

**WINDHAM BASKETBALL
SKILLS PROGRESSION**

GRADE	SHOOTING	DRIBBLING	PASSING	OFFENSE	DEFENSE	REBOUNDING
2nd	I.D Shooting hand behind the ball. Dip for rhythm. Shoot off of 2 feet. Follow through to the basket. Eyes on target. Mechanics will vary.	Attempt to dribble with fingers, not palm of hand. Dribble with the waist down. Dribble with both hands, stationary. Dribble with strong hand while moving.	Two hand chest pass. Two hand bounce pass. Receiver has HANDS READY to catch (Thumbs together).	Attempts dribbling, passing, and shooting techniques to gain a scoring advantage. Understands which basket to score on.	Attempts to guard the dribbler. Starts to identify the need to guard players without the basketball.	Attempt to get the ball when a player shoots.
3rd & 4th	All of above... Two finger release (index & middle). Guide hand glued to wrist. 11 O'Clock turn with feet. Shoulder in line with rim. Lay-up plant foot.	All of above... Dribbles the ball and protects it from Def. Dribbles with weak hand for a weak hand lay-up. Start to dribble with head up.	All of above... 2-Hand over head pass. Ball Fake a pass and make a pass. Pass/catch and move. Receiver meets the pass (move toward, not still or away).	All of above... Utilizes offensive skills to attempt to score. Starts to demonstrate spacing and timing awareness.	All of above... Guards the dribbler (Arm-length away) with proper stance. Identifies what good deny defense should be.	All of above... Identify what boxing out means.
5th & 6th	All of above... Index finger release. Weak hand lay-up & footwork. Understand shooting range.	All of above... Dribble with head up while using either hand and with head up.	All of above... Baseball pass. Pass & Catch timing (see/read the defender). Crisp passes (Avoid floating passes).	All of above... Attempts to utilize passing and screens in half court. Demonstrates proper spacing in transition.	All of above... Disrupts the dribblers ability to dribble freely. Forces the dribbler sideline/baseline. Off-ball defender deny's the first pass. Start to demonstrate 2-pass away positioning.	All of above... Demonstrates box out technique in F.T situations. Attempts to box out on game shots.
7th & 8th	All of above... Understand shot selection.	All of above... Dribble vs pressure with either hand and with head up.	All of above... R/L push pass. Make strong passes while pressured/defended. Intro skip passes & full court passes.	All of above... Attempt to see and read the defense. Improved offensive skill set. Improve screening and spacing concepts. Demonstrate man-man and zone offenses relating to WHS.	All of above... Demonstrates proper footwork and positioning when on-ball, deny, and in "help". Able to help/hedge and get thru off-ball screens. Knows what to do on ball screens.	All of above... Players box out during all defensive shot situations. Does not ball watch. Attempts to rebound and score on Off.
9 Through 12	Shooting hand behind the ball. Catch on 2 feet with slight turn/stagger (shoulder width) to shoot. Dip for rhythm. Hand, Elbow, Shoulder under the ball. Eyes on target (front of rim). Index finger follow-thru. Relaxed shoulders. Guide hand glued to wrist. Shoot and land closer to the basket.Plant off proper foot for (R/L) lay-ups. Shoot on balance, off the catch & the dribble. Mechanics will vary.	All of above... Dribble with fingers, head up, R & L hands with speed and control. Protect the ball and see the floor vs pressure. Uses 1 or 2 moves effectively to drive to the rim (R/L). Dribbles with a purpose (to score or pass).	All of above... 2- Hand chest, bounce, overhead passes. R & L push passes. Baseball pass. Skip passes. Fake & Make a pass. Make strong passes while being defended/pressured. Make well timed passes (see & read the defense). Pass on the move. Receivers meet the ball (don't wait for it to come).	All of above... 2- Players demonstrate good spacing and movement without the ball. Make strong, well timed passes and dribbles with a purpose. Set and use screens properly. Understand plays, where to be and executes the play. Can differentiate between man-man and zone plays. Demonstrates good shot selection. Demonstrates speed, change of speed, and control within transition, and half court sets.	All of above... Man-Man Defense. Plays in a stance. On-Ball Defense (Does not allow the dribbler to penetrate middle and shuts down driving angles). Deny's aggressively and on balance. Demonstrates help side def awareness and positioning. Demonstrates rotation repsonibility when there is offensive action to the paint. Communicates. Gets through screens and hedges screens for teammates. Applies man-man defensive principles to zone defensive concepts and strategies.	All of above... Plays with awareness so he can box out when a shot goes up. Initiates box-out contact. Uses proper upper/lower body technique. Rips the ball with 2 hands. Reads the shot and explodes to get the rebound at his apex.