

PARTNER ASSESSMENT

Partner #1 _____

Partner #2 _____.

Take turns evaluating each other's proper technique for the following skills.

After each shot, pass or dribble partner makes a check mark by each category done correctly. If your partner does not demonstrate a step do **not** put a check mark in that category. Communicate with your partner by telling him/her what you are looking for during each shot. Notice: you are not being evaluated on making a basket.

Partners

#1 #2

SET SHOT

- | | | | |
|----------------------|-----|-----|--|
| 1 st shot | ___ | ___ | Holds ball with shooting hand <u>behind</u> and <u>under</u> the ball. |
| 2 nd shot | ___ | ___ | Bends knees when preparing to shoot. |
| 3 rd shot | ___ | ___ | Straighten legs and arms when shooting the ball. |
| 4 th shot | ___ | ___ | Follow through with shooting hand. (goose neck) |

LAY UP SHOT

- | | | | |
|----------------------|-----|-----|---|
| 1 st shot | ___ | ___ | RIGHT SIDE – Step right, left, hop |
| 2 nd shot | ___ | ___ | Right knee up |
| 3 rd shot | ___ | ___ | LEFT SIDE – Step left, right, hop |
| 4 th shot | ___ | ___ | Left knee up |

CHEST PASS (to wall)

- | | | | |
|-----------------|-----|-----|---|
| 1 st | ___ | ___ | Fingers spread on both sides of ball. |
| 2 nd | ___ | ___ | Step forward with one foot. |
| 3 rd | ___ | ___ | Elbows out, and push (snap) ball forward. |
| 4 th | ___ | ___ | After release, back of hands face each other. |

BOUNCE PASS (to wall)

- | | | | |
|-----------------|-----|-----|---|
| 1 st | ___ | ___ | Fingers spread on both sides of ball. |
| 2 nd | ___ | ___ | Step forward with one foot. |
| 3 rd | ___ | ___ | Elbows out, push ball out and down (snap) more than half way to target. |
| 4 th | ___ | ___ | After release, back of hands face each other. |

DRIBBLING (around cones)

- | | | | |
|-----------------|-----|-----|---------------------------|
| 1 st | ___ | ___ | Keeps head up |
| 2 nd | ___ | ___ | Dribbles with finger pads |
| 3 rd | ___ | ___ | Dribbles below waist |

