

## Hand Ball Handling Assessment

**Directions:** With a partner, demonstrate each skill.  
 You may have up to FIVE chances to demonstrate your skill level.  
 Your partner will mark your level of skill for each skill by  
 checking off the appropriate box.  
 When you are finished, switch, and assess your partner.

<b>Student #:</b>	<b>Name:</b>
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<b>Grade/Class:</b>	
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<b>Partner:</b>	
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	Mastery	Proficient	Developing	Needs Improvement
<b>1. Chest Pass:</b> (feet shoulder apart; step into the pass; arms extend straight out in front; thumbs point to ground; palms out/back of hands almost touch; push ball to ground, 3/4's of the way to the target; ball should be caught in lower abdominal area).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Bounce Pass:</b> (feet shoulder apart; step into the pass; arms extend straight out in front; thumbs point to ground; palms out/back of hands almost touch; ball should be caught at chest level).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Right Hand Dribbling:</b> (feet shoulder width apart; elbow bent; arm extends from waist level down; right hand's fingertips on ball; eyes up; controls the ball while moving).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Left Hand Dribbling:</b> (feet shoulder width apart; elbow bent; arm extends from waist level down; left hand's fingertips on ball; eyes up; controls the ball while moving).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5. Shooting:</b> (dominate foot slightly in front of the other, shoulder width apart; knees slightly bent; body square to the basket; upper arm parallel to the floor, forearm perpendicular to floor; 90 degree angle; wrist cocked back; ball resting on finger tips; whole body moves down and up together; arm extends straight up with wrist snap; follow through-"hang time").	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Mastery:** All 5 attempts follow the information provided for each skill 100% of the time.  
**Proficient:** 4 out of 5 attempts follow the information provided for each skill.  
**Developing:** 3 out of 5 attempts follow the information provided for each skill.  
**Needs Improvement:** 2-0 out of 5 attempts follow the information provided for each skill.