



# STARTER

## PLAYER DEVELOPMENT PATHWAY

### ✓ **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
- Pass Off the Dribble
- Slide & Pass
- Kick Pass
- Dribble to Jump Stop Pass

### ✓ **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

### ✓ **Rebounding**

- Boxing Out
- Pursuing the Ball
- Protecting the Ball

### ✓ **Offense**

- Screening
- On the Ball Screens
- Off the Ball Screens
- Fast Break Spacing & Concepts
- Square Up and Rip Through
- Pass, Cut and Replace
- Fill The Corner
- The Pass Is Faster
- Receiving The Outlet
- Post Pass & Screen

### ✓ **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

ASSESSOR \_\_\_\_\_

DATE \_\_\_\_\_