

How are training levels assigned at 43 Hoops?

Our trainers assign each athlete a training level based on his/her mastery of fundamental skills as well as his/her overall grasp of the game (“basketball IQ”), and they periodically reevaluate their trainees 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. An athlete’s age is not a factor in our rating system, so our groups will consist of athletes of different ages.

Parents, we encourage you to seek feedback from our training staff if you have questions about the progress of your child’s skill development. 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:

Level 4 (no more than 4-5\*\* athletes per session):

Athletes need to see a demonstration of basic moves before executing these moves themselves. Their execution is slow and mechanical. Athletes have a basic understanding of the game.

Level 3 (no more than 6-7\*\* athletes per session):

Athletes can execute basic moves properly with verbal instruction alone. Their execution is smooth and steady. Athletes understand the game well enough to compete in games and live drills.

Level 2 (no more than 6-7 athletes per session, may train with Level 1):

Athletes can execute basic moves at high speed and can combine moves seamlessly. They understand how to effectively apply learned skills to game situations.

Level 1 (no more than 6-7 athletes per session, may train with Level 2):

Athletes can execute both basic and combined moves at game speed flawlessly and consistently. They can utilize learned skills in game situations spontaneously as their understanding of the game becomes instinctual.

\*Sessions on Fridays (Friday Shootouts) emphasize shooting over footwork and may result in players of different levels training together (e.g. 2’s with 3’s, and 3’s with 4’s).

\*\*Generally a Level 4 group will consist of 4 athletes or fewer, unless it is a particularly strong Level 4 group. Similarly, a Level 3 group will consist of no more than 6 athletes unless it is particularly strong.