

Basketball

Grades 3/4 Skill and Concepts checklist:

General:	Working on It	Can do it!
Knows the importance of warmups and practices them		
Is beginning to understand court spacing		
Understands a jump ball starts the game		
Beginning to understand player positions and roles		

Dribbling:	Working on It	Can do it!
Understands what traveling is		
Understands what a double dribble is		
Dribbles with finger pads not palm		
Has a controlled dribble, doesn't slam the ball down on the ground		
Can dribble with one hand		
Can dribble and run at the same time		
Practices dribbling with both hands separately		
Protects the ball with the off hand		
Keeps head and eyes up when dribbling		
Can effectively crossover dribble		

Passing:	Working on It	Can do it!
Understands when to pass		
Passes from chest		
Can effectively chest and bounce pass		
Receives ball with hands, not chest		
Can makes fakes when passing		
Can make an overhead pass		

Shooting:	Working on It	Can do it!
Correctly grips the ball to shoot		
Receives pass in triple threat position		
Can properly demonstrate strong hand layups		
Practices weak hand layups		
Follows own shot		
Shoots with one hand and guides with off hand		
Knows how to ball fake		

Offense:	Working on It	Can do it!
Understands what a V cut is		
Learning how to set a screen		
Moves without the ball		

Defense:	Working on It	Can do it!
Can demonstrate a good defensive stance		
Doesn't initiate contact while playing defense		
Guards the man while seeing the ball at all times		
Boxes out when shot goes up		