These skills tests are the first attempt at trying to develop a skill battery that can be used for a number of reasons:

- As motivation for athletes to work on their own at improving their skills
- For coaches to monitor skill development
- For RTC, CP, PT and NT coaches to begin to monitor the skill development of athletes. There progress can be monitored over time.
- For a national competition for SNYB or within the CP/RTC.

Performance Standard for Wall Passing

Target - I suggest four $8^{1/2"} \times 11"$ papers in a rectangle. Put masking tape on the wall. It can be at the height of choice by the athlete. Only passes that hit the target count.

Number of passes - The athlete must make 10 passes into the target. Younger athletes the number is 5.

Type of pass - Designated by the coach. Only those passes using the proper technique count. If it is a two-handed chest pass it must come from the chest with two hands not dominating with one. If it is a football pass it must be thrown over the top and not from the side.
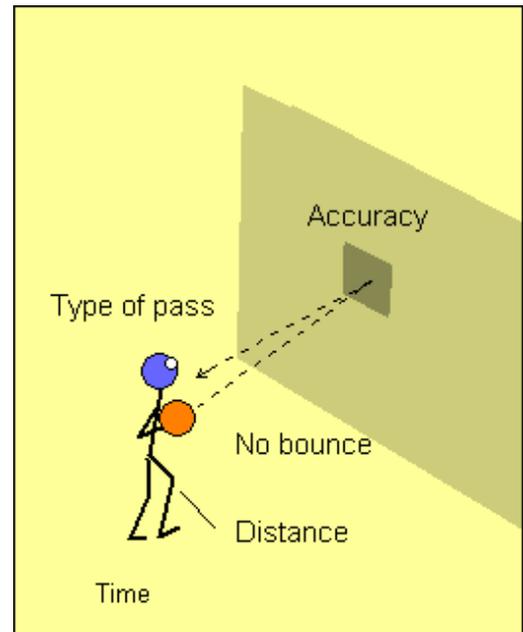
Types of passes
- Chest
- Flicks
- Football
- Light touch off the dribble.

Distance - the athlete may choose his or her own distance. When the ball is passed it must return to the athlete with no bounces. The coach measures the distance from the wall of the closest pass. The further the passes the more highly weighted the pass.

Time - The clock starts when the first pass leaves the hand. The clock ends when the athlete catches the last pass.

Performance Standard for Self-toss Shooting

The player starts under the basket with a ball. The ball is tossed to a spot and the player runs out catches the ball and shoots. Any rebound must be scored before the next toss.

Time - the clock starts on the toss of the first ball. The clock starts when the athlete grabs the ball after the last shot.

Number of attempts - record the number of shots attempted.

Shooting spot - The coach records the distance of the closest shot. These all should be from the same spot.

Note:
Type of shot - off dribble, turning right, turning left, jump shot
Height of shot pocket (where does the athlete release the ball)
Shot release – time how long it takes from when the ball is caught until the release.
Body balance - alignment - these are important to note for future improvement.
Anything else that the coach notes that needs to be worked on.
We need to start to keep records of what players are being asked to work on and if this is happening.
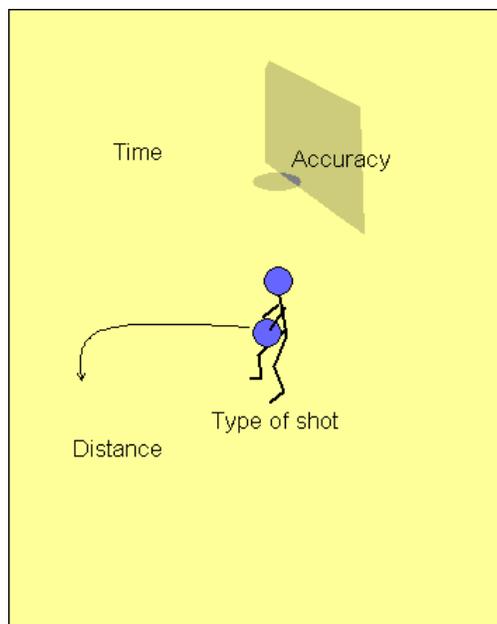
Speed

No ball
The player starts on the baseline. On his/her own start command, the player sprints to the far baseline and touches it with his/her foot. Returns back and run through the foul line.
**Time** - starts on first movement and ends when breaking the foul line
Note: which leg the athlete used to turn. Make note of running form. Things that can be worked on.

With Ball
Start on the baseline with the ball. On own start signal the athlete dribbles down to the far baseline, touches with foot and dribbles back.
Note: which hand is used, the number of dribbles, number of times the ball is carried, the number of times the eyes go down. It is suggested that it be done twice. Compare the two speeds.

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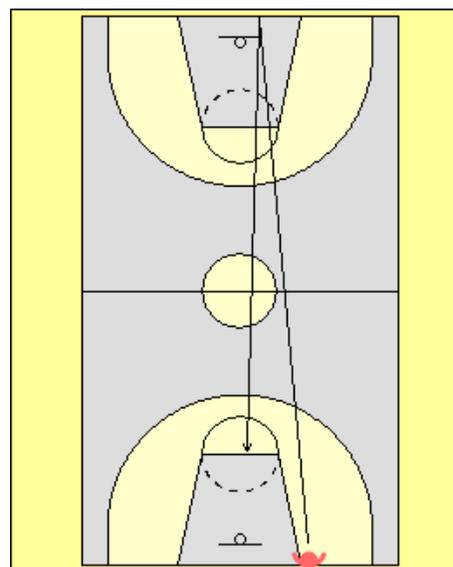
Control Dribble

The player starts on the baseline with the ball. He/she dribbles through the pylons using a change of direction dribble. Circles the pylons and returns to the same baseline. The first three pylons start at the foul line extended and are placed 1 meter a part. The other three are set up the same at the other end. This allows athletes to show a change of speed.

Time - starts on first movement. Ends on a jump stop on the baseline.

Note: the number or amount of time the eyes are down. The number of dribbles. The height of the dribbles.
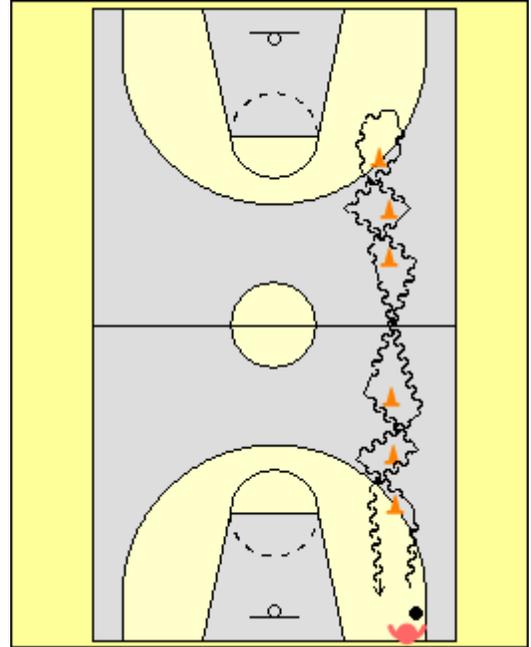
Speed Layups

Six pylons are set up around the three-point line. The player starts with the ball under the basket. On his/her own start command the player dribbles around a pylon and returns to score a layup. If the shot is missed the player must make the rebound. The player must circle all six pylons and score six lay ups.

Time: Starts on first movement and stops on catching the ball after the last basket.

Note: the number of dribbles, which hand is used to dribble, which hand is used to score, the release point used, the number of times the eyes go down.

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