

# Development List

During the Rookie level the athletes will be exposed to the skills and concepts below. Players will progress at different speeds or excel at different skills. Loading or deloading for individual players or for the team can be implemented to make practice developmentally appropriate.

<p>✓ <b>Ball Handling</b> (To be done with right and left hand)</p> <p><input type="radio"/> Stationary Dribble Low, Middle &amp; High</p> <p><input type="radio"/> Stationary Crossover</p> <p><input type="radio"/> Dribbling at Different Speeds</p> <p><input type="radio"/> Dribbling in Different Directions</p> <p><input type="radio"/> Crossover at Different Speeds</p>	<p>✓ <b>Shooting</b></p> <p><input type="radio"/> Form Shooting</p> <p><input type="radio"/> Using the Backboard</p> <p><input type="radio"/> Jump Stop Lay-Ups (both sides)</p> <p><input type="radio"/> Traditional Lay-Ups (both sides)</p> <p><input type="radio"/> Jump Stop Shooting</p> <p><input type="radio"/> 1-2 Step Shooting (both feet)</p>	<p>✓ <b>Offense</b></p> <p><input type="radio"/> Pass &amp; Cut</p> <p><input type="radio"/> Ball Reversal</p> <p><input type="radio"/> Drive &amp; Kick Pass</p> <p><input type="radio"/> Give &amp; Go</p>
<p>✓ <b>Passing</b></p> <p><input type="radio"/> Catching</p> <p><input type="radio"/> Hitting a Target</p> <p><input type="radio"/> Stationary Chest, Push &amp; Bounce Pass</p> <p><input type="radio"/> Pivoting &amp; Pass</p> <p><input type="radio"/> Passing to Moving Players</p> <p><input type="radio"/> Passing on the Move</p> <p><input type="radio"/> Recognizing Open Players</p>	<p>✓ <b>Rebounding</b></p> <p><input type="radio"/> Jumping, Catching &amp; Landing</p>	<p>✓ <b>Defense</b></p> <p><input type="radio"/> Defensive Stance</p> <p><input type="radio"/> Defensive Slide</p> <p><input type="radio"/> Staying Between Player &amp; Basket</p> <p><input type="radio"/> Tracing &amp; Pressuring the Ball</p>
	<p>✓ <b>Footwork &amp; Movement</b></p> <p><input type="radio"/> Athletic Stance &amp; Triple Threat</p> <p><input type="radio"/> Running at Different Speeds</p> <p><input type="radio"/> Running in Different Direction</p> <p><input type="radio"/> Body Control &amp; Balance</p> <p><input type="radio"/> Two Foot Jump Stop</p> <p><input type="radio"/> Pivoting</p> <p><input type="radio"/> Skipping &amp; Jumping</p> <p><input type="radio"/> Pushing Off &amp; Exploding</p>	<p>✓ <b>Other</b></p> <p><input type="radio"/> Understanding the Court Lines</p> <p><input type="radio"/> Introduction to Rules</p> <ul style="list-style-type: none"> <li>• Travel</li> <li>• Double Dribble</li> <li>• Out of Bounds</li> <li>• Scoring</li> <li>• Fouls</li> </ul>