



## Middle School Player Defined Skill Level

5th-8th Grades

| <b>Drill</b>  | <b>Beginner</b>   | <b>Intermediate</b>  | <b>Advanced</b>  |
|---|---|--|--|
| <b><u>Full Court Dribbling</u></b><br><b>Strong Hand at Full Speed</b><br><b>Weak Hand at Full Speed</b>          | 1-2 mistakes or unable to go fullspeed<br>Multiple mistakes or unable to go fullspeed                   | No mistakes<br>1-2 mistakes or unable to go fullspeed                        | No mistakes<br>No mistakes   |
| <b><u>Stationary Ballhandling</u></b><br><a href="#">Figure 8 Drill :30</a>                                       | Can perform less than 20 revolutions  | Can perform 20+ revolutions  | Can perform 23+ full revolutions   |
| <b><u>Layups</u></b><br><b>Strong Hand</b><br><b>Weak Hand</b><br><a href="#">Cone Layups :45</a>                 | Can make less than 75% of the time<br>Can make less than 33% of the time<br>Can make less than 5 layups | Can make 75%+ of the time<br>Can make 33%+ of the time<br>Can make 5+ layups | Can make 90%+ of the time<br>Can make 50%+ of the time<br>Can make 7+ layups |
| <b><u>Speed and Agility</u></b><br><a href="#">Switch Cone Slides :30</a><br><a href="#">Sideline Sprints :30</a> | Can move less than 10 cones<br>Can get less than 6 touches  | Can move 10+ cones<br>Can get 6+ touches                                     | Can move 12+ cones<br>Can get 7+ touches                                     |
| <b><u>Shooting</u></b><br><a href="#">Mikan Drill :30</a><br><a href="#">Cone Jumpers :45</a>                     | Can make less than 7 shots<br>Can make less than 2 jumpers  | Can make 7+ shots<br>Can make 2+ jumpers                                     | Can make 10+ shots<br>Can Make 4+ jumpers                                    |

**Intermediate Players should be able to achieve at least 7 of the 10 items above.**

**Advanced Players should be able to achieve at least 7 of the 10 items above.**

Drills that are [Underlined](#) can be clicked on for videos.