



Jr NBA Rookie Level Checklist

Ages 6 to 8 years old

Basketball Skills

Ball-Handling

- Stationary Dribble
 - Low
 - Middle
 - High
- Stationary Crossover
- Change of Direction Dribble

Passing

- Catching and Receiving
- Hitting the Target
- Stationary Partner Pass: Bounce and Chest
- Pivot & Pass
- Pass to a Moving Player
- Slide & Pass
- Recognizing Open Teammates

Shooting

- Stationary Form Shooting
- Using the Backboard
- Jump Stop Shooting
- 1-2 Step Shooting

Rebounding

- Jump, Catch & Land

Footwork & Conditioning

- Athletic Stance/Triple Threat
- Change of Direction
- Body Control
- 2-Foot Jump Shot
- Pivoting Basics

Basketball Concepts

Offense

- Pass & Cut
- Ball Reversal
- Drive and Kick (Pass)
- Give & Go

Defense

- Defensive Stance
- Defensive Slide
- Stay Between Man and Basket
- Tracing the Ball

Other

- Understand the Basketball Court Markings
- Introduction to Rules (Travel, Double Dribble, Out of Bounds, Scoring)