

# Mid-Cities Basketball Association

## Basketball Skills List

*I = Introduce / R = Reinforce / M = Master*

Body Movements	Grades			
	1-2	3-4	5-6	7-8
Running	I	R	M	
Change of pace	I	R	M	
Change of direction	I	R	M	
Stopping – jump stops & stride stops	I	R	M	
Jumping	I	R	M	
Pivoting – forward & reverse	I	R	M	

### Dribbling

Dribbling Fundamentals	I	R	M	
Individual Ball Handling	I	R	M	
Speed dribble	I	R	M	
Control dribble	I	R	M	
Retreat dribble	I	R	M	
Crossover dribble	I	R	M	
Power dribble		I	R	M
Change of pace / stutter / hesitation dribble		I	R	M
Reverse (spin) crossover		I	R	M
Behind back crossover			I	R
Fake crossover			I	R
Between legs crossover			I	R

### Passing / Receiving

Fundamentals	I	R	M	
Catching / receiving	I	R	M	
Move to ball	I	R	M	
Chest pass	I	R	M	
Bounce pass	I	R	M	
Overhead pass		I	R	M
Baseball pass		I	R	M
Push pass		I	R	M
Pass fakes		I	R	M

### Shooting

Fundamentals - FORM shooting	I	R	M	
Lay-up – primary hand	I	R	M	
Foul shots	I	R	M	
Lay-up – non-primary		I	R	M
Reverse lay-up		I	R	M
Set shot		I	R	M
Jump shot			I	R
Power lay-up		I	R	M
Hook shots			I	R
Catch & shoot		I	R	M
Dribble & shoot		I	R	M

Individual Offense	Grades			
	1-2	3-4	5-6	7-8
Triple threat position	I	R	M	
V-cuts	I	R	M	
Jab step – strong side drive		I	R	M
Jab step – crossover		I	R	M
Jab step – shoot		I	R	M
Shot fakes		I	R	M
Posting up technique & target hand		I	R	M
Post moves – drop-step			I	R
Post moves – turn-around			I	R
Flash cuts		I	R	M
Flare cuts		I	R	M
Curl cuts		I	R	M

### Rebounding

Stance		I	R	M
Protection of ball		I	R	M
Positioning		I	R	M
Blocking out		I	R	M
Offensive – power layup			I	R
Defensive – outlet pass, power dribble out		I	R	M

### Team Offense

Court spacing	I	R	M	
Ball movement, ball reversal		I	R	M
Pass, cut & replace		I	R	M
Give & go		I	R	M
Dribble entries		I	R	M
Screen the ball & roll			I	R
Screen away			I	R
Skip passes			I	R
Back screens			I	R
Offensive alignments		I	R	M
Fast break		I	R	M
Motion offense principles			I	R
Zone offense principles			I	R
Delay game			I	R

### Out-Of-Bounds Plays

Offensive baseline		I	R	M
Defensive baseline		I	R	M
Offensive sideline		I	R	M
Defensive sideline		I	R	M

### Jump Ball

Positioning (offensive & defensive)	I	R	M	
Technique	I	R	M	
Plays		I	R	M

Individual Defense	Grades			
	1-2	3-4	5-6	7-8
Defensive stance	I	R	M	
Maintaining position	I	R	M	
Footwork – shuffle	I	R	M	
Footwork – drop-step	I	R	M	
Use of hands	I	R	M	
Man-to-man – guarding the ball handler	I	R	M	
Turning the dribbler		I	R	M
Channeling the dribbler		I	R	M
Man-to-man – one pass away		I	R	M
Man-to-man – two or more passes away		I	R	M
Defensive triangle		I	R	M
Jumping to the ball		I	R	M
Close out		I	R	M
Defending cutters			I	R
Defending screens			I	R
Defending post players			I	R
Taking the charge			I	R
Half-court man-to-man		I	R	M
Full-court man-to-man			I	R
Rotation principles			I	R
Zone press			I	R
Run and jump				I
Zone defense (2-1-2, 1-3-1)			I	R
Fastbreak defense		I	R	M
Trapping			I	R

### Rules

Scoring	I	R/M		
Double (illegal) dribble	I	R/M		
Traveling	I	R/M		
Backcourt violation	I	R/M		
Jump ball – start of each half	I	R/M		
Jump ball – held ball	I	R/M		
Fouls – hands	I	R/M		
Fouls – blocking	I	R/M		
Fouls – on shooter	I	R/M		
1 & 1 at 7 Team fouls in half	I	R/M		
Five fouls on a player	I	R/M		
7/5/3 seconds in key	I	R	M	
5 seconds guarded	I	R	M	
10 seconds in backcourt	I	R	M	
Jump balls – held ball	I	R	M	
Out of bounds	I	R	M	
In-bounds passes and defense of	I	R	M	
Free throws – player positions and rules	I	R	M	

### Other

Player positions / roles	I	R	M	
Court terminology	I	R	M	