



Criteria for Levels @ KJ'S

KJ'S Level **Yellow: 4pm to 5pm**



Players in this session are learning: Jump Stops, Pivots, Chest Passes and Bounce Passes (moving and standing still). Dribbling with each hand, Lay-Ups with either hand including Power Lay-Ups. Crossovers, Shooting Fundamentals (shooting form, etc.....), Defensive Stances and Slides, On the Ball Closeouts.

When players are proficient in these skills & pass KJ'S yellow skills test, they can move to level green...

KJ'S Level **Green: 5pm to 6pm**



Players in this session are learning: Dribbling Between the Legs, Behind the Back, In & out, In & Out Cross Over, Shooting off the Dribble, Shot Quickness, Defensive Spacing, Man to Man Full Court Pressure, Help Side (team defense), Taking care of the ball under pressure and Team Offensive Philosophy.

When players are proficient in these skills & pass KJ'S green skills test, they can move to level blue...

KJ'S Level **Blue: 6pm to 7pm**



Players in this session are learning: Advance Team Offensive Philosophy, Advance Team Defensive Philosophy, Scoring off the Dribble, Scoring of the Pass (moving without the ball), Scoring in an Offensive System and Shooting the ball from anywhere.