

AUSSIE HOOPS SKILL COMPETENCY CHECKLIST



The Aussie Hoops Rookie will be able to...	The Aussie Hoops Starter will be able to...	The Aussie Hoops All-Star will be able to...
<input type="checkbox"/> Shoot a size 5 basketball into a 6 foot ring with follow-through.	<input type="checkbox"/> Shoot a size 5 basketball into a 8 foot ring, following a dribble or catch.	<input type="checkbox"/> Shoot a shot and a layup using a size 5 basketball into a 10 foot ring.
<input type="checkbox"/> Catch and pass with a partner over close distances (stationary).	<input type="checkbox"/> Combine dribbling with a shot or pass without pressure.	<input type="checkbox"/> Has confidence to dribble under pressure.
<input type="checkbox"/> Dribble with both left and right hands in a controlled manner whilst walking.	<input type="checkbox"/> Pass to a moving partner whilst moving.	<input type="checkbox"/> Can pass to an open teammate under pressure.
<input type="checkbox"/> Can perform a variety of basic ball-handling activities whilst stationary.	<input type="checkbox"/> Dribble with both left and right hands in a controlled manner whilst jogging.	<input type="checkbox"/> Able to recognise and run towards space to receive a pass.
<input type="checkbox"/> Perform a variety of movement patterns (run, skip, hop, shuffle, jump, backpedal, start (accelerate), stop (deceleration)).	<input type="checkbox"/> Able to perform basic roles during games (tagger, etc.).	<input type="checkbox"/> Able to establish and maintain a defensive opponent from correct stance (man-to-man).
<input type="checkbox"/> Perform skill in response to a basic cue from coach (e.g. Red Light!).	<input type="checkbox"/> In a team situation is able to play games against an opponent	<input type="checkbox"/> Able to change roles during games (attacker to defender, etc.).
<input type="checkbox"/> Can pivot in a circle.	<input type="checkbox"/> Able to establish and maintain a defensive opponent (man-to-man).	<input type="checkbox"/> Perform skill in response to a movement from defender.
<input type="checkbox"/> Uses space to evade threats in 'tag' activities.	<input type="checkbox"/> Understand basic rule violations (travel, double dribble) and basic fouls.	<input type="checkbox"/> Stops and starts dribbling with limited illegal movement.
<input type="checkbox"/> Able to perform basic roles during games (tagger, etc.).	<input type="checkbox"/> Responds to questions for coach and provides feedback on activity.	<input type="checkbox"/> Shares ball possession with teammates in competitive situations.
<input type="checkbox"/> Communicate and co-operate with a variety of team mates during activities.	<input type="checkbox"/> Accept decision of coach or referee.	<input type="checkbox"/> Is able to communicate with team mates during competitive situations.
<input type="checkbox"/> Understand the need to follow group rules.	<input type="checkbox"/> Perform movement skills including change of direction, stride stop, jump stop and pivot.	<input type="checkbox"/> Understanding of game administration (substitutions, jump ball, inbound pass etc.).
<input type="checkbox"/> Understands boundary areas for playing games and basic court markings (baseline, sideline, freethrow line).		

