

Rubric for Shooting

Assessment: 4=Mastery 3=Proficient 2=Developing 1=Needs Improvement

4	3	2	1
<p>1. Holds ball with shooting hand behind and under the ball, 100% of the time.</p> <p>2. Bends knees when preparing to shoot, 100% of the time.</p> <p>3. Elbow stays directly under the ball and over the knee, right angle, 100% of the time.</p> <p>4. Body moves up in one motion, ending on the toes, with the follow through snapping the wrist high over head, 100% of the time.</p> <p>5. Eyes on the target, 100% of the time.</p>	<p>1. Holds ball with shooting hand behind and under the ball, the majority of the time.</p> <p>2. Bends knees when preparing to shoot, most of the time.</p> <p>3. Elbow stays directly under the ball and over the knee, right angle, most of the time.</p> <p>4. Body moves up in one motion, ending on the toes, with the follow through snapping the wrist high over head, most of the time.</p> <p>5. Eyes on the target, most of the time.</p>	<p>1. Occasionally holds ball with shooting hand behind and under the ball; or uses two hands.</p> <p>2. Slight bend in knees when preparing to shoot.</p> <p>3. Elbow extends slightly and is not at a right angle; elbow may drop or be too high.</p> <p>4. Body does not move up in one motion; may not end on the toes; little to no follow through, or wrist is extended outwards (snapping the wrist high over</p> <p>5. Eyes on the target, occasionally.</p>	<p>1. Does not hold ball with shooting hand behind and under the ball and uses two hands.</p> <p>2. No bend in knees when preparing to shoot.</p> <p>3. Elbow does not stay directly under the ball and over the knee at a right angle; elbow is extended out, too high, or too low.</p> <p>4. Body moves erratically or not at all; does not end on the toes; no follow through.</p> <p>5. Eyes are not on the target.</p>