

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

