

Mini Hoops Skills Matrix

Graduating Hooper	
<i>will be able to...</i>	
✓	Shoot a Size 5 basketball into a 8 foot ring with follow-through.
✓	Dribble with both left and right hands in a controlled manner whilst walking.
✓	Can perform a variety of basic ball-handling activities whilst stationary: figure 8's, crossover etc.
✓	Catch and pass (chest, bounce and overhead pass) with a partner over close distance (stationary).
✓	Perform a variety of movement patterns (run, skip, hop, shuffle, jump, backpedal, start, stop).
✓	Perform skill in response to a basic cue from coach e.g. Red Light!
✓	Can pivot in a circle.
✓	Uses space to evade threats in 'tag' activities.
✓	Able to perform basic roles during games: tagger, etc.
✓	Communicate and co-operate with a variety of team mates during activities.
✓	Understand the need to follow group rules.
✓	Understands boundary areas for playing games and basic court markings: baseline, sideline, freethrow line.