

STARTER



Starter Level ABCD's

At the Starter level, the fundamental skills begin to be honed and expanded upon. As players have now been exposed to the game, they will start to understand how to play in a team setting. It is in the Starter level that we begin introducing team offensive and team defensive concepts. Again five-on-five competition is limited, yet the frequency of practices may increase from the Rookie level. The goal of the Starter level is to continue having fun, develop further skills, and begin to understand team concepts.

ALWAYS FUN

Mastering Skills



Along with a fun environment and skill-related games, mastering skills now becomes an exciting part of practice. Whether it is making your first left-handed lay-up, or dribbling between your legs for the first time, skill development is fun! This excitement of mastering skills should be a significant part of the Starter level.

BUILDING SKILLS

See Skill Checklist



At the Starter level, we will build on the basic fundamentals previously acquired, as well as introduce more specific skills. Here we implement more fakes, specific dribble moves, rebounding and much more. While there is still an emphasis on individual skill development, the Starter level will also incorporate team offense and team defense into practice plans.

CORE VALUES

**Teamwork
Positivity**



The Starter level continues to build on the values of the Rookie level while also emphasizing group activities and collaboration. This emphasis on teamwork will also increase the need for encouragement and positive reinforcement among players and coaches. The Starter level helps the players see the game through a lens beyond themselves, and develop the ability to be a good friend and teammate. It is important that we explain what teamwork is and the impact that it can have on the team's success.

DEVELOPING WELLNESS

**Balanced Lifestyle
Nutrition**



The Starter level continues to emphasize players having fun and being active, but also teaches players how to lead a balanced lifestyle. A balanced lifestyle includes positive family and social interaction, as well as the importance of academics. Leading a well-balanced lifestyle will help players remain healthy as they mature and develop further interests. **Nutrition** is another key component of the Starter level as players begin establishing their eating habits. Educating the players on the relationship between food, energy, and performance is essential.

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.

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

The chart below indicates approximate amounts of time to be spent on each portion of practice. The twelve practice plans to follow are samples that reinforce Starter level principles.

