

## Player Development Skills Matrix

### About the guide:

The following table contains player skill areas with levels standardised against age. Coaches should refer to these skill-level tables and use as a guide when deciding on skill development drills to be used at training for players in their care.

### Levels within a skill area:

1. Introduce (I) = Introduce skill at training, may not necessarily evident in games.
2. Refine (R) = Skill sometimes evident in games.
3. Mastered (M) = Skill often evident in (more than half) the games.

All children develop at different times, and will not necessarily match the standard rating level for their age. However, as a Coach you are able to work towards developing each child towards the standard, as opportunities

Body Movement Fundamentals:	U8	U10	U12	U14	U16	U18
<a href="#">Running</a>	I	R	M			
<a href="#">Change of Pace</a>	I	R	M			
<a href="#">Change of Direction</a>	I	R	M			
<a href="#">Jump or Stride Stop</a>	I	R	M			
Jumping * No Link	I	R	M			
<a href="#">Pivoting Forward &amp; Reverse</a>	I	R	M			

Ball Handling:	U8	U10	U12	U14	U16	U18
<a href="#">Ball Pats</a>	I	R	M			
<a href="#">Figure 8 Legs</a>	I	R	M			
<a href="#">Ball Around Body</a>	I	R	M			
<a href="#">Criss Cross</a>		I	R	M		
Toss Overhead * No Link		I	R	M		
<a href="#">Spin Ball on Finger</a>		I	R	M		

Dribbling (Strong & Weak Hand):	U8	U10	U12	U14	U16	U18
<a href="#">Dribble Fundamentals</a>	I	R	M			
<a href="#">Speed Dribble</a>	I	R	M			
Control Dribble * No Link	I	R	M			
<a href="#">Retreat (Backup) Dribble</a>	I	R	M			
<a href="#">Crossover Dribble</a>	I	R	M			
Power Dribble * No Link		I	R	M		
<a href="#">Change Pace/Stutter/Hesitation Dribble</a>		I	R	M		
<a href="#">Reverse Pivot Dribble</a>		I	R	M		
<a href="#">Behind Back Dribble</a>		I	R	M		
<a href="#">Fake-Crossover (Inside-out) Dribble</a>			I	R	M	
<a href="#">Between Legs Dribble</a>			I	R	M	

<b>Passing/Receiving:</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
<a href="#">Passing Fundamentals</a>	I	R	M			
<a href="#">Catching Fundamentals</a>	I	R	M			
Move to Ball * No Link	I	R	M			
<a href="#">Chest Pass</a>	I	R	M			
<a href="#">Bounce Pass</a>	I	R	M			
<a href="#">Overhead Pass</a>		I	R	M		
<a href="#">Baseball Pass</a>		I	R	M		
<a href="#">Push Pass</a>		I	R	M		
<a href="#">Pass Fake</a>		I	R	M		

<b>Shooting:</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
<a href="#">BEEF Fundamentals</a>	I	R	M			
<a href="#">Lay-up – Strong Hand</a>	I	R	M			
<a href="#">Foul Shots</a>	I	R	M			
<a href="#">Lay-up – Weak Hand</a>		I	R	M		
<a href="#">Set Shot</a>		I	R	M		
<a href="#">Catch &amp; Shoot</a>		I	R	M		
<a href="#">Dribble &amp; Shoot</a>		I	R	M		
<a href="#">Jump Shot</a>			I	R	M	
<a href="#">Power Layup</a>			I	R	M	
<a href="#">Reverse Layup</a>			I	R	M	
<a href="#">Hook Shot</a>			I	R	M	

<b>Individual Offence:</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
<a href="#">Triple Threat Position</a>	I	R	M			
<a href="#">Jab Step – Drive</a>		I	R	M		
<a href="#">Jab Step – Crossover</a>		I	R	M		
Jab Step – Shoot * No Link		I	R	M		
<a href="#">Shot Fake</a>		I	R	M		
<a href="#">Post - Fundamentals</a>		I	R	M		
<a href="#">Post - Drop-step</a>			I	R	M	
<a href="#">Post - Turn-around</a>			I	R	M	
<a href="#">V-cuts</a>	I	R	M			
<a href="#">Flash Cuts</a>		I	R	M		
<a href="#">Flare Cuts</a>		I	R	M		
<a href="#">Curl Cuts</a>		I	R	M		
<a href="#">Back Cuts (Back-door)</a>		I	R	M		

<b>Rebounding:</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
<a href="#">Stance</a>		I	R	M		
<a href="#">Protection of Ball</a>		I	R	M		
<a href="#">Positioning</a>		I	R	M		
<a href="#">Box Out</a>		I	R	M		
<a href="#">Defensive – Outlet Pass, Power Dribble-out</a>		I	R	M		
Offensive – Power Layup * No Link			I	R	M	

<b>Team Offense:</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
Court Spacing * No Link	I	R	M			
Ball Movement and Reversal * No Link		I	R	M		
<a href="#">Pass Cut &amp; Replace</a>		I	R	M		
<a href="#">Give &amp; Go</a>		I	R	M		
Dribble Entry * No Link		I	R	M		
<a href="#">Screen the Ball &amp; Roll</a>		I	R	M		
<a href="#">Screen Away</a>		I	R	M		
<a href="#">Skip Passes</a>			I	R	M	
<a href="#">Back Screens</a>			I	R	M	
<a href="#">Down Screens</a>			I	R	M	
<a href="#">Cross Screens</a>			I	R	M	
Offensive Alignments * No Link		I	R	M		
<a href="#">Fast Break</a>		I	R	M		
<a href="#">Motion Offence Principles</a>			I	R	M	
<a href="#">Zone Offence Principles</a>			I	R	M	
<a href="#">Delay Game (Freeze)</a>			I	R	M	

<b>Out-of-Bounds Plays:</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
<a href="#">Offensive Baseline</a>		I	R	M		
Defensive Baseline * No Link		I	R	M		
<a href="#">Offensive Sideline</a>		I	R	M		
Defensive Sideline * No Link		I	R	M		

<b>Jump Ball:</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
<a href="#">Positioning (Offensive &amp; Defensive)</a>	I	R	M			
Technique * No Link	I	R	M	M		
<a href="#">Plays</a>		I	R	M		

<b>Individual Defense:</b>	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>
<a href="#">Defensive Stance</a>	I	R	M			
<a href="#">Maintaining Position (Stance)</a>	I	R	M			
<a href="#">Footwork – Shuffle/Slide Step</a>	I	R	M			
Footwork – Drop-step * No Link	I	R	M			
<a href="#">Use of Hands</a>	I	R	M			
<a href="#">Turning the Dribbler</a>		I	R	M		
Channelling the Dribbler * No Link		I	R	M		
<a href="#">Man-to-Man – Guard Ball-handler</a>	I	R	M			
<a href="#">Man-to-Man – One Pass Away</a>		I	R	M		
<a href="#">Man-to-Man – Over One Pass Away</a>		I	R	M		
<a href="#">Defensive Triangle (Pointing Pistols)</a>		I	R	M		
<a href="#">Jumping to the Ball</a>		I	R	M		
<a href="#">Close Out</a>		I	R	M		
<a href="#">Defending Cutters</a>			I	R	M	
<a href="#">Defending Screens</a>			I	R	M	
<a href="#">Defending Post Players</a>			I	R	M	
<a href="#">Taking the Charge</a>			I	R	M	

Team Defense:	U8	U10	U12	U14	U16	U18
<a href="#">Half-court Man-to-Man</a>		I	R	M		
<a href="#">Full Court Man-to-Man</a>		I	R	M		
Rotation Principles * No Link			I	R	M	
<a href="#">Zone Press</a>			I	R	M	
<a href="#">Run &amp; Jump</a>				I	R	M
<a href="#">Zone Defence (2-1-2; 1-2-2; 1-3-1; 2-3)</a>			I	R	M	
<a href="#">Fast Break Defense</a>		I	R	M		
<a href="#">Trapping</a>			I	R	M	