

# Basketball Lay-up Rubric 9th

This rubric will help to grade skill level of students in the basketball lay-up. To achieve a skill number, students must demonstrate all of the skills in that scoring level. Emphasis is on the process and mechanics of the sports skill and not the end product.

## Mechanics and Cues of Skill

### Basic Skill Level

- Student runs with the ball instead of dribbling to the basket
- Student stops momentum completely before shooting
- Student does not jump or jumps off both legs
- Shot is not accurate or around the basket

### Elementary Skill Level

- Student takes extra steps with the ball or ends their dribble premature
- Student stops momentum before shooting the ball
- Student jumps off both legs
- Student jumps from far away from the basket
- Shot does not use the backboard or is not accurate

### Advanced Skill Level

- Student dribbles all the way into the basket
- Student is not balanced when they pick their dribble up (too many steps etc.)
- Student jumps off their outside leg
- Student jumps from an appropriate area on the floor
- Student uses the backboard while shooting
- Student is moving at full speed during a game situation

### Exemplar Skill Level

- Student dribbles all the way into the basket
- Student is balanced when approaching the basket
- Student jumps off their inside leg while shooting with their outside hand
- Student jumps from an appropriate area on the floor
- Student uses the backboard while shooting
- Student is moving at full speed in a game situation
- Student received a pass at full speed during a fastbreak

