



BASKETBALL FUNDAMENTAL SKILL PROGRESSION

BALL HANDLING & DRIBBLING

Familiarity with the basketball
How to hold a basketball
Triple threat position
Stationary handles: no dribble
Stationary handles: strong hand
Stationary handles: weak hand
Stationary handles: cross over
Dribbling on move: walk straight
Dribbling on move: walk in different directions
Dribbling on move: run in straight line
Stationary defensive stance
Stationary foot movement
Stationary hand positioning

FOOTWORK & BALANCE

Athletic position
Stopping and landing
Front pivot
Reverse pivot
Changing speeds in straight line
Stationary front and side lunge
Proper defensive stance
Foot movement while in stance
Lateral step slide
Hand movement and positioning

PASSING & RECEIVING

1 and 2 hand bounce pass to coach
1 and 2 hand bounce pass to teammate
Catch own pass
Catch pass off the wall
Catch bounce and chest pass from coach or teammate

SHOOTING

Basic shooting mechanics (eyes, shoulders, elbow, feet, follow through)
Shooting from a ground position
Shooting from a knees position
Shooting from a standing position
Shooting on a basketball hoop

REBOUNDING

Running on straight line to rim
Attacking the basketball
Identifying the shot has been taken
Applying contact to the offensive player

WHOLE OFFENSE

Understanding the difference between offense and defense
Proper floor and player awareness
Recognizing spots on the floor
Inbounding the basketball
Spacing
Transitioning from defense to offense

WHOLE DEFENSE

Understanding when on offense or defense
Identifying offensive player to guard
Keeping offensive player in front of you

Basketball Skills Progression Chart

S Ben Porath



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