble		
Push M			Close range M		
Two hand overhead M			Mid range M		
Baseball M			Three point range M		
Behind the back M			NBA range I		
Curl pass M			Hook shots M		
Push pass M			Jump Hooks R		
Body movement			Lay ups		
Running forwards M			Non preferred hand M		
Running backwards M			Overhand M		
Changing direction M			Underhand M		
Forward pivoting M			Reverse M		
Reverse pivoting M			Runners M		
Stopping (stride stop) M			Jump stops M		
Stopping (jump stop) M			Other variations R		
Defensive sliding M			Defense on ball		
Defensive drop steps M			Stance M		
			Footwork M		

Skill	C	NYC	Skill	C	NYC
Defense on ball (con't)			Team offense (con't)		
Prior to dribble M			3 on 3 scenarios M		
After dribble M			- Pass and screen away		
Post defense M			- Pass and on ball screens		
Defense off the ball			- Dribble replace		
Defensive triangle M			- Hand off		
Denial stance M			4 on 4 scenarios M		
Help stance M			- Double screens		
Post defense M			- Turn outs		
Help and recover M			Spacing – 5 out M		
Rotations M			4 out 1 in M		
Defending on ball screens M			3 out 2 in M		
Defending off ball screens M			Set plays M		
Individual offense			Continuity offense M		
Creating lead - V cut M			Zone offense M		
Creating lead - L cut M			Fast break scenarios		
Jab step M			2 on 1 M		
Crossover step M			3 on 2 M		
Strong side move M			4 on 3 M		
Step back moves M			Transition offense R		
Pass fake M			Team defense		
Shot fake M			Man to man M		
Dribble fake M			Zone Defense		
Post moves M			- 2-1-2 R		
Team offense			-1-3-1 R		
2 on 2 scenarios M			-1-2-2 R		
- Pass and cut			Match up zone I		
- Court balance			Full court presses M		
- Penetrate and pass			Half court presses M		
			Run and Jump principles M		

Training Plan - SAMPLE

Date 2nd June 2015

Team Under 14 Boys

TIME	SKILL	EMPHASIS
6.00pm – 6.10pm	Dribbling – zig zag drill	Sharp changes of direction
6.10pm – 6.15pm	3 man weaves	Firm passes
6.15pm – 6.20pm	2 on 1 fast break	Sprint lanes, spacing
6.20pm – 6.23pm	Drink break	
6.23pm – 6.35pm	1 on 1 contests (1) from wing, 2 dribbles and lay up (3 minutes) (2) from wing 2 dribbles and pull up shot (3 minutes) (3) from elbow 1 dribble, lay up or jumper (3 minutes) (4) from low post, 2 dribbles (3minutes)	Good footwork, defensive footwork, going hard.
6.35pm – 6.45pm	Shell drill (1) correct stance – not live (2) live – penetrate and pass (3) pass and cut	Correct stance and floor position. Talk
6.45pm – 6.55pm	5 on 5 up and back	Team defense and team offense principles.
6.55pm – 7.00pm	Scrimmage	

MESSAGES –

Remind players of change of game time this week.

See if players are interested in playing in a tournament Easter weekend.

ABSENT PLAYERS – Jackson and Oscar

Training Plan

Date _____

Team _____

TIME	SKILL	EMPHASIS

MESSAGES -

ABSENT PLAYERS -

Home Workout Program

Start date **27/06/2015** Finish date **12/07/2015**

Player – John Citizen

Drill	M	T	W	T	F	S	S
Passing – chest pass the ball against a wall for 30 seconds – record the number of passes made in 30 seconds							
Ball Handling – Figure 8 dribble <ul style="list-style-type: none"> - count repetitions in 30 seconds - body wrap – count the number of times around by in 30 seconds 							
Dribbling – Place two chairs ten metres apart. Work up and back zig zagging with the crossover and reverse dribbles – go up and back 5 times – tick box when completed							
Lay ups – X lay up drill – record number of lay ups made in 30 seconds							
Spot shooting – take ten shots from 7 different spots on the court from mid range (70 shots in total) record score out of 70.							
Pull up jump shots – take 10 shots from each wing and the top of the key (30 shots in total) using one bounce pull ups shots using a crossover step – record score out of 30							
Pull up jump shots – take 10 shots from each wing and the top of the key (30 shots in total) using one bounce pull ups shots using a strong side step – record score out of 30							
Fouls shots – take 30 fouls shots – record score out of 30							
Defensive slides – measure a distance 5 metres in length – begin in a defensive stance, drop step and slide, drop stepping every two or three slides the five metres, then run forward to close out at the starting point then repeat drop steps – go for 30 seconds and court repetitions							
Fitness – <ul style="list-style-type: none"> - 30 push ups - 30 sit ups - 30 star jumps (tick box when completed) 							

Home workout program

Start date _____ Finish date _____

Player _____

Drill	M	T	W	T	F	S	S
Passing –							
Ball Handling –							
Dribbling –							
Lay ups –							
Spot shooting –							
Pull up jump shots –							
Pull up jump shots –							
Fouls shots –							
Defensive slides –							
Fitness –							