

MYBA Coaches Checklist	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade
Rules								
Taking ball out of bounds (stand behind line)	x	x	x	x	x	x	x	x
5 seconds to take out			x	x	x	x	x	x
10 second back court violation				x	x	x	x	x
5 seconds in open court violation					x	x	x	x
3 seconds in the key			x	x	x	x	x	x
Fouls - offensive and defensive		x	x	x	x	x	x	x
Over and back			x	x	x	x	x	x
Travel	x	x	x	x	x	x	x	x
Double dribble	x	x	x	x	x	x	x	x
Ball size	x	x	x	x	x	x	x	x
Dribbling								
Left and right	x	x	x	x	x	x	x	x
Head up	x	x	x	x	x	x	x	x
Protect the ball	x	x	x	x	x	x	x	x
Why dribble? Drive to the hoop, get out of trouble, create a passing lane...			x	x	x	x	x	x
Why keep your dribble?			x	x	x	x	x	x
Spin dribble			x	x	x	x	x	x
Crossover dribble		x	x	x	x	x	x	x

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Speed dribble		x	x	x	x	x	x	x
Power dribble				x	x	x	x	x
Dribble with purpose	x	x	x	x	x	x	x	x
Refrain from dribbling into corners and picking the ball up.	x	x	x	x	x	x	x	x
Shooting								
Layup form - run through the drive		x	x	x	x	x	x	x
Shooting form - one handed set shot		x	x	x	x	x	x	x
Backboard shooting	x	x	x	x	x	x	x	x
Follow your shot	x	x	x	x	x	x	x	x
Passing								
Passing form	x	x	x	x	x	x	x	x
Pump fakes - fake a pass to make a pass		x	x	x	x	x	x	x
Chest pass	x	x	x	x	x	x	x	x
Bounce Pass	x	x	x	x	x	x	x	x
Above head pass		x	x	x	x	x	x	x
Create a passing lane by pivoting			x	x	x	x	x	x
Receiving the pass								
Turn and face			x	x	x	x	x	x
Triple threat position			x	x	x	x	x	x

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Pivoting		x	x	x	x	x	x	x
Give a target			x	x	x	x	x	x
Prevent a steal - pivot and shift the ball around			x	x	x	x	x	x
Picket Fence								
Set picks			x	x	x	x	x	x
Set picks away from the ball				x	x	x	x	x
Coming off picks without the ball				x	x	x	x	x
Coming off pick with the ball				x	x	x	x	x
Pick and roll			x	x	x	x	x	x
Move without the ball								
Getting open - V-cut, find passing lane, etc.		x	x	x	x	x	x	x
Come to the pass			x	x	x	x	x	x
Backdoor cut		x	x	x	x	x	x	x
V-cut		x	x	x	x	x	x	x
General cutting - sharp cuts		x	x	x	x	x	x	x
Spread the floor	x	x	x	x	x	x	x	x
Dribble with purpose			x	x	x	x	x	x
Jab step			x	x	x	x	x	x
Head fake			x	x	x	x	x	x
Ball fake			x	x	x	x	x	x

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Defense								
Ball-you-man	x	x	x	x	x	x	x	x
Strong side				x	x	x	x	x
Weak side				x	x	x	x	x
Proper stance	x	x	x	x	x	x	x	x
Use your legs, not your hands	x	x	x	x	x	x	x	x
Do not cross feet		x	x	x	x	x	x	x
Do not reach in	x	x	x	x	x	x	x	x
Deny the pass (one pass away)			x	x	x	x	x	x
Box out - grab the ball as it hits the floor and is on its way up.	x	x	x	x	x	x	x	x
Free Throws								
Lining up		x	x	x	x	x	x	x
Shooting Form		x	x	x	x	x	x	x
Boxing out responsibilities		x	x	x	x	x	x	x
Jump Ball								
Floor positioning			x	x	x	x	x	x