



Adult Basketball Skill Definitions

Recreational

- Just want to have fun!
- Dribble with control using your dominant hand and keep your head up
- Make layups and basic jump shots from close to mid-range
- Pass accurately and move after passing to stay involved in the play
- Stay in front of your man on defense and keep your hands up
- Box out and go for rebounds on both ends
- Understand basic rules and communicate with teammates

Intermediate

- Dribble confidently with both hands and change direction under control
- Hit open mid-range and spot-up 3-point shots with decent consistency
- Make quick, accurate passes and read simple defensive rotations
- Defend 1-on-1 effectively and rotate or help on defense when needed
- Rebound with proper positioning and attempt to box out every time
- Move without the ball (cut, screen, space the floor) and communicate on both ends

Competitive

- Handle the ball under pressure using both hands, including change-of-pace and combo moves
 - Shoot consistently from all three levels (layups, mid-range, and 3-point range) off the catch and dribble
 - Make advanced passes (e.g. skip, pocket, drive-and-kick) and read defenses in real time
 - Defend multiple positions with solid footwork, help instincts, and on-ball pressure
 - Crash the boards aggressively and start or support the fast break
 - Move with purpose off the ball (use screens, create space, time cuts) and communicate constantly on both ends
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