

Grades 5/6 Skill and Concepts checklist:

General:	Working on It	Can do it!
Understands a jump ball starts the game		
Understands player and position roles		
Understands backcourt violation		
Understands 3 second violation		
Understands 5 seconds closely guarded		
Understands difference between shooting foul and non-shooting foul		
Understands a held ball and resulting alternating possession		

Dribbling:	Working on It	Can do it!
Understands travel violation		
Understands Double Dribbling violation		
Dribbles with finger pads not palm		
Can dribble and run simultaneously		
Can dribble with strong and weak hand		
Keeps head and eyes up while dribbling		
Can crossover dribble		
Can effectively use a change of pace dribble		
Working on behind the back 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		
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 and weak hand layups		
Follows own shot		
Shoots with one hand and guides with off hand		
Knows how to ball fake		
Can catch and shoot off a screen		
Can shoot off the dribble		

Offense:	Working on It	Can do it!
Understands what a V cut is		
How to properly set a screen		
Effectively recognizes and uses screens with and without the ball		
Beginning to understand basic motion offense		

Defense:	Working on It	Can do it!
Can demonstrate a good defensive stance		
Doesn't initiate contact while playing defense		
Stays in ball-you-man defense		
Boxes out when shot goes up		
Understands the principles of half court man-to-man defense		
Beginning to understand help defense		
Communicates on defense		
Starting to understand help and recover defense on screens		
Can switch on defense and can communicate when to		