

Overview

The Jr. NBA is the official youth basketball participation program of the NBA. The Jr. NBA includes a free, membership-based program for existing youth basketball leagues/organizations. The membership is to help encourage and support youth basketball participation and improve the overall youth basketball experience. The Jr. NBA aims to develop a lifelong passion for the game of basketball in boys and girls by teaching them the fundamentals of the sport while instilling core values including teamwork, respect and sportsmanship.

Philosophy

The Jr. NBA Philosophy is to share the game of basketball with youth across the world by teaching skills, values, and wellness in a positive and fun environment. The Jr. NBA's holistic approach is intended to strengthen the culture of youth basketball, teach life lessons, and empower youth to live a full and healthy life. The Jr. NBA believes this philosophy leads to developing complete and well-rounded basketball players and individuals.

The Jr. NBA philosophy manifests itself in our curriculum through the ABCD's of the Jr. NBA. The ABCD's of the Jr. NBA are the foundation of the curriculum and define what the Jr. NBA stands for. Each element of the ABCD's of the Jr. NBA is equally important and works with the other components to develop well-rounded basketball players and people. Please see below for the ABCD's of the Jr. NBA.

ALWAYS FUN

We love the game of basketball because at its core, it's FUN! Basketball should be fun at every level, and as Jr. NBA players make progress in their development, their understanding of fun also evolves. So whether it's encouraging a first-time player as she learns to dribble, or helping a young boy set goals, the game should always be oriented around fun. Fun is always a part of the Jr. NBA curriculum.

Continued

The ABCD's of the Jr. NBA

A

Always Fun

B

Building Skills

C

Cultivating Values

D

Developing Wellness

The 6 Ways that Jr. NBA Players Experience Fun

Achieving Goals

Mastering Skills

Loving the Process

High Fives & Smiles

Cheering for Others

Interactive Games

Positive Encouragement

BUILDING SKILLS

Building basketball skills is an essential part of learning the game. The Jr. NBA recognizes that skill development is a process that is especially important to youth players. The Jr. NBA uses a skill progression checklist that helps players advance through developmental levels.

As Jr. NBA players master skills and advance in the curriculum, skill categories grow more advanced. This approach helps Jr. NBA players to continually develop and enjoy the positive reinforcement of mastering new skills!

CULTIVATING VALUES

The game of basketball provides everyone involved the opportunity to learn countless life lessons. The lessons learned in the Jr. NBA curriculum will be with our players for a lifetime. Therefore, the Jr. NBA makes it a priority to cultivate these core values throughout all programming.

A key tenet of the Jr. NBA philosophy is to incorporate a character-building messages into every practice. Values are also taught in unscripted situations, and we encourage our coaches to embrace those opportunities as well. The Jr. NBA character lessons will undoubtedly go beyond the court and help youth players in other areas of their lives.

Skill Categories**Ball-Handling****Passing****Shooting****Footwork & Conditioning****Rebounding****Offense****Defense****Character Building Values****Teamwork****Sportsmanship & Fairness****Leadership****Respect****Responsibility****Confidence & Humility****Positivity & Receptiveness****DEVELOPING WELLNESS**

One of the best parts of the game of basketball is that it promotes wellness across many dimensions of life. The Jr. NBA wants to address, educate, and encourage young players to be healthy in each of these areas.

The Jr. NBA believes that developing as a complete person is more important than developing just as a basketball player. Whether it is understanding more about nutrition or learning time management skills, themes of wellness will be applied throughout the curriculum.

Aspects of Wellness**Active Lifestyle****Time Management****Injury Prevention****Nutrition****Rest & Recovery****Healthy Relationships****Balanced lifestyle**



Jr. NBA Pathway

The Jr. NBA Pathway has been developed to help players, parents, coaches, and organizations better understand the process of improvement.

The Jr. NBA pathway is a developmentally-based progression that depends on players mastering new skills before advancing to the next level. The Jr. NBA Development Pathway is not based on a player's age, but rather his or her proficiency at key skills.

The Jr. NBA Pathway is divided into four levels.



The Jr. NBA Pathway and its four levels are derived from the *Long Term Athlete Development Model. At each level, there will be unique methods, messages, skills, and drills that incorporate and teach the ABCD's of the Jr. NBA.

* The Long Term Athlete Development Model is an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development to produce athlete