**FUNDAMENTAL PROGRESSION SKILLS CHART**

This table can be used as a guide for measuring a player’s ability and approximately what level a player may be able to compete at.

N – Novice – Player just beginning so learning skills but not practiced repeatedly**.**

D – Developing – Skill to be demonstrated and understood when to be used and practiced repeatedly.

P – Proficient – Skill is familiar to the player, practiced extensively, knows when to use in game situations.

M – Mastered – Skill to be mastered to near perfection.

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| **WHEELCHAIR MOVEMENT** | **Beginner**  **Level 1** | **Region**  **Level 2** | **State/Natl League**  **Level 3** | **Australian / Int’l**  **Level 4** |
| Pushing Tech  Forward | P | M | M | M |
| Pushing Tech Backwards | P | M | M | M |
| Stop / start | P | M | M | M |
| Changing Direction | P | M | M | M |
| Change of Pace | D | P | M | M |
| Spin / Turn | P | M | M | M |
| V –Cut / L – Cut / Banana Cut | D | P | M | M |
| Speed Push | P | M | M | M |
| Weave through Cones | D | P | M | M |
| U Turns | D | P | M | M |
| Turn Outs | D | P | M | M |
| Pull Backs | D | P | M | M |

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| **BALL HANDLING / DRIBBLING** | **Beginner**  **Level 1** | **Region**  **Level 2** | **State/Natl League**  **Level 3** | **Australian / Ínt’l**  **Level 4** |
| Finger Tips | D | P | M | M |
| Wrap around / Head | D | P | M | M |
| Wrap around / Stomach | D | P | M | M |
| Pick ball off the floor | D | P | M | M |
| Control Dribble (Stationary) (R) (L) | P | M | M | M |
| Control Dribble (Moving) (R) (L) | P | M | M | M |
| Crossover Dribble | P | M | M | M |
| Over the Lap Crossover | P | M | M | M |
| Change of Pace Dribble | D | P | M | M |
| Retreat Dribble | D | P | M | M |
| Speed Dribble | D | P | M | M |
| Bounce Stop | D | P | M | M |

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| **PASSING** | **Beginner**  **Level 1** | **Region**  **Level 2** | **State/Natl League**  **Level 3** | **Australian/Int’l**  **Level 4** |
| One Hand Push Pass (Chest) (R) (L) | M | M | M | M |
| Two Hand Chest Pass | M | M | M | M |
| One Hand Bounce (R) (L) | M | M | M | M |
| Two Hand Bounce | M | M | M | M |
| Two Hand Overhead | P | M | M | M |
| Hook Pass (R) (L) | P | M | M | M |
| Lob Pass | D | P | M | M |
| Skip Pass | D | P | M | M |
| One Handed Baseball | D | P | M | M |
| **SHOOTING** | **Beginner**  **Level 1** | **Region**  **Level 2** | **State/Nat’l League**  **Level 3** | **Australia / Int’l**  **Level 4** |
| Lay Up (R) (L) | D | P | M | M |
| Set Shot (6,8,10ft) | D | P | M | M |
| Set Shot (12, 15ft, 18ft) | D | P | M | M |
| Free Throws | D | P | M | M |
| 3 Point Shot | D | P | M | M |
| Hook Shot (inside)(R/L) | D | P | M | M |
| Spin and Shoot | D | P | M | M |
| Curl and Shoot (R/L) | D | P | M | M |
| One Handed Shot above head inside (High Pt’s) | D | P | M | M |
| Set Shots on the Move | D | P | M | M |
| Reverse Lay-ups (R/L) | D | P | M | M |
| Non Dominant Hand | D | P | M | M |

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| **REBOUNDING** | **Beginner**  **Level 1** | **Region**  **Level 2** | **State/Nat’l League**  **Level 3** | **Australian /Int’l**  **Level 4** |
| Defence – Blocking out – hit the chair | D | P | M | M |
| Defence – Rebound –Protect Ball | D | P | M | M |
| Defence - Outlet | D | P | M | M |
| Offence - Avoiding Blockout | D | P | M | M |
| Offence – Follow Shot | D | P | M | M |
| **DEFENCE**  **Individual skills and team focused skills** | **Beginner**  **Level 1** | **Region**  **Level 2** | **State/Nat’l League**  **Level 3** | **Australian/Int’l**  **Level 4** |
| On the ball Pressure | P | M | M | M |
| Chair Contact | P | M | M | M |
| Communication | P | M | M | M |
| Deny Picking Situations | P | M | M | M |
| On the ball Contain | P | M | M | M |
| One on One Shadow | P | M | M | M |
| Closing Out | D | P | M | M |
| Deny flash cut inside | D | P | M | M |
| Deny players turning to the basket | D | P | M | M |
| Turning to Greatest Threat | D | P | M | M |
| Two on Two- staying Flat | D | P | M | M |
| Three on Three - Staying flat | D | P | M | M |
| Four on Four – Staying flat | D | P | M | M |
| Five on Five – keeping the line | D | P | M | M |
| Help and Recover | D | P | M | M |
| Colour jumping codes / Principles | D | P | M | M |
| Triple Switch Principles | D | P | M | M |
| Tea Cup Principles | D | P | M | M |
| Squeezing up on screen | D | P | M | M |
| Pack it in key principles | D | M | M | M |

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| **OFFENCE**  **Individual skills and team focused skills** | **Beginner**  **Level 1** | **Region**  **Level 2** | **State/Nat’l League**  **Level 3** | **Australian/ Int’l**  **Level 4** |
| **Numbers Principles**  2 on 1 | P | M | M | M |
| 3 on 2 | P | M | M | M |
| 4 on 3 | P | M | M | M |
| 5 on 4 | P | M | M | M |
| Crossing in Transition Principles | D | P | M | M |
| Ball Movement | P | M | M | M |
| Throwing Open | D | P | M | M |
| Communication (non verbal) | D | P | M | M |
| Space & timing | D | P | M | M |
| Screen & Roll | D | P | M | M |
| Slipping the Screen | D | P | M | M |
| High Seals | D | P | M | M |
| Low Seals | D | P | M | M |
| Picking the Point | D | P | M | M |
| Back Picks | D | P | M | M |
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