

# IOWA PLAYER DEVELOPMENT ACADEMY

## *Teaching Specific Skills for Specific Results*

### **40 Skill Developmental Checklist**

#	Skill	Introduced	Developing	Rating
1	Stance			
2	Balance			
3	Pivoting			
4	Court Vision			
5	Getting Open			
6	Change of Speed			
7	Change of Direction			
8	Decision Making			
9	Jump Stop			
10	Triple Threat Position			
11	Catching---Stationary			
12	Catching---On the Move			
13	Passing---Stationary			
14	Passing---On the Move			
15	Dribbling---Stationary			
16	Dribbling---On the Move			
17	Defensive Rebounding			
18	Offensive Rebounding			
19	Form Shooting			
20	Catch and Shoot			
21	Dribble and Shoot			
22	Lay Up			
23	Scoring in the Post			

#	Skill	Introduced	Developing	Rating
24	Screen Away from Ball			
25	Screen on the Ball			
26	Cutting Away from Ball			
27	Defensive Stance			
28	On Ball Defense			
29	Team Defense-- Help Side Defense			
30	Footwork---Getting Open			
31	Footwork---Shooting			
32	Footwork---Shot Preparation			
33	Footwork--- Rebounding			
34	Footwork---Offensive Moves			
35	Footwork---Post Offense			
36	Footwork---Post Defense			
37	Footwork-Individual Defense			
38	Footwork-Screening			
39	Footwork---Using Screens			
40	Footwork---Defending Screens			