

Youth Skills Curricula by Age Range																
			Age													
Jr. NBA	Rookie Level	Ages 5 to 8	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	Starter Level	Pre-teen	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	All-Star Level	Teenage	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	MVP Level	High school	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Gooroo Youth Basketball		Grades 5 to 8	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LTAD	FUNDamentals	6 to 9	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	Learn to Train	8 to 12	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	Train to Train	11 to 16	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	Train to Compete	15 to 18	5	6	7	8	9	10	11	12	13	14	15	16	17	18