

Basketball Shooting Team Sports Rubric

This rubric will help to grade skill level of students in the basketball shot. 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 during intense game situations.

Skill Number	Mechanics and Cues of Skill
1	Basic Skill Level <ul style="list-style-type: none"> ● Student picks up dribble before the shooting spot ● Student does not make a complete stop and rushes shot ● Student does not bend knees or fully use lower body ● Vision is not focused on target/basket ● Student shoots with both hands on the side of the ball ● Student shoots ball as soon as someone gets close to them
	Elementary Skill Level <ul style="list-style-type: none"> ● Student dribbles the ball all the way to the shooting spot ● Student makes a complete stop but body is not fully balanced ● Student's hands are on correct spot on the basketball ● Student does not bend knees or fully use lower body (causes student to not shoot properly) ● Student's vision is at the basket while shooting ● Student waits for defense to recover before shooting
2	Advanced Skill Level <ul style="list-style-type: none"> ● Student dribbles the ball all the way to the shooting spot ● Student makes a complete stop and balances their body ● Student bends knees and uses lower body during shot ● Student's hands are on correct spot on the basketball ● Student's vision is at the basket while shooting ● Student shoots as soon as they are open
	Exemplar Skill Level <ul style="list-style-type: none"> ● Student is balanced and releases the ball at the apex of their jump shot ● Student uses a pump fake to get the defense in the air to shoot ● Student is able to shoot with defense in their face ● Student able to shoot a fade away jumper and can use the backboard ● Student is able to use a plethora of different shots to score ● Student doesn't rely on the 3 pointer ● Student can use both hands equally well during a game from 15 feet in
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