

Skill Checklist

At the conclusion of the Starter Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<p>✓ Ball Handling</p> <p><input type="radio"/> Advanced Stationary Control Series</p> <p><input type="radio"/> Jog Dribble to 1 Foot Stop & Push</p> <p><input type="radio"/> Cone Dribbling</p> <p><input type="radio"/> 1-Hand Side to Side Dribble</p> <p><input type="radio"/> Stationary Front-Back Control Dribble</p> <p><input type="radio"/> Spin Move</p> <p><input type="radio"/> Retreat Dribble</p> <p><input type="radio"/> Stationary 2 Ball Dribble Same Time</p> <p><input type="radio"/> Stationary 2 Ball Dribble Alternate</p> <p><input type="radio"/> Seated Dribbling</p> <p><input type="radio"/> Quick Change Dribbling</p> <p><input type="radio"/> Dribbling Through Stationary Defenders</p> <p><input type="radio"/> Pound Dribbling</p> <p><input type="radio"/> Running Crossover</p> <p><input type="radio"/> Finger Dribbling</p>	<p><input type="radio"/> Pass Off the Dribble</p> <p><input type="radio"/> Slide & Pass</p> <p><input type="radio"/> Kick Pass</p> <p><input type="radio"/> Dribble to Jump Stop Pass</p> <p>✓ Shooting</p> <p><input type="radio"/> Weak Hand Lay-Ups</p> <p><input type="radio"/> Stepping Into the Shot with Both Feet</p> <p><input type="radio"/> Euro-Step Lay-Ups</p> <p><input type="radio"/> Drop Step Lay-Ups</p> <p><input type="radio"/> Dribble Move to Shot</p> <p><input type="radio"/> Free Throws</p> <p><input type="radio"/> Up & Under</p> <p><input type="radio"/> Catch & Shoot on the Move</p> <p><input type="radio"/> Shot Fake Shooting</p> <p><input type="radio"/> Using A Screen</p> <p><input type="radio"/> Speed Lay-Ups</p> <p>✓ Footwork & Conditioning</p> <p><input type="radio"/> Jab Step</p> <p><input type="radio"/> Pivoting For Space</p> <p><input type="radio"/> Forward to Backward Run</p> <p><input type="radio"/> Side/Lateral Push</p> <p><input type="radio"/> Changing Speeds</p> <p>✓ Rebounding</p> <p><input type="radio"/> Boxing Out</p>	<p><input type="radio"/> Pursuing the Ball</p> <p><input type="radio"/> Protecting the Ball</p> <p>✓ Offense</p> <p><input type="radio"/> Screening</p> <p><input type="radio"/> On the Ball Screens</p> <p><input type="radio"/> Off the Ball Screens</p> <p><input type="radio"/> Fast Break Spacing & Concepts</p> <p><input type="radio"/> Square Up and Rip Through</p> <p><input type="radio"/> Pass, Cut and Replace</p> <p><input type="radio"/> Fill The Corner</p> <p><input type="radio"/> The Pass Is Faster</p> <p><input type="radio"/> Receiving The Outlet</p> <p><input type="radio"/> Post Pass & Screen</p> <p>✓ Defense</p> <p><input type="radio"/> On Ball Defense</p> <p><input type="radio"/> Half Court Man To Man</p> <p><input type="radio"/> Disadvantage Spacing & Concepts</p> <p><input type="radio"/> Closeout</p> <p><input type="radio"/> Closeout to Slide</p> <p><input type="radio"/> Drop Step Slide</p> <p><input type="radio"/> Turning the Ball</p> <p>✓ Other</p> <p><input type="radio"/> Full Explanation of Rules</p>
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