

	1	2	3	4	5	6	7	8	9	10
Shooting	Little to no competency	I shoot with two hands or another unorthodox style from a stationary position.	I have a functional release, no consistent lift, and limited consistency in my shot.	I have a functional release, but it changes every shot and I seldom make a shot with a defender around.	I have a decent release, little lift, good arc, and I am a streaky shooter. I have minimal confidence.	I can somewhat consistently make a shot when left wide open, and my footwork is getting better.	I have a consistent release, good lift, and proficient arc and footwork. My shooting percentages are dependable.	I possess a consistent high and quick release, disciplined footwork, and high shooting percentages.	I have an elite-level shooting ability from mid-range, free throws, and 3-pointers applicable to all levels.	Ray Allen
Passing	Little to no competency	I know how to make a chest and bounce pass but have little accuracy or strength.	I can functionally complete a variety of passes within a controlled passing drill.	I can functionally complete a variety of passes consistently within a stationary position during game play.	I can consistently make a variety of passes within a game setting with minimal speed off the dribble with little to no ball pressure.	I can make all types of passes, but I am not sure when to use them most effectively during a game.	I can make all types of passes with either hand while committing limited turnovers at higher speeds and competitive levels under decent ball pressure.	I can make all types of passes with either hand at full speed under aggressive ball pressure.	I show elite-level passing decision-making while playing against higher level competition and aggression.	John Stockton
Driving/ First Step	Little to no competency	I am slow, I travel, and I have no intention while driving. I have trouble converting a layup with my dominant hand.	I am slow, methodical, and predictable. I can convert a layup with my dominant hand.	I have average speed and burst. I can go either way, and I can functionally finish with my off hand.	I have average speed and burst. I am able to get by my defender. I can fundamentally finish with either hand.	I have above average speed and burst, a decent amount of moves, and can finish in a variety of ways, but inconsistently.	I have above average speed and burst; I can consistently finish with both hands and a variety of moves, and I can finish above the rim.	I have a very quick and explosive first step. I have an arsenal of moves and can get to the foul line. I have good body control while finishing and can consistently finish above the rim.	I have an elite-level first step that allows me to get around any defender. I am a consistent finisher above and below the rim with either hand. I have great body control and I constantly earn trips to the foul line.	Derrick Rose
Rebounding	Little to no competency	I have no positioning, don't block out, and have minimal effort and coordination.	I have minimal positioning, I shy away from body contact, and I do not move to the ball. I still have minimal effort and coordination.	I will get the ball if it comes to me without much resistance. Please do not fight me for the positioning.	I have average positioning and reaction to the ball. I show consistent effort to block out. I show minimal instinctive ability with decent hands, coordination, and minimal effort	I have above average positioning and reaction to the ball. I show a deeper effort and commitment to blocking out and getting the ball in my proximity.	I consistently get rebounds in my proximity and show an effort to gain possession of loose balls on offense and defense. I show elevation in gaining possession.	I find great joy in battling for position and I truly love getting the rebounds, but I am often hindered by natural size and athleticism	I have elite-level effort and physicality on the boards. I have great hands for rebounding in all proximities. I show extreme passion for obtaining possession.	Dennis Rodman
Defense	Little to no competency or desire	I have no established footwork or desire. I am a moving pylon.	I show minimal desire, movement, and position. I have no established footwork.	I have established footwork, but moderate desire, movement, and position. I have no real concept of off-the-ball awareness and minimal anticipatory speed.	I have average footwork, desire, movement, position, and minimal off the ball awareness.	I have above average footwork, desire, and position. I show decent discipline on and off the ball.	I possess high level footwork, position, and discipline. I show smart aggression without fouling. I am able to force my opponent to deviate on a more consistent basis.	I show high level competency in all fundamentals of defense while showing aggressive hands and feet for an entire possession.	I am an elite-level defender who is naturally gifted with physical attributes to compliment great fundamentals.	Lebron James

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Post Play	Little to no competency	I don't know where the basket is, but I want to score.	I know where the basket is, but I don't know where to be. I know how to score facing the basket with no defenders.	I know where to be. I can catch the ball. I can turn around, face the basket, and score with very limited defense or pressure.	I can catch, turn, face, and make one move or put the ball down once, but I do not like physicality.	I can finish with both hands with minimal contact, and I have a few go-to moves.	I can finish with either hand while either facing the basket or with my back to it. I can play with contact. However, my footwork is slow.	I can finish consistently in a variety of ways—including above the rim—with great footwork. I love contact.	I am an elite-level post player that loves physicality, is strong enough to play through the contact, and has footwork to gain advantage and free throws.	Hakeem Olajuwon
Ball Handling	Little to no competency	I can dribble with my dominant hand but struggle to look up and move at the same time.	I can dribble with my dominant hand while occasionally looking up and have functional use of off-hand while moving	I can dribble with both hands with a slow crossover while looking up consistently and moving at a jogging speed.	I can dribble effectively with either hand with a decent crossover while looking up and moving at moderate game speed, showing occasionally a variety of dribbling moves.	I can run and dribble with my head up and turn corners functionally while showing court awareness and a couple of go-to moves.	I can manage a game with minimal turnovers. I show proficiency at play-making and full-speed fast break.	I can break down any defender, get into the lane, and make a decent basketball decision.	I can manage the game, break defenders down, get into the lane, and make intelligent basketball decisions.	Chris Paul
IQ	Little to no experience	I have minimal basketball intelligence. My experience is quite limited. I like to play NBA on Play Station.	I play at the park. I just enjoy the game for my own gain and haven't paid attention to playing the game for the good of the team.	I make quick and rash decisions on the basketball court. I play with emotion and not with my brain.	I enjoy the moment, but I am able to control my emotions while processing what needs to be done on the court. I still struggle to follow through.	I can play within a system. I take systematic shots and I am able to make basketball plays within a system. I do not rely on my natural gifts and athleticism to bail me out.	I am able to run an offense/defense within a system and lead my teammates on the court. I am vocal, and I do not allow emotions to dictate other areas of the game.	I am able to make quick and smart decisions within an offensive and defensive system. I am disciplined and do not take unnecessary basketball risks that hurt the team.	I am an intelligent basketball player who is consistently in the right place at the right time, and I understand what it takes to be a winner.	Larry Bird
Speed, Athleticism, & Strength	Little to no natural ability	I am undersized and slow. I have no explosion ability and no desire to change.	I am undersized for my position. I am very injury-prone. I am willing to develop in these areas.	I am of average size for my position. I make a conscious effort to become faster and stronger. I have evident natural ability.	I have decent size and athletic ability. I have average speed, a developing body and strength, and limited tenacity.	I have an average vertical, competitive speed and strength, and I am tenacious.	I have an above average vertical (consistent dunker), speed, and athletic ability. I am able to quickly recover from injuries.	I am very explosive and fast. I have a quick recovery time, and I enjoy physical basketball.	I have an elite-level vertical, speed, and explosiveness.	LeBron James
Attitude & Leadership	Little to no evidence	I only care about myself and my own agenda, and I don't like to be coached	I still only care about myself, but I tolerate others on my team. I am willing to listen to the coach only	I do not handle conflict well, but I am willing to try to be more positive. I want to get along with my teammates but don't know how.	I can handle conflict indifferently. I am willing to work with my teammates. I am trying to encourage those around me. I am an average example at best.	I can handle conflict more positively while encouraging those around me. I desire to be an example but only show minimal effort in this area.	I make a conscious effort to encourage and get along with teammates. I understand that being an example extends beyond the court.	I habitually or naturally encourage those around me and impact the game, locker room, etc. in a positive way. I am respected for my leadership.	I understand that basketball is just a game, and that my actions reflect back on more than just myself.	Magic Johnson