



# LEGACY HOOPS TRAINING LEVEL DESCRIPTIONS

Each athlete is assigned their training level based on his/her mastery of fundamental skills, as well as his/her overall grasp of the game. They are periodically reevaluated by their trainers to determine whether or not they have developed sufficiently to move up to the next level. We use these assigned levels to form uniform training groups and to make sure trainees are placed according to their proper skill level. This helps our trainers perform effective sessions and our trainees get the most efficient development possible. An athlete's age is **NOT** a factor in our rating system (**with the exception of the HS Level**), so our groups will consist of athletes of different ages based on their skill level.

Parents, we encourage you to seek feedback from our training staff if you have questions about your child's skill development or their placement level. We ask, however, that you respect our trainers' judgment regarding their training level. For the benefit of all of our trainees, we cannot allow parental feedback to influence the assignment of levels.

## Description of each training level:

### **PRE BEGINNER** *(No more than 4-6 athletes per session)*

- Little to no basketball knowledge or experience.
- Needs the core foundation of footwork, technique, and skill.

### **BEGINNER** *(No more than 5-6 athletes per session)*

- Below average footwork, technique, and skill.
- Maintain a controlled dribble with a dominant hand.
- Must be able to perform proper layup footwork with 70% accuracy.
- Must be able to finish layups with a dominant hand at 70% accuracy.
- Perform one change of direction move with 70% accuracy.

### **INTERMEDIATE** *(No more than 6-7 athletes per session)*

- Average footwork, technique, and skill.
- Perform moves, technique, and footwork at an 80% accuracy level.
- Finish layups with a dominant hand at a 80% accuracy and non dominant hand at a 70% accuracy level.
- Perform 2+ combination moves with 80% accuracy at game speed.
- Perform 2+ change of direction moves with 80% accuracy, with or without defense.
- Athletes understand the game well enough to compete in games and live drills.

### **ADVANCED** *(No more than 7-8 athletes per session)*

- Above average footwork, technique and skill (90-100% accuracy level).
- Finish layups with a dominant hand at a 90-100% accuracy level and non dominant hand at a 80% or above accuracy level.
- Perform 3+ dribble combination moves at game speed, with 90-100% accuracy.
- Perform 3+ change of direction moves with accuracy, with or without defense.
- Translate drills and moves to competition games fluidly, with or without defense.

