

Brewster Recreation

3-4th & 5-6th grade basketball Coaches Checklist

Players should be able to do the following by the end of the season:

Dribbling-

- Understand what a “travel” is
- Understand what a “double dribble” is
- Can dribble with both hands, using finger tips
- Keeps eyes up while dribbling
- Can protect the ball with his/her off hand
- Can run and change speed with the ball

Passing-

- Can execute both bounce and chest passes
- Understands when and who to pass the ball to
- Can make an effective ball fake when needed
- Receives the ball with two hands when being passed to

Shooting-

- Is familiar with the proper form when shooting
- Is comfortable shooting layups with both hands
- Follows his/her own shot
- Is in a triple threat position when they receive a pass
- Can make a ball fake to help open up a shot

General-

- Understands things such as court spacing, ball movement, off the ball defense, and boxing out.
- Is familiar with all league rules
- Knows how to get open using a V cut
- Moves without the ball on offense
- Plays defense without making contact with their opponent
- Knows the various positions (guard, forward, center)
- IS HAVING FUN!!

