

Oregon Youth Basketball League
Evaluation Instruction Rubric - 5-6 Dribbling

Skill:	Dribbling					
Grade Level:	5-6th grade co-ed (targeted skill is in gray box)					
General Description:	A basketball player should be able to successfully and productively move the ball using his/her favored hand. Ideally, he/she should be able to change hands and speeds, and face down the court or in the direction of travel. The ball should remain under control (below the waist) and the player should be able to look down court and away from the ball when dribbling.					
Category		1	2	3	4	5
Hand Dependence		Player's ability to dribble with either hand is impressive. Changes occur logically and in a fluid manner.	Player can dribble effectively with either hand, but relies mostly on primary hand.	Player can dribble with both hands, but only occasionally goes to the other side.	Player can dribble with primary hand yet struggles to control ball with other hand.	Player struggles to control ball even with primary hand.
Facing/Head Alignment		Player always drives the ball with shoulders square to direction of movement. Sight-line is always up surveying the floor.	Player almost always drives the ball with shoulders square to direction of movement. Sight-line occasionally becomes fixed on ball.	Player drives the ball with shoulders square to direction of movement until confronting opposition. Sight-line is often fixed on ball.	Player has difficulty squaring shoulders without reminders, and has difficulty keeping sight-line off the ball.	Player advances ball with back to front court. Sight-line is always on hand and ball.
Control		Player always controls ball to waist and in direction of movement. Player rarely turns ball over.	Player controls ball well except under adverse challenges, or extreme speed and direction changes.	Player controls ball most of the time but is inconsistent. Is known to turn the ball over.	Player can control ball when moving vertically, but often loses possession if having to change speed or direction.	Player can control ball only when moving slowly. Player cannot change speed or direction.
Overall		Player meets general description and should be considered an excellent dribbler for his/her age.	Player nearly meets the general description and should be considered a dependable dribbler for his/her age.	Player meets some of the general description and is a dependable dribbler when using their favored hand.	Player occasionally meets elements of the general description and could be considered a fair dribbler for his/her age.	Player is unable to dribble effectively with either hand. Player is a poor dribbler.

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- 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.
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- 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.
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- 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.
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- 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