2026 Basketball Evaluation Course Details

Ball Sizes & Hoop Heights

Division	Ball Size	Hoop Height
JV Division	Size 5	8 ft
Starter Division	Size 5	10 ft
All Star Division	Size 6	10 ft

Drill 1: Dribbling Station

Objective: Measure control, coordination, and confidence while dribbling.

Setup:

- Place **6–8 cones** in a zig-zag pattern, spaced about **3–4 feet apart**.
- Start and finish lines clearly marked (20–30 feet total).

Instructions:

- 1. Player begins at the starting cone with the ball in their dominant hand.
- 2. Dribble in a zig-zag pattern through the cones, switching hands as needed.
- 3. Encourage players to **keep their eyes up** while maintaining ball control.
- 4. Finish with a **controlled stop** at the last cone. No traveling or carrying.
- 5. For younger players, allow slower pace; older players should show control at higher speed.

Skills Observed:

- Control with both hands
- Eyes up vs. looking down
- Speed and rhythm
- Change of direction under control

Drill 2: Passing Station (See next page)

Drill 2: Passing Station

Objective: Evaluate passing accuracy, form, and teamwork fundamentals.

Setup:

- Use **one partner or coach** at a distance of 8–10 feet (can adjust by age).
- If no partner is available, use a **target box** marked on a wall.

Instructions:

- 1. Player completes **5 chest passes** step into each pass, extend arms, and follow through.
- 2. Player completes **5 bounce passes** ball should bounce two-thirds of the way to target.
- 3. Catch and control each return pass.
- 4. If using a wall target, player aims to hit inside the box with each pass.

Skills Observed:

- Chest pass form (step, push, aim)
- Bounce pass accuracy
- Catching ability
- Hand strength and coordination

Drill 3: Shooting Station

Objective: Measure shooting form, accuracy, and confidence at age-appropriate distances.

Setup:

- Use marked areas on the court for shot locations: **block** and **free-throw line** (older groups).
- Have **10 total shot attempts** per player.

Instructions:

- 1. Player takes 5 shots from the block focus on layups or short-range technique.
- 2. Player takes **5 shots from free-throw area** (Starter/All Star divisions only).
- 3. Record the **number of makes out of 10** and note shooting form quality.
- 4. Watch for balance, follow-through, and shot mechanics.

Skills Observed:

- Proper shooting form and follow-through
- Foot placement and balance
- Accuracy from appropriate distance
- Ability to shoot on the move (older divisions)

Drill 4: Defense & Agility Station

Objective: Evaluate defensive fundamentals, reaction speed, and effort.

Setup:

- Create a **square cone box** roughly 8x8 feet.
- One player in the middle per turn.

Instructions:

- 1. Player starts in a defensive stance (knees bent, hands up).
- 2. Shuffle laterally around the cone box for 10–15 seconds without crossing feet.
- 3. Emphasize quick reactions and staying low.
- 4. Coaches may call "switch!" or "reverse!" to test adjustment speed.

Skills Observed:

- Lateral movement and footwork
- Defensive stance and balance
- Reaction time
- Hustle and coachability

Drill 5: Scrimmage (If Time Allows)

Objective: Observe game sense, teamwork, and real-time performance.

Setup:

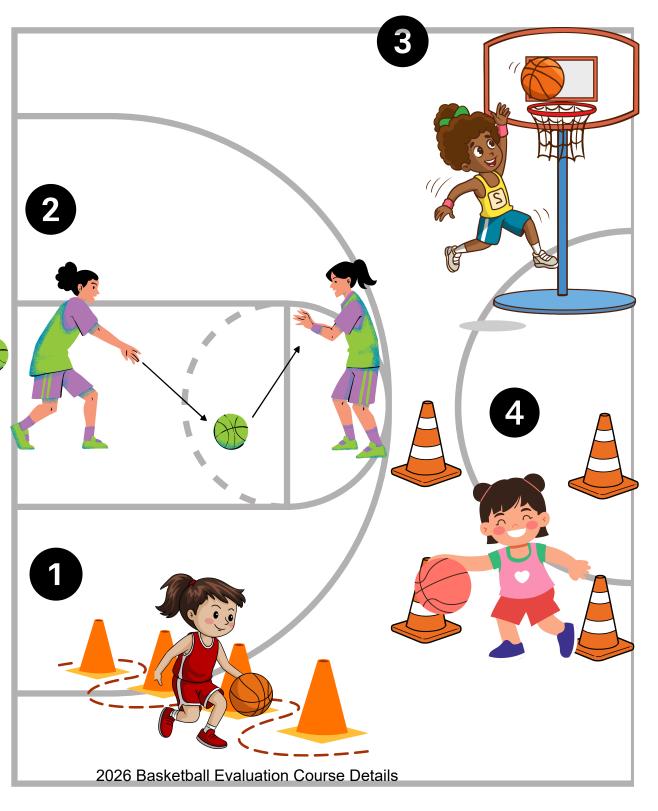
- Divide players into small groups (about **10 players** per scrimmage).
- Use half-court or full-court depending on space and time.

Instructions:

- 1. Run a **3–5 minute scrimmage** with light defense only.
- 2. Encourage natural play, look for passing, spacing, and decision-making.
- 3. Coaches observe quietly and take quick notes for scoring.

Skills Observed:

- Spacing and awareness
- Passing under pressure
- Game instincts and teamwork
- Effort and communication



Station Details

- 1. Dribbling Station
 - .Zig-zag through cone line (20–30 feet)
 - Finish with controlled stop
- 2.Passing Station
 - 5 chest passes to partner/coach
 - 5 bounce passes
- 3. Shooting Station
 - 5 shots from block
 - 5 shots from free-throw area (older divisions)
- 4. Defense & Agility Station
 - Defensive shuffle around a cone box