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| **SKILLS** | **CUES** | **ASSESSMENT** | **ASSESSMENT** | **EVALUATOR’S NAME** |
|  |  | **P = Passed** | **N = Needs more practice** |  |
|  |  |  |  |  |
| **Triple Threat Position** | Ball by “Shooting” hip |  |  |  |
|  | Ready to pass, dribble, or shoot |  |  |  |
|  |  |  |  |  |
| **Pivoting** | Feet are parallel and shoulder width apart |  |  |  |
|  | Establishes pivot foot  (uses foot on the shooting hand side of body) |  |  |  |
|  | Maintains same pivot foot |  |  |  |
|  |  |  |  |  |
| **Faking** | In triple threat position  Ball by shooting hip  Ready to pass, dribble, or shoot |  |  |  |
|  | Quick, realistic motion |  |  |  |
|  | Intentions not telegraphed |  |  |  |
|  |  |  |  |  |
| **Passing** | Steps forward |  |  |  |
|  | Uses crisp (quick, sharp) passes |  |  |  |
|  | Provides adequate force |  |  |  |
|  | Executes follow through |  |  |  |
|  |  |  |  |  |
| **Catching** | Looks ball into hands |  |  |  |
|  | Has soft hands (slightly give to ball) |  |  |  |
|  |  |  |  |  |
| **Dribbling** | Controls ball with fingers and wrist |  |  |  |
|  | Pushes ball |  |  |  |
|  | Maintains heads-up position  (Head and eye position) |  |  |  |
| **SKILLS** | **CUES** | **ASSESSMENT** | **ASSESSMENT** | **EVALUATOR’S NAME** |
|  |  | **P = Passed** | **N = Needs more practice** |  |
| **(Dribbling cont)** | Maintains heads-up position  (Head and eye position) |  |  |  |
|  | Shields ball when closely guarded |  |  |  |
|  | Faces teammates and basket |  |  |  |
|  | Dribbles with proper hand |  |  |  |
|  | Uses low dribble for control |  |  |  |
|  | Uses high dribble for speed |  |  |  |
|  |  |  |  |  |
| **Shooting** |  |  |  |  |
| **Foul Shot** | Uses ritual  Preparation  Breathes and relaxes  Focuses (visualizes ball going  into basket |  |  |  |
|  | Shoots ball  Uses set shot principles: BEEF |  |  |  |
|  |  |  |  |  |
| **Blocking Out** | Has wide balance stance |  |  |  |
|  | Makes contact with opponent  (with opponent on back) |  |  |  |
|  |  |  |  |  |
| **Defensive Rebounding** | Blocks out  Has wide balance stance  Makes contact with opponent  Turns outward with back to  goal |  |  |  |
|  |  |  |  |  |
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| **SKILLS** | **CUES** | **ASSESSMENT** | **ASSESSMENT** | **EVALUATOR’S NAME** |
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| **Fast Break** | Blocks out  Has wide balance stance  Makes contact with opponent  Turns outward with back to  goal |  |  |  |
|  | Tries to make outlet pass |  |  |  |
|  | Passes/dribbles ball quickly to score |  |  |  |
|  | Keeps head and eyes up |  |  |  |
|  |  |  |  |  |
| **Screen and Roll** | Fakes defensive player  In opposite direction |  |  |  |
|  | Blocks opponent from teammate who is preparing to shoot |  |  |  |
|  | Hands inside body |  |  |  |
|  | Maintains stationary position until rolls |  |  |  |
|  | Rolls off defensive player and blocks out |  |  |  |
|  | Rebounds |  |  |  |
|  | Shoots ball |  |  |  |
|  |  |  |  |  |
| **Pick and Roll** | Fakes defensive player in opposite direction |  |  |  |
|  | Sets up on side of defensive player for teammate who is cutting through |  |  |  |
|  | Hands inside body |  |  |  |
|  | Maintains stationary position until rolls |  |  |  |
| **SKILLS** | **CUES** | **ASSESSMENT** | **ASSESSMENT** | **EVALUATOR’S NAME** |
|  |  | **P = Passed** | **N = Needs more practice** |  |
| **(Pick and Roll Cont.)** | Rolls to block out after cut by teammate |  |  |  |
|  | Rebounds and shoots ball or moves to another area of court |  |  |  |
|  |  |  |  |  |
| **Defensive Fundamentals** | Wide stance |  |  |  |
|  | On balls of feet |  |  |  |
|  | Proper guarding distance |  |  |  |
|  | One hand up to prevent shot |  |  |  |
|  | One hand down to prevent pass |  |  |  |
|  | Eyes on opponent’s belly button |  |  |  |
|  | Tries to cut off drive to goal |  |  |  |
|  |  |  |  |  |
| **Player to player defense: Straight** | Follows assigned opponent |  |  |  |
|  | Keeps proper guarding distance |  |  |  |
|  | Keeps hand nearest ball in passing lane |  |  |  |
|  |  |  |  |  |
| **Payer to player defense: Sagging** | When assigned opponent has ball uses straight player to player principles (above) |  |  |  |
|  | When someone else has ball, moves to ball handler |  |  |  |
|  | One hand points toward assigned player |  |  |  |
|  | One hand points toward ball handler |  |  |  |
|  |  |  |  |  |
| **SKILLS** | **CUES** | **ASSESSMENT** | **ASSESSMENT** | **EVALUATOR’S NAME** |
|  |  | **P = Passed** | **N = Needs more practice** |  |
| **Zone Defense** | Guards any opponent who enters area |  |  |  |
|  | Uses sagging player to player principles |  |  |  |
|  | When assigned opponent has ball, uses straight player to player principles |  |  |  |
| **(Zone defense continued)** | When someone else has ball, moves toward ball handler |  |  |  |
|  | One hand points toward assigned player |  |  |  |
|  | One hand points toward ball handler |  |  |  |
|  |  |  |  |  |
| **Additional Skills** |  |  |  |  |
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