



Jr. NBA Resources for home activities

For all levels of curriculum- Rookie- Starter- All-Star- MVP

<https://jr.nba.com/jr-nba-instructional-curriculum/>

Activities and home skills & drills

Head Space (Youth Meditation)

<https://jr.nba.com/category/headspace>

Ball Handling

<https://jr.nba.com/category/ball-handling>

Conditioning

<https://jr.nba.com/category/conditioning>

Defense

<https://jr.nba.com/category/defense>

Games to play

<https://jr.nba.com/category/games-to-play>

Offense

<https://jr.nba.com/category/offense>

Passing

<https://jr.nba.com/category/passing>

Rebounds

<https://jr.nba.com/category/rebounding>

Shooting

<https://jr.nba.com/category/shooting>

Warm Up

<https://jr.nba.com/category/warm-up>