

PROFICIENCY CHECKLIST - SKILLS

END OF 4TH GRADE

Drills

Ball Handling: Handle 2 basketballs on the move with head up

Stationary Series, 2 Ball Straight Line Attack, 2 Ball Kill the Grass

Footwork: Jump Stop, Pivot, Sweep Go, Shot Fake Go

Attack Training

Finishing: 1 Foot: L/R layup, 2 Foot Finishes: "Off 2", "Lift Fake"

Defender Finishes, Attack Training, Race to the Rim 1-on-1

Shooting: Form Shooting, Rhythm Shooting

Form Shooting, Rhythm Shooting

Passing: On the move, Lead the cutter

Perfection (phase 2 and 3 only)

END OF 6th GRADE

Drills

Ball Handling: Handle 2 basketballs with a crossover change, Cover ground on dribble

2 Ball Straight Line Attack/Kill the Grass, Change of Pace, Push Dribble Series

Footwork: Sweep Go, Shot Fake Go, Jab Go, Rip/Jab to create space

Attack Training

Finishing: "Shoulder Stick", "Floater/Tear Drop"

Defender Finishes, Attack Training, Race to the Rim 1-on-1, Battle Line 1-on-1

Shooting: Form Shooting, Rhythm Shooting

Form Shooting, Rhythm Shooting, 5 Spot Shooting, Breakdown Drills

Bigs: Pin Technique, Sneak Toe, Drop Step (Baby Hook Middle, 2 Hands Baseline)

Block-to-Block Finishing (with and without post feed)

Step and Catch, Short Corner Power Slide, High Post Reverse Pivot Shot/Attack

Step and Catch, Short Corner/High Post Attacks

Passing: Outside Hand, Feeding the Post, Fake one/Make one, Pitch Ahead (Transition)

Perfection (all phases), Man in the Middle Passing

END OF 8th GRADE

Drills

Ball Handling: Cutting the Hip, Severing Angles, Initiating Contact

Sever the Angle Straight Line Attack, 2 in Circle Kill the Grass, Change of Pace (sever and pin)

Footwork: Cut the Hip, Sever the Angle, Pin, Launch Step

Sever the Angle Straight Line Attack, Battle Line 1-on-1, HC Launch Step Series

Finishing: 1 Foot: "Inside Hand", 2 Foot: "Hips Across", "Spin", "Twist/Tuck Protection"

Defender Finishes, Race to the Rim 1-on-1, Battle Line 1-on-1, Gauntlet Finishing

Shooting: 1-2 Step/Hop Shot Development

5 Spot Shooting, Breakdown Shooting

Bigs: Short Corner Step as you Catch, High Post Reverse Pivot, Drop Step

Defender Finishes, Race to the Rim 1-on-1

Foot fight

Footfight

Passing: Skip Passes

Zone Offense Scenarios