

# ALL-STAR



# All-Star Level ABCD's

At the All-Star level, Jr. NBA players will begin to gain strength, quickness and the ability to better react to game situations. Practices will shift more towards team concepts and competition, while still heavily emphasizing skill development. There is usually a greater time commitment required at the All-Star level as the number of team practices increases. The goal of the All-Star level is to begin applying skills and team concepts more directly into game situations.

**ALWAYS FUN**

- Achieving Goals
- Loving the Process



At the All-Star level we widen the experience of fun to include beating previous bests or achieving goals. Many players gain such a love for the game that they derive great joy from practice itself. Players begin loving the process of development and see their deliberate practice as a way to reach new heights.

**BUILDING SKILLS**

- See Skill Checklist



By the All-Star level, players should have a pretty good understanding of the basic fundamentals. In this level, players should continue to challenge themselves as they become more efficient with dribble moves, getting open, shooting in different situations, and passing around defenders. These fundamentals will continue to grow, but now it becomes important to see these skills applied in game situations. Footwork & conditioning can also impact the outcome of games at the All-Star level and now become an area of emphasis.

**CORE VALUES**

- Leadership
- Humility



The All-Star level player should understand the values taught at previous levels and will begin to develop leadership skills. The players need to be encouraged, educated and shown how to lead. As leadership skills and ability advance, we want to continue instilling confidence but when necessary teach humility. Teaching players the healthy balance between confidence and humility is an ongoing and ever important responsibility.

**DEVELOPING WELLNESS**

- Time Management
- Rest & Recovery



At the All-Star level players face more demands in all areas of their lives, and learning how to prioritize and have good time management skills is essential. Knowing how to balance completing homework, visiting with friends, practicing skills, and getting good rest is a new challenge. Understanding rest & recovery is also important at this level. Rest and recovery not only means sleep, but also stretching, icing, and other recovery techniques such as yoga. It is important that players understand how being rested and implementing recovery methods will lead to feeling better, and potentially, performing better.

# 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.

## ✓ Ball Handling

- Behind the Back Dribble
- Between the Legs Dribble
- Dribble 1 Ball, Catch & Pass A 2Nd Ball
- Stationary 1-Hand Control Pass
- Moving 1-Hand Control Pass
- Creative Dribbling
- Pull Back Dribble
- Stationary 2 Ball Dribble with Contact
- 2 Ball Creative Dribbling

## ✓ Passing

- Backdoor Pass
- 1-Hand Ball Control Passing
- Post Entry Pass
- Skip Pass
- Shovel Pass

## ✓ Shooting

- Step-Back Shot
- Reading Off Ball Screens for Shots
- Screens On the Ball Shots (Pull-Up, Stop Behind, Split)
- Reverse Lay-Up
- Extended Lay-Up
- Spin To Shot
- Transition Catch And Shoot

## ✓ Footwork & Conditioning

- Run & Turn Forward & Backward
- Sprinting
- Backdoor Cut
- Quick Feet
- Explosion

## ✓ Rebounding

- Live Rebounding Drills with Contact
- Tag on Perimeter

## ✓ Offense

- L-Cut
- Baseline Drive Fill the Corner
- Reading Screens

- Post Pass Action (Cut, Relocate, Screen)

- Post Player Spacing on Drives

- Basic Set Plays

- Transition Offense

- Motion Offense

## ✓ Defense

- Post Defense (Before the Catch, After the Catch, After the Dribble)

- Defending Ball Screens

- Defending Away Screens

- Help the Helper

- Full Court Man To Man

- Shell Drill

- Denying

- Jumping to the Ball

- Transition Defense

- Taking Charges

## ✓ Other

- Advanced Rules

- Special Situations

# 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 All-Star level principles.

