

Basketball Skill Rubric

Basketball Skills	Excellent Skill Level 4 pts.	Advanced Skill Level 3 pts.	Elementary Skill Level 2 pts.	Basic Skill Level 1 pt.	No Effort Skill Level 0 pts.
Dribbling	<ul style="list-style-type: none"> -Students eyes are scanning and not focused on the ball -Students dribbles the ball at the waist - Student pushes the ball down with their fingertips -Student can use both hands equally while dribbling -Students dribble is under control at full speed 	<ul style="list-style-type: none"> -Students eyes are scanning and not focused on the ball - Student dribbles the ball at waist level -Student pushes the ball down with their fingertips -Student can dribble properly with their dominate hand -Student loses some control of the ball when dribbling at full speed 	<ul style="list-style-type: none"> -Students eyes are focused on the ball and student will sometimes look up to scan -Student dribbles the ball at varying levels -Student pushes the ball down with their fingertips -Student can dribble properly with their dominant hand but not equally with their non-dominate hand -Student cannot keep control when dribbling at full speed 	<ul style="list-style-type: none"> -Students eyes are focused on the ball at all times -Student dribbles the ball at varying levels -Student slaps the ball down with their dribbling hand -Student cannot dribble properly with their dominant hand or their non-dominant hand -Student cannot keep control of the ball when dribbling at full speed 	No effort
Lay-up	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> - Student dribbles all the way into the basket -Student is not balance when they pick their dribble up (too many steps) -Student jumps off their outside leg -Student jumps from an appropriate area on the floor -Student uses the backboard while shooting 	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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 	No effort
Chest Pass	Student always receives the ball in	Student consistently receives	Student sometimes	Student rarely receives	No Effort

	<p>a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Hold the ball to your chest. Push off with back foot and take a step with your front foot. Extend your arms in a quick motion to pass the ball. Lead your teammate when they are moving. Throw the chest pass with some velocity.</p>	<p>the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Hold the ball to your chest. Push off with back foot and take a step with your front foot. Extend your arms in a quick motion to pass the ball. Lead your teammate when they are moving. Throw the chest pass with some velocity.</p>	<p>receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Student sometimes holds the ball to your chest. Student sometimes pushes off with back foot and takes a step with your front foot. Student does not extend your arms in a quick motion to pass the ball. Lead your teammate when they are moving. Student does not throw the chest pass with some velocity.</p>	<p>the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Student rarely holds the ball to your chest. Student rarely pushes off with back foot and takes a step with your front foot. Student rarely extends your arms in a quick motion to pass the ball. Student rarely leads your teammate when they are moving. Student rarely throws the chest pass with some velocity.</p>	
Bounce Pass	<p>Student always receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Hold the ball at the waist. Aim for $\frac{3}{4}$ of the way between yourself and teammate. Push off back foot, and take a step with your front foot. Extend your arms in a quick and</p>	<p>Student consistently receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Hold the ball at the waist. Aim for $\frac{3}{4}$ of the way between yourself and teammate. Push off back foot, and take a step with your front foot.</p>	<p>Student sometimes Receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Hold the ball at the waist. Aim for $\frac{3}{4}$ of the way between yourself and</p>	<p>Student rarely receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Student rarely holds the ball at the waist. Student does not aim for</p>	No effort

	<p>downward motion to pass the ball. When teammate is moving lead the ball far enough in front of teammate so he can catch the ball in stride.</p>	<p>Extend your arms in a quick and downward motion to pass the ball. When teammate is moving lead the ball far enough in front of teammate so he can catch the ball in stride.</p>	<p>teammate. Student sometimes pushes their off back foot, and takes a step with your front foot. Sometimes extends their arms in a quick and downward motion to pass the ball. When teammate is moving student sometimes leads the ball far enough in front of teammate so he can catch the ball in stride.</p>	<p>$\frac{3}{4}$ of the way between yourself and teammate. Student does not push off back foot, and take a step with your front foot. Student does not extend their arms in a quick and downward motion to pass the ball. When teammate is moving the student does not lead the ball far enough in front of teammate so he can catch the ball in stride.</p>	
<p>Overhead Pass</p>	<p>Student always receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Place hands on either side of the ball. Bring ball directly behind your head with your forearms parallel to the court. Push off with your front foot and take a step with your back foot. Snap your elbows down with your arms, finishing when arms are completely extended in front of you.</p>	<p>Student consistently s receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Place hands on either side of the ball. Bring ball directly behind your head with your forearms parallel to the court. Push off with your front foot and take a step with your back foot. Snap your elbows down with your arms, finishing when arms are completely extended in front of you.</p>	<p>Student sometimes receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Student sometimes places hands on either side of the ball. Student sometimes brings ball directly behind your head with your forearms parallel to the court. Student sometimes pushes off with your front foot and takes a step with your back foot.</p>	<p>Student rarely receives the ball in a triple threat position (feet shoulder width apart, and slightly staggered, knees bent, shooting hand on top of the ball and other hand is to the side of the ball and elbows are bent at 90 degrees). Student rarely places hands on either side of the ball. Student rarely brings ball directly behind your head with your forearms parallel to the court. Student rarely pushes off with your front foot and takes a step with your back foot.</p>	<p>No Effort</p>

			Student sometimes snaps your elbows down with your arms, finishing when arms are completely extended in front of you.	Student rarely snaps your elbows down with your arms, finishing when arms are completely extended in front of you.	
Shooting	<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 	<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 uses lower body (causes student to not shoot properly) -Student's vision is at the basket while shooting 	<ul style="list-style-type: none"> -Student picks up dribble before the shooting -Student does not make a complete stop and rushes shot -Student does not bend knees or fully use lower body -Vision in not focused on target/basket -Student shoots with both hands on the side of the ball 	<ul style="list-style-type: none"> -Student picks up dribble before the shooting spot -Student does not stop body and shoots while moving -Student has little/no balance and the shot is inaccurate -Student shoots with both hands on the side of the ball 	No effort
Game Strategy	-Student always uses game strategy	-Student mostly uses game strategy	-Student sometimes uses game strategy	-Student rarely uses game strategy	-Never uses game strategy permitted by the rules