

# **Hustle Checklist**

## **Grade Level Vocabulary & Skill Expectations**

### **7th Grade**

At the completion of the 7th Grade Basketball season, all players should be able to effectively demonstrate or explain the following terms and skills.

#### **Offense**

- ☐ Pin Down Screen
- ☐ Pin & Skip
- ☐ Shallow Cut
- ☐ L Cut
- ☐ Exchange
- ☐ Dribble Handoff

#### **Defense**

- ☐ Switch Down Screens
- ☐ Switch Double Screens
- ☐ Switch Ballscreens
- ☐ Switch Cross Screens