



Preparing your 7th-grade student athlete for Division 1 basketball recruitment requires a combination of skill development, academic preparation, and strategic planning.

Here are our **Key Areas of Focus:**

1. Skill Development

Work on Fundamentals: Ensure strong proficiency in dribbling, shooting, passing, defense, and basketball IQ.

Specialized Training: Consider hiring a skills coach for position-specific development.

Game Exposure: Participate in competitive leagues, AAU tournaments, and camps to face high-level competition.

2. Physical Conditioning

Strength & Agility Training: Focus on building strength, speed, and endurance tailored for basketball.

Nutrition & Recovery: Maintain a balanced diet and prioritize sleep and recovery after games and workouts.

3. Academic Preparation

Maintain High Grades: Division 1 schools require strong academic performance to meet NCAA eligibility.

Start Tracking GPA: Monitor grades to ensure they stay on track for eligibility requirements.

Develop Study Habits: Balance academics and athletics early to handle future demands.

4. Basketball Exposure

AAU Participation: Join a reputable AAU team for exposure to college scouts and high-level competition.

Basketball Camps: Attend camps sponsored by colleges or elite organizations where scouts are present.

Highlight Reels: Start creating short videos showcasing key skills and game highlights for future recruitment.

5. Networking

Build Relationships: Network with coaches, trainers, and mentors in the basketball community.

Connect with College Coaches: Attend events where college coaches are present and learn about their programs.

6. Understand NCAA Rules

Learn about recruiting timelines and contact rules to avoid eligibility issues later.

Start a dialogue with your student about realistic expectations and recruitment milestones.

7. Character Development

Teach discipline, sportsmanship, and leadership on and off the court.

Encourage them to be coachable and resilient, those are traits scouts value highly.