



TRAIN. DEVELOP. COLLECT PINS.

# SKILL PINS

**Motivates players to practice –  
even between trainings**

## Introduction

Skillpins is a training system that makes individual basketball development clear, structured, and motivating.

By working with concrete exercises, players collect points and reach different levels – and are rewarded with physical badges that show their progress.

**Training becomes more fun, clearer, and more engaging.**

## Target Group

Skillpins is primarily developed for players aged 9–12, but also works very well for both younger and older players.

## Categories

Skillpins is built around four fundamental skill areas:

- Ball handling
- Shooting
- Finishing
- Defense

The focus is on developing strong individual fundamentals.

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## Challenges

Each category contains 10 sub-challenges with four difficulty levels:

- 1 point = easiest
- 4 points = hardest

The player collects points by completing challenges and progresses step by step to the next level.

**Clear goals make it easy to know what to practice.**



## The different pins

Each category contains four levels:

- Bronze (10 poäng)
- Silver (20 poäng)
- Gold (27 poäng)
- Elite (37 poäng)

To reach the next level, the player must complete at least one task in each challenge.

**The badges become a concrete proof of development.**



*Dribble*

*Shooting*

*Finishing*

*Defense*

## Developed for players & coaches

Skillpins is a tool that works both on an individual level and in a team setting.

### For Players

Skillpins helps players to:

- understand what to practice
- see their own progress
- develop their fundamental skills faster

It can be used:

- during practice
- individually
- with friends

**More training – in a more fun way.**

### For Coaches

Skillpins gives coaches:

- a clear structure for individual development
- an easy way to set goals
- more time to focus on team play and game situations

When players develop their fundamentals on their own, practice can focus more on:

- offense structure
- teamwork
- game situations

## New players in the team

Skillpins makes it easy to introduce new players. The coach can set clear goals, for example:

*"To play games, you need to reach gold level in these categories."*

This creates:

- clear expectations
- faster development
- a higher team level

## For younger players

Skillpins works very well for younger players:

- simple exercises
- clear goals
- shared stations

**Ends with a reward in the form of a pin.**

## Events & recruitment

Skillpins is an effective tool for:

- open court
- club events
- school visits

*"Today we're earning basketball badges"  
Players get:*

- clear challenges
- a fun experience
- a physical reward

**A simple way to introduce basketball and create interest.**

## HOW TO USE SKILLPINS IN PRACTICE

1. Present the categories and hand out the challenge cards.
2. Let players choose a level and fill in their points.
3. When all challenges are completed, add up points.
4. Review and sign the card.
5. Player can purchase their pin as proof.

### EXTRA TIP

Encourage players to continue practicing between sessions to complete more levels and reach the next badge.

**Good luck!**





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# Dribble

Develop confidence with the ball



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**Player Name**

Nr	Challenge	1 point	2 points	3 points	4 points	My Points
1	Stationary dribble right and left	Dribble with right and left hand. Complete 60 dribbles as fast as possible.	Perform crossovers below knee height. Complete 60 dribbles as fast as possible without losing the ball.	Perform crossovers below knee height and touch the floor between each dribble. Complete 30 dribbles as fast as possible without losing the ball.	Perform crossovers below knee height and touch the floor between each dribble. Complete 60 dribbles as fast as possible without losing the ball.	
2	Stationary one-hand dribble	Perform one-hand crossovers using either hand. Complete 30 dribbles without losing the ball.	Perform one-hand crossovers with both hands. Complete 30 dribbles with each hand without losing the ball.	Dribble back and forth with one hand. Complete 30 dribbles with each hand without losing the ball.	Kneel down and dribble over your right and left knee using one hand. Complete 20 dribbles over each knee as fast as possible without losing the ball.	
3	Stationary between-the-legs crossover	Perform between-the-legs crossovers using either hand and either leg. Stay as low as possible. Complete 10 in a row without losing the ball.	Perform between-the-legs crossovers using both legs. Stay as low as possible. Complete 15 in a row without losing the ball.	Perform between-the-legs crossovers, switching legs each time. Stay as low as possible. Complete 30 in a row without losing the ball.	Perform between-the-legs crossovers, switching legs each time and touch the floor between each dribble. Complete 30 in a row without losing the ball.	
4	Dribble right and left hand below waist height	Jog while dribbling with your right hand for 30 dribbles, then switch to your left hand for 30 dribbles without losing the ball.	Use hop steps while dribbling with your right hand for 30 dribbles, then switch to your left hand for 30 dribbles without losing the ball.	Use hop steps while dribbling with your right hand for 30 dribbles forward and 30 backward, then left hand forward and backward without losing the ball.	Use hop steps in a zig-zag pattern with one hand. Complete forward and backward, then switch hand without losing the ball.	
5	Wrap Arounds	Perform walking wrap arounds using either hand. Complete 10 in a row without losing the ball.	Perform walking wrap arounds using both hands. Complete 20 in a row with each hand without losing the ball.	Perform walking wrap arounds alternating hands. Complete 20 in a row with each hand without losing the ball.	Perform walking wrap arounds alternating hands. Complete 20 in a row with each hand without losing the ball. No extra dribbles between repetitions.	

Nr	Challenge	1 point	2 points	3 points	4 points	My Points
6	Between-the-legs dribble	Walk while dribbling between the legs using either leg and any tempo. Complete 10 successful dribbles.	Walk while dribbling between the legs. Complete 10 dribbles on each leg.	Perform continuous between-the-legs dribbles. Complete 20 dribbles without losing the ball or using control dribbles.	Use hop steps while performing continuous between-the-legs dribbles. Complete 30 dribbles without losing the ball or using control dribbles.	
7	Behind-the-back dribble	Perform behind-the-back crossovers. Complete 10 dribbles. Control dribbles are allowed.	Perform behind-the-back crossovers. Complete 20 dribbles. No control dribbles allowed.	Move in a zig-zag pattern, take three steps to the side, then perform a behind-the-back crossover. Complete 20 behind-the-back dribbles moving forward.	Move in a zig-zag pattern, take three steps to the side, then perform a behind-the-back crossover. Complete 20 behind-the-back dribbles forward and 20 backward.	
8	Reverse/spin move	Dribble diagonally forward and perform a reverse spin move. Use either hand, but the dribble must be with the hand farthest from the basket. Complete 10 turns.	Dribble diagonally forward and perform a reverse spin move. Switch hands after each turn, and the dribble must be with the hand farthest from the basket. Complete 20 turns.	Dribble diagonally forward at a higher pace and perform a reverse spin move. Switch hands after each turn, and the dribble must be with the hand farthest from the basket. Complete 20 turns.	Dribble forward in a straight line and perform a reverse spin move. Switch hands after each turn and keep as straight a line as possible. Complete 20 turns.	
9	One-hand dribble (moving)	Perform one-hand crossovers using either hand while moving forward. Complete 30 dribbles without losing the ball.	Perform one-hand crossovers with both hands while moving forward. Complete 30 dribbles with both hands without losing the ball.	Dribble back and forth with one hand while moving forward. Complete 30 dribbles with each hand without losing the ball.	Perform one-hand crossovers with both hands while moving forward and backward. Complete 30 dribbles (15 forward and 15 backward) with both hands without losing the ball. Repeat but dribble back and forth with one hand instead of doing one-hand crossovers.	
10	Between-the-legs + behind-the-back combo	Dribble diagonally forward, perform a between-the-legs dribble followed by a behind-the-back dribble. Complete 5 combos. Control dribbles are allowed. Start with either hand.	Dribble diagonally forward, perform a between-the-legs dribble followed by a behind-the-back dribble. Complete 10 combos. Control dribbles are allowed. Start with both hands.	Dribble diagonally forward, perform a between-the-legs dribble followed by a behind-the-back dribble. Complete 20 combos at a good pace. 5 control dribbles allowed.	Dribble diagonally forward, perform a between-the-legs dribble followed by a behind-the-back dribble. Complete 20 combos at a good pace. No control dribbles allowed..	



### POINTS SYSTEM

Skillpins has badges in the categories Finishing, Shooting, Ball Handling & Defense. Each category includes 10 sub-challenges with four different point levels. There are four badge levels in each category, and the number of points required to earn a badge is:

**Bronze: 10 points | Silver: 20 points | Gold: 27 points | Elite: 37 points**

The player must earn at least one point in each sub-challenge within a category to reach each new badge.

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**Coach signature      Total Score**



Nr	Challenge	1 point	2 points	3 points	4 points	My Points
6	Jump stop – key area (5 positions)	Start at the sideline, dribble in, make a jump stop in the key area and shoot. Take your own rebound, dribble back to the sideline as fast as possible and touch the floor. Repeat until you make 5 shots.	Start at the sideline, dribble in, make a jump stop in the key area and shoot. Repeat from left side, middle and right side. Make 5 shots from each position (total 15 made shots). After each shot, return to the sideline, touch the floor and go again.	Start at the sideline, dribble in, make a jump stop in the key area and shoot. Repeat from left, middle and right. Make 5 shots from each position (total 15 made shots) with a maximum of 3 misses. After each shot, return to the sideline and touch the floor.	Start at the sideline, dribble in, make a jump stop in the key area and shoot. Repeat from left, middle and right. Make 5 shots from each position (total 15 made shots) with a maximum of 1 miss. After each shot, return to the sideline and touch the floor.	
7	Three-point line sprint to jump stop	Start at the base of the three-point line, dribble along the entire line using your outside hand to the other side. Make a reverse turn, dribble into the key area, make a jump stop and shoot. Make 5 shots.	Start at the base of the three-point line, dribble along the entire line using your outside hand, reverse, dribble into the key area, jump stop and shoot. Make 5 shots starting from the left side and 5 shots starting from the right side.	Start at the base of the three-point line, dribble along the entire line using your outside hand, reverse, dribble into the key area, jump stop and shoot. Make 5 shots from each side (10 total) with a maximum of 5 misses.	Start at the base of the three-point line, dribble along the entire line using your outside hand, reverse, dribble into the key area, jump stop and shoot. Make 5 shots from each side (10 total) with a maximum of 2 misses.	
8	Half-court line and back	Start under the basket, dribble to the half-court line with any hand at a good pace, turn back, make a jump stop just inside the free throw line and shoot. Make 5 shots.	Start under the basket, dribble to the half-court line with your weaker hand, turn back, make a jump stop just inside the free throw line and shoot. Take 10 shots and make at least 5.	Start under the basket, dribble to the half-court line with your weaker hand, turn back, make a jump stop just inside the free throw line and shoot. Take 10 shots and make at least 8.	Start under the basket, dribble to the half-court line with your weaker hand, turn back, make a jump stop just inside the free throw line and shoot. Take 10 shots and make at least 9.	
9	Free throws	Shoot 10 shots from 1 meter inside the free throw line. Count how many you make. Then shoot 10 more from the same position and make more than you did the first time.	Shoot 10 shots from 1 meter inside the free throw line. Then shoot 10 more from the same position and make more than the first round. You must make at least 10 shots in total.	Shoot 10 shots from the free throw line. Then shoot 10 more from the same position and make more than the first round. You must make at least 14 shots in total.	Shoot 10 shots from the free throw line. Then shoot 10 more from the same position and make more than the first round. You must make at least 17 shots in total.	
10	Make as many as you can in 1 minute	Make as many shots as you can in 1 minute. Count your score. Repeat and make more shots the second time.	Make as many shots as you can in 1 minute. After each shot, move at least 2 steps before shooting again. Repeat and beat your score.	Make as many shots as you can in 1 minute from outside the key area. After each shot, move at least 2 steps. Repeat and beat your score. You must make at least 8 shots in total.	Make as many shots as you can in 1 minute from outside the key area. After each shot, move at least 2 steps. Repeat and beat your score. You must make at least 12 shots in total.	



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**Total Score**

# Finishing

Build confidence in finishing near the basket



\_\_\_\_\_ **Player Name**

Nr	Challenge	1 point	2 points	3 points	4 points	My Points
1	Layups – any	Make 3 layups in a row without dribbling from any side.	Make 3 layups in a row without dribbling from both right and left side.	Make 5 layups in a row from any side with correct dribble and footwork.	Make 10 layups in a row from right and left side with correct dribble and footwork, 1 miss allowed.	
2	Layups - underhand	Make 3 underhand layups in a row without dribbling from any side.	Make 3 underhand layups in a row without dribbling from both right and left side.	Make 5 underhand layups in a row from any side with correct dribble and footwork.	Make 10 underhand layups in a row from right and left side with correct dribble and footwork.	
3	Layups – two feet	Make 3 layups in a row using two feet without dribbling from any side.	Make 3 layups in a row using two feet without dribbling from both right and left side.	Make 5 layups in a row using two feet from any side with correct dribble and footwork.	Make 10 layups in a row using two feet from right and left side with correct dribble and footwork.	
4	Reverse layups – facing the court	Make 3 reverse layups in a row without dribbling from any side.	Make 3 reverse layups in a row without dribbling from both right and left side	Make 5 reverse layups from any side with correct dribble and footwork, max 2 misses.	Make 10 reverse layups in a row from right and left side with correct dribble and footwork, max 1 miss.	
5	Reverse layups – facing the baseline	Make 3 reverse layups in a row without dribbling from any side.	Make 3 reverse layups in a row without dribbling from both right and left side.	Make 5 reverse layups from any side with correct dribble and footwork, max 2 misses.	Make 10 reverse layups in a row from right and left side with correct dribble and footwork, max 1 miss.	
6	Floaters	Make 3 floaters without dribbling from any side, finish at least 2 meters from the basket.	Make 3 floaters in a row without dribbling with both right and left hand, finish at least 2 meters from the basket.	Make 5 floaters with either hand using correct dribble and footwork, finish at least 2 meters from the basket, max 2 misses.	Make 10 floaters in a row with right and left hand using correct dribble and footwork, finish at least 2 meters from the basket, 1 miss per hand allowed.	



Nr	Challenge	1 point	2 points	3 points	4 points	My Points
7	Floater - jump stop, step through	Make 3 floaters without dribbling using two feet from any side, finish at least 2 meters from the basket.	Make 3 floaters in a row using two feet without dribbling with both right and left hand, finish at least 2 meters from the basket.	Make 5 floaters with either hand using two feet with correct dribble and footwork, finish at least 2 meters from the basket with a step through, max 2 misses.	Make 5 floaters in a row with right and left hand using two feet with correct dribble and footwork, finish at least 2 meters from the basket with a step through, 1 miss per hand allowed.	
8	Mikan drill – facing the court	Mikan drill from any side and hand, make 3 in a row.	Mikan drill with right and left, alternate side and hand, make 6 in a row.	Mikan drill with right and left, make 10 in a row, switch hand every time, 1 miss per hand allowed.	Mikan drill with right and left, make 20 in a row with each hand, 1 miss per hand allowed.	
9	Mikan drill – facing the baseline	Mikan drill from any side and hand, make 3 in a row.	Mikan drill with right and left, alternate side and hand, make 6 in a row.	Mikan drill with right and left, make 10 in a row, switch hand every time, 1 miss per hand allowed..	Mikan drill with right and left, make 20 in a row with each hand, 1 miss per hand allowed.	
10	Combo	Do the following finishes from any side: overhand, underhand, reverse (any), floater (any). No dribble, 1 miss allowed.	Do the following finishes from both sides: overhand, underhand, reverse (any), floater (any). No dribble, 2 misses allowed.	Do the following finishes from both sides: overhand, underhand, reverse (any), floater (any). No dribble, 2 misses allowed.	Do the following finishes in a row from both sides using both one-foot and two-foot finishes: overhand, underhand, reverse (any variation), floater (any variation). 2 misses allowed.	

**Total Score**



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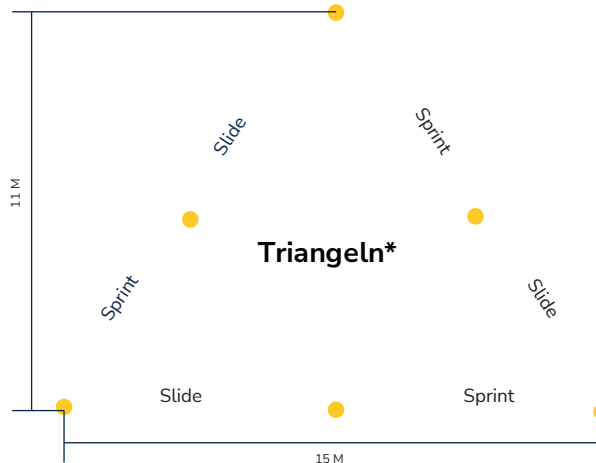
**Bronze: 10 points | Silver: 20 points | Gold: 27 points | Elite: 37 points**

The player must earn at least one point in each sub-challenge within a category to reach each new badge.

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**Coach signature**



Nr	Utmaning	1 Point	2 Points	3 Points	4 Points	My Points
7	Triangel*	Set up cones or markers in a triangle covering a full 3x3 court. Place one cone at each corner and one in the middle of each side. Start in one corner, slide to the next marker, sprint to the next, slide and continue. Complete 2 laps at a steady pace.	Set up cones or markers in a triangle covering a full 3x3 court. Place one cone at each corner and one in the middle of each side. Start in one corner, slide to the next marker, sprint to the next, slide and continue. Complete 3 laps at a good pace.	Set up cones or markers in a triangle covering a full 3x3 court. Place one cone at each corner and one in the middle of each side. Start in one corner, slide to the next marker, sprint to the next, slide and continue. Complete 4 laps at a good pace.	Set up cones or markers in a triangle covering a full 3x3 court. Place one cone at each corner and one in the middle of each side. Start in one corner, slide to the next marker, sprint to the next, slide and continue. Complete 4 laps at a max speed.	
8	Burpees	Do 5 burpees.	Do 7 burpees.	Do 10 burpees	Do 15 burpees.	
9	Push-ups	2	4	8	10	
10	High jumps with ball	Do 5 high jumps while holding a ball	Do 10 high jumps while holding a ball.	Do 20 high jumps while holding a ball.	Do 30 high jumps while holding a ball.	



**Total Score**



**POINTS SYSTEM**

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**Coach signature**



**Just as important as developing basketball skills**

## **Skillpins Spela Schysst - *Fair Play System***

At youth level, development is about more than skills.

It is also about how we treat each other – as teammates, opponents, and people.

**Respect, effort & team spirit**

**SKILL  
PINS**

# A practical tool for working with Fair Play

Skillpins Play Fair makes it easy to work in a structured way with values in the team and the club.

Through two clear use cases, the coach gets both a tool for everyday use and a way to reinforce the right behaviors in game situations.

The Play Fair badge is used continuously and can be worn by players, coaches, and parents – as a way to show what you stand for and contribute to the team culture.

The Game Day badge is used during games and is awarded to a player who has stood out through Fair Play behaviors, such as supporting teammates, showing respect, or taking responsibility.

## Together they create:

- Clear expectations
- Positive reinforcement of the right behaviors
- A team culture where Fair Play becomes a natural part of the game



## Fair Play

***"Show what you stand for"***

The pin can be purchased through the club and sold at activities and events.

It is worn by players, coaches, supporters, and parents who stand for Fair Play and good team spirit.



## Game Day

***"The only way to get it is to earn it."***

During games, a special pin is awarded to players who have "played fair", for example by supporting teammates, showing respect, or helping an opponent.

**One player per team is recognized in each game.**

***"A simple way to build stronger teams – both on and off the court."***