

	PrepStar	ProElite Women	ProElite Men
<b>BALL-HANDLING</b>			
<b>Basic Ball-handling</b>			
Left Hand Speed Dribble	✓	✓	✓
Right Hand Speed Dribble	✓	✓	✓
Front Cross Speed Dribble	✓	✓	✓
Two Ball Speed Dribble	✓	✓	✓
<b>Advanced Ball-handling</b>			
Behind Back Speed Dribble	✓	✓	✓
Two Ball Side V Dribble	✓	✓	✓
Figure 8 Speed Dribble	✓	✓	✓
Left Hand Side V Dribble	✓	✓	✓
Right Hand Side V Dribble	✓	✓	✓
<b>Elite Ball-handling</b>			
Two Ball Shoulder High		✓	✓
Two Ball Knee High		✓	✓
Two Ball Wide Side-to-Side		✓	✓
Two Ball High-Low (count low)		✓	✓
Two Ball High-Low (count high)		✓	✓
Two Ball Double Cross		✓	✓
Two Ball Side V Dribble		✓	✓
<b>SHOOTING</b>			
<b>Basic Shooting (No shooting direction specified)</b>			
14 ft. Standstill	✓	✓	✓
20 ft. Standstill	✓	✓	✓
14 ft. Off the Move	✓		
20 ft. Off the Move	✓		
14 ft. Off the Dribble	✓		
20 ft. Off the Dribble	✓		
<b>Elite Shooting (shooting direction specified)</b>			
18 ft. Standstill		✓	✓
21 ft. Standstill		✓	✓
14 ft. Off the Move, Going Left		✓	✓
14 ft. Off the Move, Going Right		✓	✓
18 ft. Off the Move, Going Left		✓	✓
18 ft. Off the Move, Going Right		✓	✓
20 ft. Off the Move, Going Left		✓	
20 ft. Off the Move, Going Right		✓	
21 ft. Off the Move, Going Left			✓
21 ft. Off the Move, Going Right			✓
14 ft. Off the Dribble, Going Right		✓	✓
14 ft. Off the Dribble, Going Left		✓	✓
18 ft. Off the Dribble, Going Right		✓	✓
18 ft. Off the Dribble, Going Left		✓	✓
20 ft. Off the Dribble, Going Right		✓	
20 ft. Off the Dribble, Going Left		✓	
21 ft. Off the Dribble, Going Right			✓
21 ft. Off the Dribble, Going Left			✓
<b>CORE STRENGTH (AVAILABLE LATE Q2, 2011)</b>			
Vertical Jump	✓	✓	✓
Defensive Slides	✓	✓	✓

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