

MAPLE BASKETBALL REP PROGRAM



Player Name: John Smith	PRE	POST	LEVEL
	%	%	1
	Date:	Date:	

10% = 1 LEVEL

Score Guide:	Future Lesson = 0	Progressing = 1	Mastered = 2
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Shooting	Future Lesson	Progressing	Mastered
Hands & Elbow			
Arc & Rotation			
Rhythm & Follow Through			
Fingers Spread			
Feet & Shoulder Position			
Shooting Confidence			
Free Throws			
Shooting Under Pressure			
Shooting Psychology			

Dribbling	Future Lesson	Progressing	Mastered
Right/Left Stationary Dribble			
Dribble With Movement			
Dribble Through Cones			
Cross Over/Through Legs			
Behind Back/Spin			
Change of Speed			
Full Court Sprint Dribble			

Lay-Ups	Future Lesson	Progressing	Mastered
Right Hand Layup			
Left hand Layup			
Reverse Layup			
Jump Stop - Pivot			
Euro Step			
Lay-up with contact			

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Foot Work	Future Lesson	Progressing	Mastered
Triple Threat Position			
Jab Steps			
Pivots			
1 on 1 Strategy			
Posting Up			

Passing	Future Lesson	Progressing	Mastered
Bounce Pass			
Chest Pass			
Over Head Pass			
Pick and Roll Pass			
Passing with Movement			
Fast Break			
Three-man Weave			

Defense	Future Lesson	Progressing	Mastered
On Ball Stance			
Close Outs/Jump to Ball			
Slides and Shuffle			
Shell Defense			
Not Passing Read Line			
Rebounding – Box Out			
Zone Defense (U12+)			
Team Press (U11+)			
Press Break (U11+)			

Team Play	Future Lesson	Progressing	Mastered
Maple Offense Layer 1			
Maple Offense Layer 2			
Maple Offense Layer 3			
Maple Offense Layer 4			
Understand Decision Box			
Read Line			
Cuts to the Basket?			
Understand Spacing			
Inbounding			

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EVALUATION HISTORY:

EVALATION #1	EVALATION #2	EVALATION #3	EVALATION #4
%	%	%	%

COMMENTS: