

YOUTH BASKETBALL

Evaluation Criteria



Preschool
3-5 yrs
Stage:
Rookies



School Age
5-12 yrs
Stage:
Fundamentals/
Advanced/
Competitive



Teen
12-14 yrs
Stages:
Fundamentals/
Advanced/
Competitive

PRESCHOOL BASKETBALL

Rookies

Ages 3-5

BALL HANDLING (Right and left hand)

- ☐ Stationary Dribble Low, Middle & High
- ☐ Stationary Crossover
- ☐ Dribbling at Different Speeds
- ☐ Dribbling in Different Directions
- ☐ Crossover at Different Speeds

PASSING

- ☐ Catching
- ☐ Hitting a Target
- ☐ Stationary Chest, Push & Bounce Pass
- ☐ Pivoting & Pass
- ☐ Passing to Moving Players
- ☐ Passing on the Move
- ☐ Recognizing Open Player

SHOOTING

- ☐ Form Shooting
- ☐ Using the Backboard

REBOUNDING

- ☐ Jumping, Catching & Landing

FOOTWORK

- ☐ Athletic Stance & Triple Threat
- ☐ Running at Different Speeds
- ☐ Running in Different Direction
- ☐ Body Control & Balance
- ☐ Pivoting
- ☐ Skipping

OFFENSE

- ☐ Pass & Cut
- ☐ Give & Go

DEFENSE

- ☐ Defensive Stance
- ☐ Defensive Slide
- ☐ Staying Between Player & Basket
- ☐ Shadow Defense

RULES

- ☐ Understanding the Court Lines
- ☐ Introduction to Rules
 - Travel
 - Double Dribble
 - Out of Bounds
 - Scoring
 - Fouls

FUNDAMENTALS OF BASKETBALL

Rookies & Starters

Ages 6-7

BALL HANDLING

- ☐ Stationary Control Dribble
- ☐ Jog Dribble
- ☐ Cone Dribbling
- ☐ 1-Hand Side to Side Dribble
- ☐ Spin Move
- ☐ Retreat Dribble
- ☐ Stationary 2 Ball Dribble Same Time
- ☐ Stationary 2 Ball Dribble Alternate
- ☐ Seated Dribbling
- ☐ Quick Change Dribbling
- ☐ Dribbling Through Stationary Defenders
- ☐ Running Crossover
- ☐ Finger Dribbling

PASSING

- ☐ Overhead Pass
- ☐ Outlet Pass
- ☐ Running Pass
- ☐ Pass Fakes
- ☐ Pass Off the Dribble
- ☐ Slide & Pass
- ☐ Kick Pass
- ☐ Dribble to Jump Stop Pass

RULES

- ☐ Understanding the Court Lines
- ☐ Introduction to Rules
 - Travel
 - Double Dribble
 - Out of Bounds
 - Scoring
 - Fouls

Ages 8-9

SHOOTING

- ☐ Weak Hand Lay-Ups
- ☐ Stepping Into the Shot with Both Feet
- ☐ Drop Step Lay-Ups
- ☐ Dribble Move to Shot
- ☐ Free Throws
- ☐ Up & Under
- ☐ Catch & Shoot on the Move
- ☐ Shot Fake Shooting
- ☐ Using a Screen
- ☐ Speed Lay-Ups

FOOTWORK

- ☐ Jab Step
- ☐ Pivoting For Space
- ☐ Forward to Backward Run
- ☐ Side/Lateral Push
- ☐ Changing Speeds

REBOUNDING

- ☐ Boxing Out
- ☐ Pursuing the Ball
- ☐ Protecting the Ball

RULES

- ☐ Full Explanation of Rules

Ages 10-12

OFFENSE

- ☐ Screening
- ☐ On the Ball Screens
- ☐ Off the Ball Screens
- ☐ Fast Break Spacing & Concepts
- ☐ Square Up and Rip Through
- ☐ Pass, Cut and Replace
- ☐ Fill The Corner
- ☐ Receiving The Outlet
- ☐ Post Pass & Screen Defense
- ☐ On Ball Defense
- ☐ Half Court Man To Man
- ☐ Disadvantage Spacing & Concepts
- ☐ Closeout
- ☐ Closeout to Slide
- ☐ Drop Step Slide
- ☐ Turning the Ball

DEFENSE

- ☐ On Ball Defense
- ☐ Half Court Man To Man
- ☐ Disadvantage Spacing & Concepts
- ☐ Closeout
- ☐ Closeout to Slide
- ☐ Drop Step Slide
- ☐ Turning the Ball

RULES

- ☐ Full Explanation of Rules

ADVANCED BASKETBALL

All-Stars

Ages 6-7

BALL HANDLING

- ☐ Behind the Back Dribble
- ☐ Between the Legs Dribble
- ☐ Stationary 1-Hand Control Pass
- ☐ Moving 1-Hand Control Pass
- ☐ Creative Dribbling
- ☐ Pull Back Dribble
- ☐ Stationary 2 Ball Dribble
- ☐ 2 Ball Creative Dribbling

PASSING

- ☐ Backdoor Pass
- ☐ 1-Hand Ball Control Passing
- ☐ Post Entry Pass
- ☐ Skip Pass
- ☐ Shovel Pass

RULES

- ☐ Full Explanation of Rules

Ages 8-9

SHOOTING

- ☐ Step-Back Shot
- ☐ Reading Off Ball Screens for Shots
- ☐ Reverse Lay-Up
- ☐ Extended Lay-Up
- ☐ Spin To Shot
- ☐ Transition Catch And Shoot

FOOTWORK

- ☐ Run & Turn Forward & Backward
- ☐ Sprinting
- ☐ Backdoor Cut
- ☐ Quick Feet
- ☐ Explosion

REBOUNDING

- ☐ Live Rebounding Drills with Contact
- ☐ Tag on Perimeter

RULES

- ☐ Full Explanation of Rules

Ages 10-12

OFFENSE

- ☐ L-Cut
- ☐ Baseline Drive Fill the Corner
- ☐ Reading Screens
- ☐ Post Pass Action (Cut, Relocate, Screen)
- ☐ Post Player Spacing on Drives
- ☐ Basic Set Plays
- ☐ Transition Offense
- ☐ Motion Offense

DEFENSE

- ☐ Defending Ball Screens
- ☐ Defending Away Screens
- ☐ Help the Helper
- ☐ Full Court Man To Man
- ☐ Shell Drill
- ☐ Denying
- ☐ Jumping to the Ball
- ☐ Transition Defense
- ☐ Taking Charges

RULES

- ☐ Advanced Rules
- ☐ Special Situations

YOUTH BASKETBALL

Evaluation Criteria (continued)



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3-5 yrs
Stage:
Rookies



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Teen
12-14 yrs
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COMPETITIVE BASKETBALL

MVPs

Ages 8-10

BALL HANDLING

- ☐ Extensive Combination Moves
- ☐ 2 Ball Advanced Dribbling
- ☐ Attacking Traps
- ☐ Reading the Hand Over/ Under Crossover
- ☐ Hard Stops
- ☐ Rhythm Dribbling
- ☐ Open Step backs
- ☐ Dribbling with Contact
- ☐ Catching a 2nd Ball or Tennis Ball

PASSING

- ☐ Baseball Pass
- ☐ Dribble to 1-Hand Pass
- ☐ Behind the Back Pass
- ☐ High-Low Passing
- ☐ Pocket Passing & Lob Passing
- ☐ Slip Pass
- ☐ Hook Pass

SHOOTING

- ☐ Advanced Lay-Up Finishes
- ☐ Floaters
- ☐ Advanced Post Moves
- ☐ Advanced Dribble Moves To Shot
- ☐ Position Specific Shots
- ☐ Bump To Balance
- ☐ Same Foot Same Hand Finishes
- ☐ Pick & Roll Shots
- ☐ Spin Moves to Finishes

REBOUNDING

- ☐ Team Contact Rebounding

RULES

- ☐ Advanced Rules
- ☐ Special Situations

Ages 11-13

OFFENSE

- ☐ Taking the Defenders Space
- ☐ Attacking A Trap
- ☐ Get Hand On Top Drive
- ☐ Organizing the Team
- ☐ Balancing the Floor
- ☐ Advanced Schemes
- ☐ Offensive Alignments
- ☐ Special Situations
- ☐ Fast Break Spacing
- ☐ Reading The Pick & Roll
- ☐ Screen The Screener

DEFENSE

- ☐ Dictate & Keep the Offense Alert
- ☐ Shot Blocking (On the Ball, Help, Open Court)
- ☐ Advanced Schemes
- ☐ Transition
- ☐ Special Situations
- ☐ Timing the Dribble
- ☐ Digging in the Post
- ☐ Loading to the Paint
- ☐ Screen the Screener
- ☐ Getting Multiple Stop

RULES

- ☐ Advanced Rules
- ☐ Special Situations

