STARTER LEVEL

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.

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- **Always Fun**
  - 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**
  - 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**
  - 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**
  - 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.

### Ball Handling
- Advanced Stationary Control Series
- Jog Dribble to 1 Foot Stop & Push
- Cone Dribbling
- 1-Hand Side to Side Dribble
- Stationary Front-Back Control Dribble
- Spin Move
- Retreat Dribble
- Stationary 2 Ball Dribble Same Time
- Stationary 2 Ball Dribble Alternate
- Seated Dribbling
- Quick Change Dribbling
- Dribbling Through Stationary Defenders
- Pound Dribbling
- Running Crossover
- Finger Dribbling

### Passing
- Overhead Pass
- Outlet Pass
- Running Pass
- Pass Fakes

### Shooting
- Weak Hand Lay-Ups
- Stepping Into the Shot with Both Feet
- Euro-Step Lay-Ups
- Drop Step Lay-Ups
- Dribble Move to Shot
- Free Throws
- Up & Under
- Catch & Shoot on the Move
- Shot Fake Shooting
- Using A Screen
- Speed Lay-Ups

### Footwork & Conditioning
- Jab Step
- Pivoting For Space
- Forward to Backward Run
- Side/Lateral Push
- Changing Speeds

### Defense
- On Ball Defense
- Half Court Man To Man
- Disadvantage Spacing & Concepts
- Closeout
- Closeout to Slide
- Drop Step Slide
- Turning the Ball

### Other
- Full Explanation of Rules
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.