



Coaching Checklist

Kindergarten, 1st and 2nd Grade

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

Suggestions: Basket Set To 8 ft.

27.5 (Youth) Size Basketball

Ball Handling:

- Toss & 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
- Introduction to the Rules (Travel, Double Dribble, Out of Bounds, Scoring)

3rd and 4th Grade

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

Suggestions: Basket Set To 9 ft.

28.5 (Women's) Size Basketball

Ball Handling:

- Stationary Crossover
- Walking Crossover
- Change of Direction Dribble

Passing:

- Hitting the Target
- Pass to a Moving Player
- Pivot & Pass
- Pass Off the Dribble

Shooting:

- Lay-Up Form
- Shot off Dribble
- Free Throws

Rebounding:

- Boxing Out
- Jump, Catch and Land

Offense:

- Pass & Cut
- Give & 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 Rules (3 seconds, Back Court, Fouls, Lining up for free throws)

5th and 6th Grade

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

Suggestions: Basket Set To 10 ft.

29.5 (Full) Size Basketball

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

Explanation

Videos at:

JazzYouth.com