



Jr NBA Starter Level Checklist

Ages 9 to 12 years old

Basketball Skills

Ball-Handling

- Advanced Stationary Dribble
- Jog Dribble to 1 Foot Stop & Push
- Cone Dribbling
- 1-Hand Side-to-Side Dribbling
- Stationary Front-Back Control Dribble
- Spin Move
- Retreat Dribble
- Stationary 2 Ball Dribble Same Time
- Stationary 2 Ball Dribble Alternate
- Seated Dribble
- Quick Change Dribbling
- Dribbling Through Stationary Defenders
- Pound Dribbling
- Running Crossover
- Finger Dribbling

Passing

- Overhead Pass
- Outlet Pass
- Running Pass
- Pass Fakes
- Pass Off the Dribble
- Slide & Pass
- Kick Pass
- Dribble to Jump Stop Pass

Shooting

- Weak Hand Lay-Ups
- Stepping Into the Shot w Both Feet
- Euro-Step Lay-Ups
- Drop Step Lay-Ups
- Dribble Move to Shot
- Free Throws
- Up & Under
- Catch & Shoot on the Move
- Shot Fake Shooting

- Using A Screen
- Speed Lay-Ups

Rebounding

- Boxing Out
- Pursuing the Ball
- Protecting the Ball

Footwork & Conditioning

- Jab Step
- Pivoting For Space
- Forward to Backward Run
- Side/Lateral Push
- Changing Speeds

Basketball Concepts

Offense

- Screening
- On the Ball Screens
- Off the Ball Screens
- Fast Break Spacing & Concepts
- Square Up and Rip Through
- Pass, Cut and Replace
- Fill The Corner
- The Pass Is Faster
- Receiving The Outlet
- Post Pass & Screen

Defense

- On Ball Defense
- Half Court Man To Man
- Disadvantage Spacing & Concepts
- Closeout
- Closeout to Slide
- Drop Step Slide
- Turning the Ball

Other

- Full Explanation of the Rules