







# Basketball Skills Assessment Team Sports

**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	
<b>Shooting</b>		<b>1</b>	<b>2</b>	<b>3</b>		
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) Release with one hand					
3	Eyes on target (back of the rim)					
4	Use legs for power for the jump shot and fade away jump shot					
5	Snap wrist and follow through toward basket (hand in cookie jar)					
<b>Dribbling</b>		<b>1</b>	<b>2</b>	<b>3</b>		
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” and can use both hands equally well					
4	Waist high dribble or below knees					
5	Two foot jump-stop and pivot					
<b>Defensive Skills</b>		<b>1</b>	<b>2</b>	<b>3</b>		
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 doesn't skip denies pass one pass away					
3	Front hand down and back hand up calls out screens					
4	On balls of feet to prevent getting beat plays help defense					
5	Hustle to stay between their man and the basket					