



# SPIRIT MAGIC BASKETBALL – SKILLS MATRIX

I = Introduced R = Reinforced M = Mastered

Fundamentals	U8	U10	U12	U14	U16
Running - Change of pace / direction	I	R	M	M	M
Stopping – jump stops & stride stops	I	R	M	M	M
Pivoting – forward & reverse	I	R	M	M	M
Court terminology	I	R	M	M	M

Passing / Receiving	U8	U10	U12	U14	U16
Catching / receiving ("open fingers")	I	R	M		
Move to ball	I	R	M		
Chest pass	I	R	M		
Bounce pass	I	R	M		
Overhead pass		I	R	M	
Baseball pass		I	R	M	
Pass fakes		I	R	M	

Shooting	U8	U10	U12	U14	U16
Lay-up – strong hand	I	R	M		
Lay-up – weak hand		I	R	M	
Reverse lay-up		I	R	M	
Set shot		I	R	M	
Jump shot			I	R	M
Foul shots	I	R	M		
Power lay-up		I	R	M	
Catch & shoot		I	R	M	
Dribble & shoot		I	R	M	

Individual Defence	U8	U10	U12	U14	U16
Defensive stance	I	R	M		
Maintaining position	I	R	M		
Footwork – shuffle / drop-step	I	R	M		
Use of hands	I	R	M		
Turning the dribbler		I	R	M	
Channelling the dribbler		I	R	M	
Man-to-man – guarding the ball handler	I	R	M		
Man-to-man – one pass away, two or more		I	R	M	
Defensive triangle ("pointing pistols")		I	R	M	
Jumping to the ball		I	R	M	
Close out		I	R	M	
Defending cutters			I	R	M
Defending screens			I	R	M
Defending post players			I	R	M

Team Offense	U8	U10	U12	U14	U16
Court spacing	I	R	M		
Ball movement, ball reversal		I	R	M	
Pass, cut & replace		I	R	M	
Give & go		I	R	M	
Dribble entries		I	R	M	
Screen the ball & roll			I	R	M
Screen away			I	R	M
Skip passes			I	R	M
Back screens			I	R	M
Down screens			I	R	M
Cross screens			I	R	M
Offensive alignments		I	R	M	
Fast break		I	R	M	
Motion offense principles			I	R	M
Zone offense principles				I	R



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Out-Of-Bounds Plays	U8	U10	U12	U14	U16
Offensive baseline		I	R	M	
Defensive baseline		I	R	M	
Offensive sideline		I	R	M	
Defensive sideline		I	R	M	

Rebounding	U8	U10	U12	U14	U16
Stance, Positioning		I	R	M	
Protection of ball		I	R	M	
Positioning		I	R	M	
Offensive – power layup			I	R	M
Defensive – outlet pass / power dribble		I	R	M	

Rules	U8	U10	U12	U14	U16
Scoring	I	R/M			
Double (illegal) dribble	I	R/M			
Travel	I	R/M			
Backcourt violation	I	R/M			
Jump ball – start of each half	I	R/M			
Jump ball – held ball	I	R/M			
Fouls – hands	I	R/M			
Fouls – blocking	I	R/M			
Fouls – on shooter	I	R/M			
Five fouls on a player	I	R/M			
Eight team fouls	I	R/M			
3 seconds in key		I	R	M	
5 seconds guarded		I	R	M	
8 seconds in backcourt		I	R	M	
Jump balls – held ball	I	R	M		
Out of bounds	I	R	M		
Free throws – positions and rules	I	R	M		

Jump Ball	U8	U10	U12	U14	U16
Positioning (offensive & defensive)	I	R	M		
Technique	I	R	M		
Plays		I	R	M	

Dribbling (strong and weak hands)	U8	U10	U12	U14	U16
Speed dribble	I	R	M		
Control dribble	I	R	M		
Power dribble		I	R	M	
Retreat dribble	I	R	M		
Change of pace / hesitation dribble		I	R	M	
Crossover dribble	I	R	M		
Reverse (spin) dribble		I	R	M	
Behind back dribble		I	R	R	M
Between legs dribble			I	R	M

Team Defence	U8	U10	U12	U14	U16
Half-court man-to-man	I	I	R	M	
Full-court man-to-man		I	R	M	
Rotation principles			I	R	M
Zone press			I	R	M
Run and jump			I	I	R/M
Zone defence (2-1-2, 1-2-2, 1-3-1)				I	R/M
Fastbreak defence		I	R	M	
Trapping			I	R	M