

BASKETBALL SKILLS SCORESHEET

Athlete: _____

Target Pass: _____ **Bonus:** _____

- | | | | | | | |
|-----|---|---|---|---|---|---|
| 1.) | 3 | 2 | 1 | 0 | 1 | 0 |
| 2.) | 3 | 2 | 1 | 0 | 1 | 0 |
| 3.) | 3 | 2 | 1 | 0 | 1 | 0 |
| 4.) | 3 | 2 | 1 | 0 | 1 | 0 |
| 5.) | 3 | 2 | 1 | 0 | 1 | 0 |

Score: _____

Points: Inside the Square = 3 Boarder of the Square = 2 Wall outside of the Square (with no bounce) = 1
 Bonus Point: After each pass, one point is earned if the athlete catches the ball while standing in the square.

Ten Meter Speed Dribble:

- 1.) Time = _____
 Penalty = _____
 Total Time = _____
 Score: _____

- 2.) Time = _____
 Penalty = _____
 Total Time = _____
 Score: _____

Best Score: _____

Conversion Chart:

Seconds:	Points:	Seconds:	Points:	Seconds:	Points:	Seconds:	Points:	Seconds:	Points:
0-2	30	4.1-5	24	7.1-8	18	10.1-12	12	16.1-18	6
2.1-3	28	5.1-6	22	8.1-9	16	12.1-14	10	18.1-20	4
3.1-4	26	6.1-7	20	9.1-10	14	14.1-16	8	20.1-22	2
								22+	1

Spot Shot:

- | | | | |
|-----|---|---|---|
| 1.) | 2 | 1 | 0 |
| 1.) | 2 | 1 | 0 |
| 3.) | 3 | 1 | 0 |
| 3.) | 3 | 1 | 0 |
| 5.) | 4 | 1 | 0 |
| 5.) | 4 | 1 | 0 |
| 2.) | 2 | 1 | 0 |
| 2.) | 2 | 1 | 0 |
| 4.) | 3 | 1 | 0 |
| 4.) | 3 | 1 | 0 |
| 6.) | 4 | 1 | 0 |
| 6.) | 4 | 1 | 0 |

Score: _____

GRAND TOTAL: _____