

Coaching Checklist



K-2 Grade

At the conclusion of the 2nd grade season of Junior Jazz, players should be proficient at each of the following skills below.

Ball Size: 27.5 Youth Basketball
Basket height: 8 ft.

Ball Handling

- Toss and catch
- Stationary dribbling
- Walking dribble

Passing

- Stationary chest pass
- Stationary bounce pass

Shooting

- Stationary form shooting
- Strong handed lay-up
- Using the backboard (8ft)

Defense

- Stay between man and basket
- Defensive stance
- Defensive slide

Other

- Understand the basketball court markings
- Intro to the rules; travel, double dribble, out of bounds, scoring

3-4 Grade

At the conclusion of the 4th grade season of Junior Jazz, players should be proficient at each of the following skills below.

Ball Size: 28.5 Womens Basketball
Basket height: 9 ft.

Ball Handling

- Stationary crossover
- Walking crossover
- Change of direction dribble

Passing

- Hitting the target
- Pass to a moving player
- Pivot and pass
- Pass off the dribble

Shooting

- Lay-up form
- Shot off dribble
- Free throws

Rebounding

- Boxing out
- Jump, catch and land

Offense

- Pass and cut
- Give and go
- The pass is faster
- Two footed jump stop
- Athletic stance/triple threat

Defense

- Change of direction defense
- On/off ball defense
- Half court man to man

Other

- Advanced explanation of rule; 3 seconds, back court, fouls, lining up for free throws

5-6 Grade

At the conclusion of the 6th grade season of Junior Jazz, players should be proficient at each of the following skills below.

Ball Size: 29.5 Full Size Basketball
Basket height: 10 ft.

Ball Handling

- Spin move
- Dribbling through defenders
- Running crossover
- Between the legs dribble
- Pivoting

Passing

- Running pass
- Pass fakes
- Backdoor pass

Shooting

- Weak hand lay-ups
- Catch and shoot
- 3-pt shot

Rebounding

- Live rebounding with contact
- Catching and protecting the ball

Offense

- Screening (on ball/off ball)
- Fast break spacing/concept
- Basic set plays

Defense

- Closeout defense
- Defending screens
- Help the helper
- Denying
- Transition defense

Other

- Full explanation of rules