

INTRO TO BASKETBALL SKILLS MATRIX

Graduating Freshmen (Level 1)		Graduating Junior (Level 2)		Graduating Senior (Level 3)	
will be able to...		will be able to...		will be able to...	
✓	Shoot a Size 5 basketball into a 8 foot ring with follow-through.	✓	Shoot a size 5 basketball into a 8 foot ring, following a dribble or catch.	✓	Shoot a shot and a layup using a size 5 basketball into a 10 foot ring.
✓	Dribble with both left and right hands in a controlled manner whilst walking.	✓	Dribble with both left and right hands in a controlled manner whilst jogging.	✓	Dribble with both left and right hands in a controlled manner with their head up.
✓	Can perform a variety of basic ball-handling activities whilst stationary	✓	Combine dribbling with a shot or pass without pressure.	✓	Has confidence to dribble under pressure.
✓	Catch and pass (chest, bounce and overhead pass) with a partner over close distance (stationary).	✓	Pass to a moving partner whilst moving.	✓	Can pass to an open teammate under pressure.
✓	Perform a variety of movement patterns (run, skip, hop, shuffle, jump, backpedal, start, stop.	✓	Able to perform basic roles during games: tagger, etc.	✓	Able to recognise and run towards space to receive a pass.
✓	Perform skill in response to a basic cue from coach e.g. Red Light!	✓	Able to get in to a correct defensive stance.	✓	Able to establish and maintain a defensive opponent: man-to-man
✓	Can pivot in a circle.	✓	In a team situation is able to play games against an opponent	✓	Able to change roles during games: attacker to defender, etc.
✓	Uses space to evade threats in 'tag' activities.	✓	Able to establish and maintain a defensive opponent (man-to-man).	✓	Perform skill in response to a movement from defender.
✓	Able to perform basic roles during games: tagger, etc.	✓	Perform movement skills including change of direction, stride stop, jump stop and pivot.	✓	Stops and starts dribbling with limited illegal movement.
✓	Communicate and co-operate with a variety of team mates during activities.	✓	Responds to questions from coach and provides feedback on activity.	✓	Shares ball possession with teammates in competitive situations.
✓	Understand the need to follow group rules.	✓	Accept decision of coach or referee.	✓	Is able to communicate with team mates during competitive situations
✓	Understands boundary areas for playing games and basic court markings: baseline, sideline, freethrow line	✓	Understand basic rule violations: travel, double dribble and basic fouls	✓	Understanding of game administration: substitutions, jump ball, inbound pass etc.