

Juniors Division Coach's Checklist

Before the first game of the season, all Juniors Division Coaches should look to ensure most of their players have a good working knowledge of the following checklist of basketball skills and leadership skills (place a check in either knowledgeable, proficient, or mastered for each player on your team):

Player Names	Skill	Knowledgeable	Proficient	Mastered
Player 1 Player 2 Player 3...etc	Ball handling and dribbling: Player can control the ball and dribble with “eyes up.” Player understands “go right-dribble right and go left-dribble left.” Player knows how to dribble against a defender without losing the ball. Player can change speeds executing on “hesitation dribbling.”			
	Cross dribble: Player can easily place hand on the side of the ball and move ball from one hand to the other easily changing directions with the ball			
	Layups (dominant hand): player understands footwork including which foot to take off with and what hand to use to shoot the ball. Players who can walk the exercise are knowledgeable, players who can job are proficient and players who can go full speed have mastered the skill.			
	Layups (weak hand): same as above			
	Triple Threat position: Player can catch a pass and immediately place themselves in Triple Threat position without committing a travel violation			
	Jump Stop: Player can catch a pass and execute a jump stop ending in Triple Threat position			
	Pivoting (1st Pivot): Player knows how to catch a pass in “Triple Threat” position and while keeping their pivot foot planted, can step to the right with their right foot to make a pass around a defender.			
	Pivoting (2nd Pivot): Player can execute 1 st pivot position and then execute 2 nd pivot position when tight defender cuts off 1 st pivot position.			
	Shooting: players are able to execute a shot with appropriate form from the jump stop and Triple Threat position keeping their hand up as part of the follow through. Players should learn to not be afraid and to shoot the ball if they are undefended within a 6ft – 10ft range and they are blocked from performing a layup.			
	Man-to-Man and Help Side Defense: Players should know how to defend without committing fouls. Players should know how to react and help on defense when their teammate loses their player. Players should know how to “box-out” other players when a shot goes up in the air. Players should know how to pass the ball to a teammate and look up-court after making a defensive rebound.			

	Pass and Cut Offense: Players should know to immediately cut to the basket every time they pass the ball and to expect a pass back for a layup. They should know if they don't receive the pass, to then move to an open spot on the floor. Players who receive a pass should look to try and immediately pass the ball back to their teammate cutting to the basket.			
	Spacing: Players should know not to "crowd the ball" and find open spots for receive a pass from teammates.			
	Out of bounds: Players should know how to appropriately inbound the ball, keeping both feet behind the baseline or sideline when inbounding the ball. Players should know one, simple out of bounds play so they can inbound the ball when there are defenders.			
	Free throws: Players should know how to shoot a free throw. More importantly, players should know how to line up for a free throw. They should know not to enter the paint until the ball leaves the shooter's hand.			
	Jump Ball: Players should know how to line up at the beginning of a game for the Jump Ball. They should know how to stand around the circle and cover on defense the player they are standing nearby. They should know that their basket is opposite their bench at the beginning jump ball of the game.			
	Traveling/Double Dribble: Players know what a traveling violation is, and they know how to keep their pivot feet planted and to dribble the ball so they don't commit a traveling violation. Players should also know that after stopping their dribble, they cannot dribble again and must find a teammate to pass the ball or must shoot at the basket if possible.			
	Three Player Weave: Players know how to pass the ball with pop and move the ball down the floor of the court without dribbling.			
	Defense: Players understand the concept of how to play defense when the opponent has the ball, when the ball is one pass away and when the ball is two passes away. Player can play defense against opponent cutting to the basket.			
	NC State Drill: Player can run the drill knowing when to run, when to pass and when to make a layup and shoot without disruption to the drill			
	Neutral Zone: Player can handle the ball dribbling across mid-court into the Neutral Zone and has a good concept of the 5-count either dribbling the ball or passing the ball out of the zone before the 5-count. Player understands that once the Neutral Zone is broken, the zone no longer exists.			
	Picking Up Opponent Player at Substitution Time: Do the players know how to communicate with each other and quickly select who they are covering on defense? Do they avoid needing the coach to tell them who do cover?			