



Jr NBA All-Star Level Checklist

Ages 13 to 14 years old

Basketball Skills

Ball-Handling

- Behind the Back Dribble
- Between the Legs Dribble
- Dribble 1 Ball, Catch & Pass a 2nd Ball
- Stationary 1-Hand Control Pass
- Moving 1-Hand Control Pass
- Creative Dribbling
- Pull Back Dribble
- Stationary 2 Ball Dribble w Contact
- 2 Ball Creative Dribbling

Passing

- Backdoor Pass
- 1-Hand Ball Control Passing
- Post Entry Pass
- Skip Pass
- Shovel Pass

Shooting

- Step-Back Shot
- Reading Off Ball Screens for Shots
- Screens On the Ball Shots (Pull-Up, Stop Behind, Split)
- Reverse Lay-Up
- Extended Lay-Up
- Spin To Shot
- Transition Catch And Shoot

Rebounding

- Live Rebounding Drills with Contact
- Tag on Perimeter

Footwork & Conditioning

- Run & Turn Forward & Backward
- Sprinting
- Backdoor Cut
- Quick Feet
- Explosion

Basketball Concepts

Offense

- L-Cut
- Baseline Drive Fill the Corner
- Reading Screens
- Post Pass Action (Cut, Relocate, Screen)
- Post Player Spacing on Drives
- Basic Set Plays
- Transition Offense
- Motion Offense

Defense

- Post Defense (Before the Catch, After the Catch, After the Dribble)
- Defending Ball Screens
- Defending Away Screens
- Help the Helper
- Full Court Man To Man
- Shell Drill
- Denying
- Jumping to the Ball
- Transition Defense
- Taking Charges

Other

- Advanced Rules
- Special Situations