

Oregon Youth Basketball League
Evaluation Instruction Rubric - 3/4 Shooting

Skill:	Shooting					
Grade Level:	3/4 Grade co-ed (targeted skill is in gray box)					
General Description:	A basketball player should be able to shoot the basketball toward the basket. Even if the player can not successfully score they should be able to control the direction and arc of the shot. Ideally, a player should be able to shoot the ball using proper hand placement and wrist action which will generate some backspin on the ball.					
Category		1	2	3	4	5
Hand Placement		Player always has proper hand placement, fingers spread and palm on fingertips and thumb.	Player usually allows the ball to rest on fingertips. Occasionally, releases a flat shot which indicates more palm than tips.	Player gets the hand ball always, still needs to let hand relax and spread fingers.	Occasionally, player gets one hand behind ball but still tends to hoist ball.	Player has 2 hands behind ball.
Wrist/Elbow Action		Ball is in front of elbow, wrists always breaks, elbow is aligned. Follow thru on wrist allows hand to face down with completion of shot.	Ball is in front of elbow, wrists occasionally breaks, elbow is aligned. Follow thru on wrist is minimal.	Ball is in front of elbow, wrists are still slow to break. Elbow is aligned with knee.	Ball gets even with elbow, wrists still does not break. Elbow is slightly outside of knee.	Ball stays behind elbow, wrist does not break. The ball is pushed toward basket. Elbow is outside of knee.
Body Placement		Hands/feet are shoulder width apart, shooting foot is slightly forward, standing on balls of feet, knees are slightly bent, chest and face pointing toward	Feet are shoulder width apart, shooting foot is slightly forward, still a little flat footed, torso twisting slightly to generate power.	Feet start getting shoulder width apart. Shooting foot sometimes behind the other foot. Legs are not producing enough of shot.	Still a stepping motion is used. Only free throws demonstrate decent form.	Feet are usually too wide apart. A stepping motion is also used to create power.
Arc		Legs are used always, shooting hand is low and behind ball, shot is loaded just above shoulder next to chin, release point is above head, and	Legs are used always, hand position is better, release point is too low, and trajectory is too low.	Legs are used more ball is still too low or high and hand is not under the ball always.	Legs start being used, ball held too low or high. Shot still flat.	Legs are not being used, shot is flat.
Direction		Hands are placed well, elbows are in, torso is doesn't twist, and head and torso are square to basket.	Hands are placed well, elbows are in, torso is doesn't twist, but head and torso are not always square to basket.	Hands are better placed, elbows are in, twisting torso still mis directs shot.	Hands are better placed, but elbows tend to push ball across body.	Hands are behind ball and ball tends to slip.
Overall		Player can control distance and direction of shot.	Player can control both direction and distance of shot, but lapses into poor form.	Player can control distance of shot or direction of shot, but has trouble controlling both.	Player has difficulty controlling shot, but occasionally scores a basket.	Player produces wild shots.

Drill 1: (Basic control, position and alignment technique)
Player position is stationary with feet pointed down court (facing coach) and at shoulder width. Head is up and facing coach. Begin by dribbling ball with right hand. Ball should effortlessly return to waist and back down to floor. Discourage slapping or overly pushing the ball. Instruct players to dribble continuously until whistle. Observe and provide instruction. Blow whistle to stop. Repeat with left hand. Repeat with ball switching hands every time whistle is blown (at first long periods of predictable change - then more frequent or unpredictable change.) Sight-line should always stay up and facing coach.

Drill 2: (Basic movement)
Players aligned 5 across with toes on baseline facing down court. Assume same shoulder, head and feet positions as described in drill 1. Players begin dribbling with right hand in stationary position. Players are to advance ball forward in a straight line and at an even pace on sound of the whistle. 1 time through at walking pace the full length of the court. At other base line turn players around and begin again with left hand. After each rep, gradually increase speed (walk, jog, run, sprint) for each subsequent rep until final rep is at a full sprint. Be sure to include reps on each hand and time for individual instruction. Remember to have players alternate the hand they are using to encourage 2 hand independence.

Drill 3: (Changes in movement)
Set up same as drill 2. Players will alternate speeds and movement. Players are to stop moving forward on whistle (returning to a stationary dribble), and initiate forward movement on sound of whistle. Coach should start and stop movement with whistle frequently enough to assess player's ability to control ball from starts and stops. Variations include hand, speed and direction. Players should be encouraged to watch coach for hand signals as to direction (forward, back, angle right and angle left. Other variations can include switching hands. Start simple and gradually add complexity. Remember the goal is to encourage control, two hand independence and interdependence, as well as the player's ability to move fluidly while under control.

Drill 4: (Hand changes/finishing)
Setup cones evenly spaced the length of the floor from baseline to baseline (every 10 feet or so) and aligned with baskets. Player begins dribbling at a stationary position. On sound of whistle the player weaves through cones with dribble in right hand when going right around cone and switches to left hand when going left around cone. Player should weave or alternate paths around cone and switch hands with each weave. Player should finish with a layup at the opposite basket. Encourage players to change hands on each alternating start so as player finishes with a different layup at other end. Head, sight-line and shoulder positions should be appropriate at all times. Variations can include speed changes as well as starting and stopping of movement. Another excellent variation includes replacing cones with stationary players. Players can attempt to slap or steal ball away from dribbler.