

Skill Checklist

At the conclusion of the All-Star 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>✓ Ball Handling</p> <ul style="list-style-type: none"> <input type="radio"/> Behind the Back Dribble <input type="radio"/> Between the Legs Dribble <input type="radio"/> Dribble 1 Ball, Catch & Pass A 2Nd Ball <input type="radio"/> Stationary 1-Hand Control Pass <input type="radio"/> Moving 1-Hand Control Pass <input type="radio"/> Creative Dribbling <input type="radio"/> Pull Back Dribble <input type="radio"/> Stationary 2 Ball Dribble with Contact <input type="radio"/> 2 Ball Creative Dribbling | <p>✓ Shooting</p> <ul style="list-style-type: none"> <input type="radio"/> Step-Back Shot <input type="radio"/> Reading Off Ball Screens for Shots <input type="radio"/> Screens On the Ball Shots (Pull-Up, Stop Behind, Split) <input type="radio"/> Reverse Lay-Up <input type="radio"/> Extended Lay-Up <input type="radio"/> Spin To Shot <input type="radio"/> Transition Catch And Shoot <p>✓ Footwork & Conditioning</p> <ul style="list-style-type: none"> <input type="radio"/> Run & Turn Forward & Backward <input type="radio"/> Sprinting <input type="radio"/> Backdoor Cut <input type="radio"/> Quick Feet <input type="radio"/> Explosion <p>✓ Rebounding</p> <ul style="list-style-type: none"> <input type="radio"/> Live Rebounding Drills with Contact <input type="radio"/> Tag on Perimeter <p>✓ Offense</p> <ul style="list-style-type: none"> <input type="radio"/> L-Cut <input type="radio"/> Baseline Drive Fill the Corner <input type="radio"/> Reading Screens | <ul style="list-style-type: none"> <input type="radio"/> Post Pass Action (Cut, Relocate, Screen) <input type="radio"/> Post Player Spacing on Drives <input type="radio"/> Basic Set Plays <input type="radio"/> Transition Offense <input type="radio"/> Motion Offense <p>✓ Defense</p> <ul style="list-style-type: none"> <input type="radio"/> Post Defense (Before the Catch, After the Catch, After the Dribble) <input type="radio"/> Defending Ball Screens <input type="radio"/> Defending Away Screens <input type="radio"/> Help the Helper <input type="radio"/> Full Court Man To Man <input type="radio"/> Shell Drill <input type="radio"/> Denying <input type="radio"/> Jumping to the Ball <input type="radio"/> Transition Defense <input type="radio"/> Taking Charges <p>✓ Other</p> <ul style="list-style-type: none"> <input type="radio"/> Advanced Rules <input type="radio"/> Special Situations |
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