



## Jr NBA MVP Level Checklist

Ages 15 to 18 years old

### Basketball Skills

#### Ball-Handling

- Extensive Combination Moves
- 2 Ball Advanced Dribbling
- Attacking Traps
- Reading the Hand Over/ Under Crossover
- Hard Stops
- Rhythm Dribbling
- Open Stepbacks
- Dribbling with Contact
- Catching a 2nd Ball or Tennis Ball

#### Passing

- Baseball Pass
- Dribble to 1-Hand Pass
- Behind the Back Pass
- High-Low Passing
- Pocket Passing
- Lob Passing
- Slip Pass
- Hook Pass

#### Shooting

- Advanced Lay-Up Finishes
- Floaters
- Advanced Post Moves
- Advanced Dribble Moves To Shot
- Position Specific Shots Keeping It High
- Bump To Balance
- Same Foot Same Hand Finishes
- Pick & Roll Shots
- Spin Moves to Finishes
- Shoulder Shimmy

#### Rebounding

Team Contact Rebounding

### Basketball Concepts

#### Offense

- Re-Post
- Sealing
- Taking the Defenders' Space
- Attacking A Trap
- Get Hand On Top Drive
- Organizing the Team
- Balancing the Floor
- Advanced Ball Screens
- Advanced Schemes
- Offensive Alignments
- Special Situations
- Fast Break Spacing
- Reading
- The Pick & Roll
- Screen The Screener

#### Defense

- Dictate & Keep the Offense Alert
- Shot Blocking (On the Ball, Help, Open Court)
- Advanced Screening
- Advanced Schemes
- Transition
- Special Situations
- Stunt & Recover
- Defending Cross Screens
- Timing the Dribble
- Digging in the Post
- Loading to the Paint
- Screen the Screener
- Getting Multiple Stop