

BASIC SKILLS MASTER CHECKLIST

BODY MOVEMENT: Running

- 1 Running technique – forwards
- 2 Backwards running – looking ahead
- 3 Change of pace while running
- 4 Change direction – plant foot (outside foot)
- 5 Change direction – with stutter step from square position
- 6 Close-outs – run/stop/stance

BODY MOVEMENT: Stopping

- 1 Jump stop – both feet simultaneously
- 2 Stride stop – 1/2 stop

STANCE

- 1 Beginners' ready position – athletic stance
- 2 Triple threat
- 3 **On-the-ball** defensive stance
- 4 Defensive stance – 'active' stance by moving feet but maintaining stance

STEPPING/PIVOTING

- 1 Forward pivot – off each foot (L and R)
- 2 Reverse pivot – off each foot (L and R)
- 3 Jab step/go

LATERAL MOVEMENT

- 1 Defensive power step

PASSING

- 1 Hand position – (grip) for pass
- 2 Catching and passing out of ready position
- 3 Chest pass (L and R hands)
- 4 Bounce pass (L and R hands)
- 5 Overhead pass
- 6 Baseball pass – full court (L and R hands)
- 7 Passing off the dribble (L and R hands)
- 8 Push pass (one-handed, L and R hands)
- 9 Passing and catching on the run – full court

RECEIVING

- 1 Catch two hands – don't slap onto court for control
- 2 Catch and jump stop
- 3 Leading (running), catch and stride stop
- 4 Man ahead lead and catch on the run to stop
- 5 'V' cut lead to catch

INDIVIDUAL OFFENCE

USE OF DRIBBLE

- 1 Speed dribble (L and R hands)
- 2 Control dribble (L and R hands) and arm bar
- 3 Change of pace (L and R hands)
- 4 Onside (L and R hands) (in and out dribble)
- 5 Retreat dribble (L and R hands)
- 6 Cross over (L and R hands)
- 7 Behind back (L and R hands)
- 8 Between legs (L and R hands)
- 9 Spin/reverse (L and R hands)
- 10 Combinations – two-dribble moves to beat a man
- 11 Moves on the move – at speed

SHOOTING (TECHNIQUE)

- 1 Ready position/triple threat start/ to shoot
- 2 Feet and knees shoulder-width apart (bend for power)
- 3 Wrist cocked under and fingers spread
- 4 Elbow lift 'lock and snap' – leave hand high
- 5 Rhythm and timing – leg extension then arm extension
- 6 Step into shot – plant foot (stride stop) then shoot

SHOOTING SET SHOTS

- 1 Shooting technique – form from dotted circle
- 2 Free throws – form and made basket
- 3 Catch to shoot – catch the ball in the air, land in a down triple stance

SHOOTING LAY-UPS AND FINISHING

- 1 Power lay-ups jump stop – L and R hands
- 2 45° angle R and L overhand off backboard
- 3 Reverse lay-ups L and R hands
- 4 Straight 'finger roll' over the front of rim

OFFENSIVE MOVES (INDIVIDUAL TACTIC)

- 1 1 v 0 steps (cross-over, jab and pivots [F and R])
- 2 Triple threat and play 1 v 1



INDIVIDUAL DEFENCE

ON-THE-BALL SKILL POSITIONING

- 1 Ball, you, basket in stance

SPACING

- 1 One-and-a-half steps from the opponent
- 2 Square to opponent (feet parallel)

STANCE

- 1 Active stance (feet)
- 2 Active hands – hand position: dig hand/lane hand

MOVEMENT

- 1 Lateral movement-power step
- 2 Stance/run/stance (**recovery**)
- 3 Advance in stance (on-the-ball spacing adjustment)
- 4 Retreat in stance (on-the-ball spacing adjustment)

OFF-THE-BALL: INDIVIDUAL TACTIC

CLOSING OUT FOOTWORK

- 1 Running and stopping to close out
- 2 Close-out – stop – stance – lateral power step
- 3 Carry high hands v shooter
- 4 Short close-out
- 5 Long close-out

POSITIONING

- 1 Ball, you, man (flat triangle)
- 2 Vision and hand position (pistols/split vision)
- 3 Move as the ball moves (in the flat triangle) in stance
- 4 Pass denial stance – closed stance

CONTAINMENT DEFENSIVE FOOTWORK

- 1 Spacing one-and-a-half arm lengths or two steps off

DEFENSIVE REBOUNDING

- 1 Blocking out – on-the-ball
- 2 Blocking out – off-the-ball