







Basketball Skills Assessment 7th Grade

Basketball Skills Assessment:

- All skills are assessed based on a **Kinetic Chain** – *Using multiple muscle groups in one fluid movement pattern.*

Basketball Skill		Attempts			Instructional Cues	
Shooting		1	2	3		
1	Triple Threat Position – (feet shoulder width apart, knees bent)				 <p>Triple Threat Position</p>	 <p>Snap wrist Eyes on target</p>
2	Find the seams – (non dominant thumb on cross and dominant hand against seams)					
3	Eyes on target (back of the rim)					
Dribbling		1	2	3		
1	Triple Threat Position – (feet shoulder width apart, knees bent)				 <p>Palms Down</p>	 <p>Eyes Up Waist high dribble</p>
2	Running forward with eyes up					
3	Palms down and use “finger pads”					
Defensive Slides		1	2	3		
1	Defensive stance – (knees bent shoulder width apart and back straight)				 <p>Lead hand down Back hand up</p>	 <p>Slide side to side</p>
2	Shuffle feet					
3	Front hand down and back hand up					