

Appendix II: Basketball Skills

Skills	Overall Level					
	3	4	5	6	7	8
Passing						
Pass the ball to a partner using different methods	○					
Catch the ball from a partner with both hands and then pass it on	○					
Pass the ball to different partners in different directions	○	○				
Catch the ball with both hands from different directions	○	○				
Catch the ball with both hands and pass it along in a different direction		○				
Turn and pass the ball towards the target		○				
Receive the ball while moving and pass it on		○				
Pass and catch the ball under pressure			○			
High dribble (with speed) and use lay-up step to pass towards the target			○	○		
Get the rebound, turn and pass the ball				○		
Move to appropriate positions in games to receive passes				○		
Use appropriate passing and receiving skills in games					○	○
Dribbling	3	4	5	6	7	8
Dribble with right/left hand on the spot	○					
High dribble with right/left hand and move forward to the target with speed	○	○				
Sudden stop after high dribble with right/left hand, then continue to dribble		○				
Dribble with either hand while moving		○				
Dribble in figure of “8” with left/right hand		○				
Dribble in figure of “8” using cross-over dribble			○			
Dribble with left and right hand and using cross-over dribble to break the defence				○		
Change direction while dribbling to break the defence			○	○		
Observe the situation around when dribbling				○	○	○
Protect the ball with the body and continue dribbling when guarded					○	○
Dribble with changing directions and speed to shake off opponents					○	○
While moving with the ball, turn back to shake off opponents						○

Skills	Overall Level					
	3	4	5	6	7	8
Shooting						
Set shot (two or one-handed)		○	○			
Drive shot			○			
Shooting after rebound			○	○		
Catching and shooting			○	○		
Lay-up shot after catching the ball				○	○	
Pivot shot				○	○	
Dribbling and lay-uping on one's own				○	○	
Jump shot					○	
Jump shot after rebound					○	○
Seizing opportunities to shoot in games			○	○	○	○
Hook shot						○
Offence and defence	3	4	5	6	7	8
Guarding the passer			○			
Guarding the dribbler			○	○		
Blocking the pass			○	○		
Posting (e.g. forward, centre, guard, etc)						○
Players' positions during jump ball						○
Moving to support or cover teammates in games					○	○
Moving into appropriate positions in games for blocking (or screening) and destroying opponent's defence					○	○
Defence: man-to-man				○	○	
Defence: zone defence (five players)					○	○
Rules and regulations	3	4	5	6	7	8
Travelling		○				
Illegal dribble		○	○			
Foul			○	○		
Positions of offensive and defensive players during penalty shot					○	
3-second rule, 8-second rule, ball returned to back court, jump ball, penalty shot						○
Refereeing						○