

ROOKIE



Rookie Level ABCD's

At the Rookie level, the game is all about fun, being active, and learning basic fundamental skills. This is the first introduction to basketball for most players and it should be a positive experience. Five-on-five competitions should be limited until later in the level(s). The goal of the Rookie level is to engage in activity and form a base of motor skills.

ALWAYS FUN

High-Fives & Smiles

Positive Encouragement

Interactive Games



One very important way we can ensure that the players have fun is through our high-fives, smiles, and positive encouragement. Coaches, parents and organizers should use their body language and positive reinforcement to create an enjoyable environment. Fun also plays out through a variety of skill-related, interactive games. Whether it's a relay race, or dribble tag, these skill-related games make it fun to learn and play.

BUILDING SKILLS

See Skill Checklist



In the early stages of the Rookie level of the curriculum, players should play the game voluntarily in their free time because it's an activity that they enjoy. As their enjoyment grows and they mature, basic fundamentals of the game will be acquired. Some of the fundamentals that are introduced in the Rookie level include having a good athletic stance, running, jumping, stopping, balance, ball-handling, passing, receiving, and shooting. These movements and skills will lay the foundation for skills acquired later in the pathway.

CORE VALUES

Sportsmanship & Fairness

Confidence

Respect



In their first introduction to basketball, some players have the tendency to be individualistic or shy, while others see the game as an opportunity to spend time with friends. Players at this level may be very aware of their feelings and the feelings of others. Therefore, it is important to emphasize sportsmanship & fairness, instill confidence, and teach them to respect each other. By incorporating these messages on a daily basis, players will grow in their social understanding and sport etiquette.

DEVELOPING WELLNESS

Active Lifestyle



In this level, Jr. NBA players are encouraged to lead an Active Lifestyle. Getting exercise from multiple sports and activities helps create healthy habits for the rest of their lives. Being active also translates to better productivity in school and overall health. This foundation of being active develops a base for athletic development in basketball and beyond. Encourage players to be active!

Skill Checklist

At the conclusion of the Rookie Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<p><input checked="" type="checkbox"/> Ball Handling</p> <p><input type="checkbox"/> Toss & Catch</p> <p><input type="checkbox"/> Stationary Control Series</p> <p><input type="checkbox"/> Stationary Dribble Control Series</p> <p><input type="checkbox"/> Stationary Dribble Low, Middle, High</p> <p><input type="checkbox"/> Walking Control Dribble</p> <p><input type="checkbox"/> Stationary Crossover</p> <p><input type="checkbox"/> Walking Crossover</p> <p><input type="checkbox"/> Jogging Dribble</p> <p><input type="checkbox"/> Running Dribble</p> <p><input type="checkbox"/> Change of Direction Dribble</p> <p><input type="checkbox"/> Dribble & Balance</p> <p><input type="checkbox"/> Dribble Balance & Push</p>	<p><input type="checkbox"/> Recognizing Open Teammates</p> <p><input type="checkbox"/> Pivot & Pass</p> <hr/> <p><input checked="" type="checkbox"/> Shooting</p> <p><input type="checkbox"/> Stationary Form Shooting</p> <p><input type="checkbox"/> Strong Hand Lay-Up</p> <p><input type="checkbox"/> One-Dribble Shooting</p> <p><input type="checkbox"/> Lay-Up Form</p> <p><input type="checkbox"/> 1-2 Step Shooting</p> <p><input type="checkbox"/> Using the Backboard</p> <p><input type="checkbox"/> Jump Stop Shooting</p> <hr/> <p><input checked="" type="checkbox"/> Rebounding</p> <p><input type="checkbox"/> Jump, Catch and Land</p> <hr/> <p><input checked="" type="checkbox"/> Footwork & Conditioning</p> <p><input type="checkbox"/> Athletic Stance/ Triple Threat</p> <p><input type="checkbox"/> Defensive Stance/Slide</p> <p><input type="checkbox"/> Controlled Running</p> <p><input type="checkbox"/> Change of Direction</p> <p><input type="checkbox"/> Two Foot Jump Stop</p> <p><input type="checkbox"/> Pivoting Basics</p> <p><input type="checkbox"/> Leaping</p> <p><input type="checkbox"/> Body Control</p>	<p><input checked="" type="checkbox"/> Offense</p> <p><input type="checkbox"/> Pass & Cut</p> <p><input type="checkbox"/> Ball Reversal</p> <p><input type="checkbox"/> Triple Threat</p> <p><input type="checkbox"/> Drive and Kick (Pass)</p> <p><input type="checkbox"/> Give & Go</p> <hr/> <p><input checked="" type="checkbox"/> Defense</p> <p><input type="checkbox"/> Defensive Stance</p> <p><input type="checkbox"/> Defensive Slide</p> <p><input type="checkbox"/> Stay between Man and Basket</p> <p><input type="checkbox"/> Tracing the Ball</p> <p><input type="checkbox"/> Change of Direction</p> <hr/> <p><input checked="" type="checkbox"/> Other</p> <p><input type="checkbox"/> Understand the Basketball Court Markings</p> <p><input type="checkbox"/> Introduction to Rules (Travel, Double Dribble, Out of Bounds, Scoring)</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 Rookie level principles.

