



SLAM DUNK DOMESTIC ACADEMY SKILLS MATRIX

Graduating Rookie (Level 1)		Graduating Sophomore (Level 2)		Graduating Veteran (Level 3)	
will be able to...		will be able to...		will be able to...	
✓	Shoot a shot and a layup using a size 6 basketball into a 10 foot ring	✓	Shoot a size 6 or 7 basketball into a 10 foot ring, following a dribble or catch	✓	Shoot a size 6 or 7 basketball into a 10 foot ring (left and right hand layup)
✓	Shoot a set shot with correct form from around the key	✓	Shoot a set shot with correct form from around the mid-range (inside 3-point line)	✓	Shoot a set shot with correct form from 3 point range
✓	Can use dribble to evade defender	✓	Can use dribble to evade defender for shot or pass	✓	Can use dribble move to evade defender: crossover, between the legs, behind the back etc.
✓	Can pass to an open teammate under pressure using bounce pass or chest pass	✓	Can pass to an open teammate under pressure using footwork and pass fakes to create space	✓	Can draw defender and create an opportunity for teammate
✓	Beginning to understand offensive floor spacing and terminology: low block, wing, elbow	✓	Able to find positions on the floor: wing, low block, point etc.	✓	Able to cut to get open and/or establish position to receive a pass
✓	Beginning to read plays defensively and "help" off their opponent	✓	Beginning to understand team defensive positions in a man-to-man: split line help, etc.	✓	Starting to move with the ball and shift automatically to defensive positions
✓	Able to preform correct defensive slide in a "zig-zag"	✓	Able to preform correct defensive slide in a "zig-zag" using drop step	✓	Able to channel an opponent using correct defensive footwork: sliding, cutting opponent off, drop step
✓	Able to change roles during games (offense to defense, etc.)	✓	Able to transition from offense to defence: locate opponent, run back etc.	✓	Basic understanding of offensive transition: running in a lane
✓	Receive a pass and scan surroundings before dribbling, passing or shooting	✓	Begin to execute "triple threat" upon receiving a pass	✓	Execute "triple threat" in game situation
✓	Stops and starts dribbling with no illegal movement	✓	Stop dribbling using variety of footwork: stride stop, jump stop etc.	✓	Able to stop dribbling and use footwork to create a space for a shot or a pass
✓	Is able to communicate and work together with team mates during competitive situations	✓	Can receive, understand and execute basic intructions from a coach	✓	Is able to begin executing specific movements and skills as instructed by a coach
✓	Basic level of game awareness: score, time on the clock	✓	Intermediate level of game awareness: low clock, fouls	✓	More advanced level of game awareness: opposition defence, opponents strengths/weaknesses