



# ROOKIE

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PLAYER

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ASSESSOR

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DATE PASSED

## ✓ Footwork & Movement

- Athletic Stance & Triple Threat
- Running at Different Speeds
- Running in Different Direction
- Two Foot Jump Stop
- Pivoting
- Skipping & Jumping
- Pushing Off & Exploding

## ✓ Ball Handling

(To be done with right and left hand)

- Stationary Dribble Low, Middle & High
- Stationary Crossover
- Dribbling at Different Speeds
- Dribbling in Different Directions
- Crossover at Different Speeds

## ✓ Passing

- Catching
- Hitting a Target
- Stationary Chest, Push & Bounce Pass
- Pivoting & Pass
- Passing to Moving Players
- Passing on the Move
- Recognizing Open Players

## ✓ Shooting

- Form Shooting
- Using the Backboard
- Jump Stop Lay-Ups (both sides)
- Traditional Lay-Ups (both sides)
- Jump Stop Shooting
- 1-2 Step Shooting (both feet)

## ✓ Offense

- Pass & Cut
- Ball Reversal
- Drive & Kick Pass
- Give & Go

## ✓ Defense

- Defensive Stance
- Defensive Slide
- Staying Between Player & Basket
- Tracing & Pressuring the Ball

## ✓ Rebounding

- Jumping, Catching & Landing

## ✓ Other

- Understanding the Court Lines
- Introduction to Rules
  - Travel
  - Double Dribble
  - Out of Bounds
  - Scoring
  - Fouls