

# HoopLab – Jumpstart Ready Check

Written & Video Guided At-Home Activity

## PURPOSE OF THE JUMPSTART READY CHECK

The Jumpstart Ready Check supports initial level recommendation before a player's first Jumpstart session.

It is designed to:

- reduce first-session nerves
- introduce key basketball movements
- support accurate initial placement

It is not a test, tryout, or pass/fail assessment.

Final placement is always confirmed in the gym by a coach.

## HOW TO COMPLETE THE READY CHECK

Families may complete this using the written instructions alone, or alongside the guided videos.

All activities should be completed in a relaxed, supportive environment.

### 1. STATIONARY BALL CONTROL

What the player does:

- Dribble on the spot with the strong hand for 30 seconds
- Switch to the other hand and dribble for 30 seconds
- Optional: attempt through-the-legs dribbles if comfortable

What to focus on:

- Control over speed
- Keeping the ball close to the body
- Staying mostly upright

Placement indicators:

- Discovery – frequent loss of control, chasing the ball

- Formation – controlled dribble both hands, some inconsistency
- Application+ – comfortable control both hands, eyes occasionally up

## 2. FINISHING – ELBOW START

What the player does:

- Start at the elbow
- Take 1 controlled dribble
- Take 2 steps
- Finish a layup using the correct hand
- Complete 5 attempts on each side

What to focus on:

- Correct takeoff foot
- Correct finishing hand
- Balanced takeoff and landing

Placement indicators:

- Discovery – unsure footwork or wrong hand
- Formation – correct pattern, inconsistent execution
- Application+ – correct pattern both sides with confidence

## 3. SHOOTING – TIMED MAKE STREAK

What the player does:

- Set a 3-minute timer
- Shoot from the free throw line or closer if needed
- Parent rebounds
- Player shoots at a comfortable rhythm

Clear placement metric:

- 0–2 longest make streak → Discovery
- 2–5 longest make streak → Formation
- 5+ longest make streak → Application

What also matters:

- Balance on the shot
- Feet set before the ball
- Willingness to keep shooting

#### HOW THIS IS USED

The Ready Check provides a starting recommendation only.

Coaches use this information alongside in■gym observation during the first 1–2 sessions to confirm placement.

No player is placed directly into Integration without in■gym confirmation.

#### IMPORTANT REMINDERS

- Misses are expected
- Confidence matters more than results
- The Ready Check does not replace coaching observation

The goal is simple:

To place each player in the learning environment where they will develop best.