***Basketball Skills Checklist***

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| **Dribble** | **SKILL ACHIEVED** | **NEEDS WORK** |
| Head up at all times |  |  |
| Ball handled by fingertips |  |  |
| Dribble height is between knees and hips |  |  |
| Dribble to protected side of the body |  |  |
| Ball is controlled  |  |  |

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| **Pass receive** | **Skill Achieved**  | **Needs work** |
| Eyes on ball |  |  |
| Hands out from chest |  |  |
| Fingers pointed up and spread wide open |  |  |
| Step toward pass |  |  |
| Bring ball into body by bending elbows to cushion |  |  |

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| **Pass Technique**  | **Skill achieved**  | **Needs work** |
| Hands held near chest |  |  |
| Steps towards the ball path  |  |  |
| Elbows extend from tucked position |  |  |
| Release pass with a backspin ( thumb up to a thumb down |  |  |

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| **Shooting**  | **Skill achieved** | **Needs work** |
| Feet shoulder width apart |  |  |
| Knee bent |  |  |
| Shoulders and hips squared to the basket  |  |  |
| Middle finger in the middle of ball |  |  |
| Finger line up with the longitudinal ball line |  |  |
| Fingers spread wide across the ball  |  |  |
| Hand under the ball |  |  |
| Hand placement is on the side of the ball  |  |  |
| Forms a V or T with the shooting hand |  |  |
| Wrist slightly cocked back |  |  |
| Shooting elbow underneath |  |  |
| Beef (Balance, Elbow, Extension, Follow through) |  |  |