
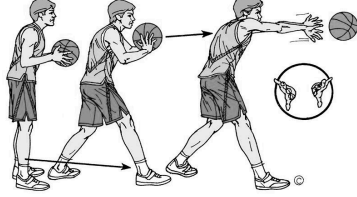
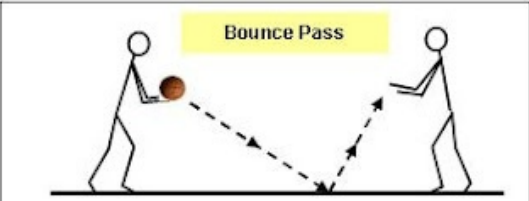


Basketball Skills Cues and Rubric

Skill	Cues
<p>Hand Dribbling</p> 	<ul style="list-style-type: none"> • Eyes up • Use your fingerpads--not your fingertips • Keep ball at your side for control • Keep ball at waist level or lower • Keep the ball in your "foot pocket" which is done by dropping the right foot behind your left foot (right handers). This will help control the ball and protect it from defenders
<p>Chest Pass</p> 	<ul style="list-style-type: none"> • Square body to target • Thumbs against chest--elbows bent and out • Step toward target • Extend arms fully releasing ball to target • Thumbs should now be pointing down • Tell students to...bend, extend, release
<p>Bounce Pass</p> 	<ul style="list-style-type: none"> • Spread fingers along the sides of the basketball • Start the ball at chest level • Keep the knees bent • Release the ball by extending arms downwards • Upon release, turn palms outward towards the floor • Ball should contact ground two-thirds of the way to the receiving player

<p>Skills Rubric</p>	<p>Level 4 ~ Student performs the skills with no or few observable errors in technique.</p> <p>Level 3 ~ Student performs the skills with most of the characteristics of good technique and is able to self-correct most errors easily.</p> <p>Level 2 ~ Student performs the skills with some technique and many errors. Student relies on the assistance of others to correct the skill or to participate.</p> <p>Level 1 ~ Student is ineffective at performing the skill correctly and/or requires the assistance from others to participate.</p>
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Basketball Skills Rubric: Pre-Assessment

Name: _____ Assessor: _____ Period: _____

Assessor/Skill Score	Hand Dribbling	Chest Pass	Bounce Pass
Self			
Partner			

Name: _____ Assessor: _____

Assessor/Skill Score	Hand Dribbling	Chest Pass	Bounce Pass
Self			
Partner			

Name: _____ Assessor: _____

Assessor/Skill Score	Hand Dribbling	Chest Pass	Bounce Pass
Self			
Partner			

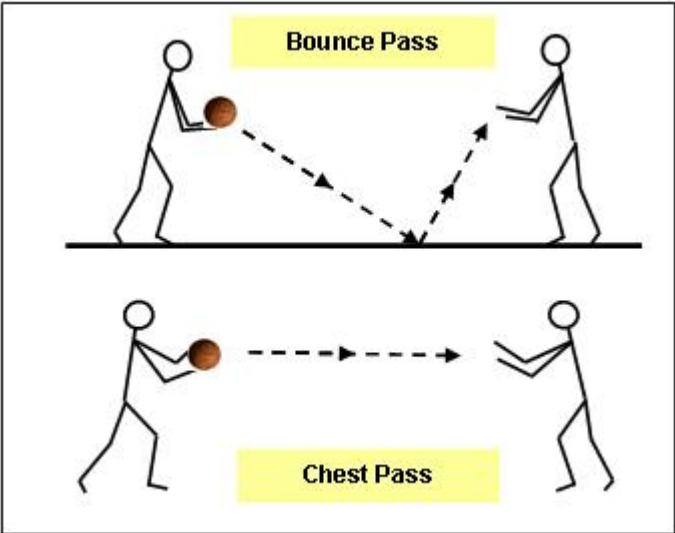


Figure 8.31 Crossover dribble.