

## 40 SKILL DEVELOPMENT CHECKLIST

Stance  
Balance  
Pivoting—4 uses of the pivot  
Court Vision  
Getting Open  
Change of Speed  
Change of Direction  
Decision Making  
Jump Stop  
Triple Threat Position—use it or lose it, Your Space!  
Catching the Ball—Stationary  
Catching the Ball—On the Move  
Passing the Ball—Stationary  
Passing the Ball—On the Move  
Dribbling—Stationary  
Dribbling—On the Move—Push ball in front, no holster  
Defensive Rebounding—Head under body, no reach.  
Offensive Rebounding  
Form Shooting  
Catch and Shoot—Cutting to and sliding away from ball  
Dribble and Shoot  
Lay Up  
Scoring in the Post  
Screening Away from the Ball  
Screening on the Ball  
Cutting Away From the Ball—Run through the ball  
Defensive Stance  
On Ball Defense---\$1,000,000 Question  
Help Side Defense  
Footwork—Getting Open  
Footwork—Shooting  
Footwork—Shot Preparation  
Footwork—Rebounding  
Footwork—Offensive Moves—Win the Foot War  
Footwork—Post Offense  
Footwork—Post Defense  
Footwork--Individual Defense  
Footwork—Screening  
Footwork—Using Screens  
Footwork—Defending Screens—Trail outside hip