

## Player Skills Matrix

The objective of the Player Skills Matrix is to assist coaches in determining and prioritising technical skills in addition to the primary concepts and principles of the sport that junior players should be developing at specific ages. The Matrix is a guide for coaches in assessing their player's current skill proficiencies whilst supporting coaches in developing and preparing their players for the higher age levels. The Matrix can also be used as a "check list" to assist coaches in planning their season program and their weekly team training plans.

### Key

- I** = *Introduced* (skill / concept has been introduced and the player has had some basic practice on it)  
**B** = *Beginning* (player is using the new skill in trainings / games however requires significant development)  
**D** = *Developing* (skill is used in trainings & in games at an average level of proficiency)  
**C** = *Competent* (skill or concept is executed by player in games at a reasonably high level)  
**P** = *Proficient* (skill / concept is used effectively in games)

<b>Body Movement Fundamentals</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Running technique	D	D	C	C	P	P
Running – forwards & backwards	D	D	C	C	P	P
Change of pace	I	B	D	C	P	P
Change of direction, stutter step	I	B	D	C	P	P
Stopping – jump stops & stride stops	I	B	D	C	P	P
Jumping – landing on balance	I	B	D	C	P	P
Pivoting – forward & reverse	I	B	D	C	P	P
Combination running, stopping & pivoting etc.	I	B	D	C	P	P
Squat – walking lunge – glute bridge – push up			I	B	C	P

<b>Cutting, Leading &amp; Sealing</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Straight lead	I	D	C	P	P	P
Blast Cut	I	D	C	P	P	P
V- Cut Lead		I	D	C	P	P
Triangle lead (seal defender)			I	D	C	P
Back cut		I	D	C	P	P
Give and go cut (basket cut)	I	B	D	C	P	P
Flash cut		I	B	D	C	P
Post sealing			I	D	C	P

<b>Dribbling</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Right hand speed dribble	B	D	D	C	P	P
Left hand speed dribble	B	D	D	C	P	P
Control dribble – Stop, Retreat dribble (l & r)	I	B	D	C	P	P
Change of pace dribble – stop & start; hesitation	I	B	D	C	P	P
Crossover dribble	I	B	D	C	P	P
Reverse (spin) dribble		I	B	D	C	P
Behind back dribble			I	B	D	C
Fake crossover dribble (on-side / inside-out)			I	B	C	P
Between legs crossover dribble				I/B	D	C
Combination dribble moves			I/B	D	C	P

<b>Passing</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Catching (give target, move to ball, triple threat)	I	B	D	C	P	P
Push pass (left & right hand)	I	B	D	C	P	P
Push bounce pass (left & right hand)	I	B	D	C	P	P
Chest pass	I	B	D	C	P	P
Chest bounce pass	I	B	D	C	P	P
Overhead pass, lob	I	B	D	C	P	P
Baseball pass	I	B	D	C	P	P
Passing off a cut	I	B	D	D	C	P
Passing on the move	I	B	D	D	C	P
Passing off the dribble	I	B	D	D	C	P
Post Passing			I	B	D	C
Contested passing (pass fakes, pivots)	I	B	D	D	C	C

<b>Shooting</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Right hand speed lay up (off dribble & pass)	I	B	D	C	P	P
Left hand speed lay up (off dribble & pass)	I	B	D	C	P	P
Power lay up (left & right hand)	I	B	D	C	P	P
Reverse lay up (left & right hand)			I	B	D	C
Euro step into lay up (off either foot)			I	B	D	C
Bunny-hop-step into lay up				I	B	D
Baby hook (left & right hand)				I/B	D	C
Shot technique (set or ready position, body alignment, ball position, wrist cock, elbow position, lock and snap, arm extension)	I	B	D	D	C	P
Set shot	I	B	D	D	C	P
Jump shot				I	B/D	C
Set shot / Jump shot off the pass	I	B	D	D	C	P
Set shot / Jump shot off the dribble	I	B	D	D	C	P
Post move – drop step baseline power lay				I/B	D	C
Post move – drop step middle jump hook				I/B	D	C
Post move – Pivot, jump shot				I/B	D	C
Runners /floaters				I/B	D	C

**1 on 1 Skills**

	U8	U10	U12	U14	U16	U18
Lead, catch & rip drive (left & right)	I	B	D	C	P	P
Lead, catch, triple threat, shot fake & drive (l & r)	I	B	D	C	P	P
Lead, catch, triple threat, jab fake & drive			I/B	D	C	P
Combo moves – shot fake, jab fake, pass fake			I	B	D	C
“Live” dribble moves (see dribble skills)	I	B	D	D	C	P
Post cut, seal; catch, drive/pass fakes				I/B	D	C
Pass, drive & shot fakes		I	B	D	C	P

**Rebounding**

	U8	U10	U12	U14	U16	U18
Stance, timing, catch ball with both hands in air	I	B	D	C	P	P
Protect ball (chin the ball, elbows out, balance)	I	B	D	C	P	P
Blocking out (pivot & make contact with offense)			I	B/D	C	P
Defensive – outlet pass, breakout dribble	I	B	D	C	C	P
Offensive – V-cut, hit & spin off defender			I	B	D	C
Tipping				I/B	D	C

**Individual On Ball Defense**

	U8	U10	U12	U14	U16	U18
Stance on the ball	I	B	D	C	P	P
Containment footwork (slide, run, slide)	I	B	D	D	C	P
Channelling the dribbler technique			I	B	D	C
Turning the dribbler			I/B	B/D	C	P
Close out technique			I/B	D	C	P
Taking the charge technique			I	B/D	C	P
Defending the low post player (chest blow)				I	B/D	C

**Individual Off Ball Defense**

	U8	U10	U12	U14	U16	U18
Jumping to the ball		I	B/D	D	C	P
Defending cutters (strike cutters)		I	B	D	C	P
Defend the back cut – head snap / open up			I	B/D	C	P
Pass denial (closed stance - shuffle)			I	B	D/C	C

**Team Defense**

	U8	U10	U12	U14	U16	U18
Defensive transition principles			I	B/D	D	C
Man to man defensive positioning			I	B/D	D	C
Off ball flat triangle positioning (point-the-pistols)			I	B/D	D	C
High & low split line help positions			I	B/D	D	C
Primary rotation principles			I	B/D	D	C
Help & Recover principles (hedging)			I	B/D	D	C
Full court run and jump/trap principles			I	B/D	D	C
Defending down screens; back screens				I/B	D	C
Defending on ball screens			I	B	D	C
Defending dribble hand-offs			I	B/D	D	C
Zone defense principles (2-1-2)				I/B	D	C
Zone press / trap principles				I/B	D	C

<b>Team Offense</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Fast break principles (2 on 1/3 on 2)		I	B	D	C	P
Court spacing / court balance		I	B	D	C	P
Ball movement, ball reversal principles		I	B	D	C	P
Dribble penetration & receivers principles		I	B	D	C	P
Pass, cut & replace		I	B	D	C	P
Playing out of a post pass			I	B/D	D	C
Pass and cut (give & go)		I	B	D	C	P
High post flash cut, back-cut action			I	B	D	C
Down screens (screener & cutter roles/options)			I	B	D	C
Back screens			I	I/B	D	C
Flare screens (up-screens)				I/B	D	C
Cross screens				I/B	D	C
On ball screens (separation, roll/pop, split etc.)				I/B	D	C
Dribble hand-offs			I	B/D	C	P
Zone press breaker principles (player behind, middle & side)			I	B/D	D	C
Man to man press breaker (circle in front/clear out, ball screen)			I	B/D	D	C
Motion offensive principles (5 out; 4 out or 3 out)			I/B	D	C	P
Offensive systems/alignments (Shuffle, Triangle)				I/B	D	C
Zone offense principles				I/B	D	C

<b>State Representative / Elite Level</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Fronting the post / trapping the post					D/C	C
Ball Screen Defense - Hard Show				I/B	D/C	C
Ball Screen Defense - Drops				I/B	D/C	C
Ball Screen Defense - Switch				I/B	D/C	C
Ball Screen Defense - Under				I/B	D/C	C
Defending staggered screens					D/C	C
Defending screen-the-screener action					D	C
Xing out on screening action					I/B	D
Defending turn-outs				I/B	D/C	C
Low post "duck-in"; Slash arm				I/B	B/D	C
Ball screens – pick & pop; pick & roll; reads etc.				I/B	D	C
Trapping ball screens				I/B	D	C
Style of play concepts (see BACT document)				I/B	D	C

<b>Rules</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Scoring	I/B	D	C	P	P	P
Double dribble / carrying the ball	I	B	D/C	P	P	P
Travelling	I	B	D	C	P	P
Backcourt violation				I/B	D/C	P
Jump ball – start game	I	B	D/C	P	P	P
Held ball / possession arrow	I	B	D	C	P	P
Fouls – hands, holding, pushing	I	B	B/D	C	P	P
Fouls - blocking	I	B	D	C	P	P
Fouls - on shooter	I	B	D	C	P	P
Offensive foul (charge)	I	B	D	C	P	P
Five fouls on a player	I	B/D	C	P	P	P
Technical Foul				I/B	D/C	P
Unsportsmanlike Foul				I/B	D/C	P

Five team fouls (bonus situation)		I/B	D/C	P	P	P
3 seconds in key			I	B/D	C/P	P
5 seconds (closely guarded)				I/B	C/P	P
24 second shot clock				I/B	C/P	P
8 seconds in backcourt				I	B/D	C
Goal tending					I/B	D
Out of bounds	I	B	D/C	P	P	P
Free throws – player positions and rules		I/B	D	C	P	P
Time outs			I/B	D/C	P	P
Substitutions			I/B	D/C	P	P

<b>Miscellaneous</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Court terminology (e.g. baseline, key etc.)	I	B/D	C	P	P	P
Player positions / roles			I/B	D	C	C
Knowledge of game clock & score; 24" clock			I/B	D	C	C
Inbounds baseline / sideline			I/B	D	C	C