

# About the Jr. NBA Program



**FUN**

## BASKETBALL AUTHENTIC MAXIMUM BASKETBALL TOUCHES

### OBJECTIVES

- Provide entry-level basketball program for young children 5 to 7 years old
- Build a community of league organizers, parents, coaches committed to minor basketball
- Provide a fun, active and healthy learning environment

### CURRICULUM

- Weekly 45 minute practices for 12 weeks
- Canadian Sport 4 Life/Long Term Athlete Development compliant
- Aligned with Canada Basketball's Developmental Pathway
- Curriculum has been developed by NBA Basketball Operations and a team of experts in child development and physical literacy, and basketball fundamentals
- Games will be modified to be age-appropriate, simple and fun

### EQUIPMENT & UNIFORM

- Program will include age-appropriate equipment (smaller basketball and lowered adjustable hoops) and modified games
- Participants will receive a size-appropriate Spalding® Rookie Gear Basketball and NBA team branded t-shirt



**LEARN MORE AT [WWW.JRNBA.CA](http://WWW.JRNBA.CA)**