



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!**





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."***

# Three roles – one shared goal: Play Fair

*"Together, we create a sport where respect, enjoyment, and development come first"*

## The Player

Fair Play is about how you act – at practice, in games, and off the court.

- We support our teammates – in good moments and tough ones
- We show respect to teammates, opponents, referees, officials, and fans
- We help each other and take responsibility for how we act – everywhere

You represent your club and your sport in everything you do.

Being a great teammate is just as important as being a great player.

## The Coach

Fair Play is a simple tool for coaches to bring values into everyday training, games, and team culture.

- As coaches, we lead by example in how we act and communicate
- We give clear and respectful feedback
- We create an environment where everyone feels safe to try, fail, and improve

As a coach, you set the standard – both on and off the court.

Make values part of everyday actions.

## The Parent

Play Fair helps children grow – both as players and as people.

That's why parents play an important role by leading by example:

- We cheer for everyone – including the referees
- We support effort and development, not just results
- We help create a positive, safe, and supportive environment at practices and games

As a parent, you are an important part of the environment – both in the arena and beyond.

Together, we create a safe, fun, and positive sports environment.





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