

Basketball Team Skill Assessment for Individuals

- A. **Ball Handling** (one choice – should be the most representative of the athlete’s skill level)
- Has difficulty dribbling and catching (2)
 - Possesses some ball handling skills, but they are very limited (3)
 - Can handle ball with dominant hand only (4)
 - Can handle ball with both hands (5)
 - Has ability to go either direction on the dribble (6)
 - Has ability to beat defender regularly with dominant hand (7)
 - Has ability to beat defender regularly with either hand (8)
- B. **Passing** (one choice – should be the most representative of the athlete’s skill level)
- Has difficulty completing a pass/short pass to a teammate (2)
 - Can sometimes make a pass to an open teammate with token pressure (3)
 - Can only complete a pass to teammate after looking directly at him/her (4)
 - Has ability to choose best type of pass (bounce, chest, skip, other) (5)
 - Has ability to complete a no look or quick pass to an open teammate (6)
 - Controls game with ability to complete an advanced pass (no look/snap pass) to an open player when they are in a good position (8)
- C. **Movement** (one choice – should be the most representative of the athlete’s skill level)
- Maintains a stationary position, does not move toward a loose ball (2)
 - Moves only 1-2 steps toward ball or opponent (3)
 - Moves toward ball, but reaction time is slow and only in a limited area of the floor (4)
 - Movement permits adequate court coverage (5)
 - Good court coverage, reasonably aggressive (6)
 - Exceptional court coverage, aggressive anticipation (8)
- D. **Game Awareness** (one choice – should be the most representative of the athlete’s skill level)
- Sometimes confused on offense and defense, may shoot at wrong basket (2)
 - Can play in fixed positions as instructed by coach, may go after an occasional loose ball (3)
 - Limited understanding of the game and can run some offensive and defensive sets – coach prompted (4)
 - Moderate understanding of the game, some offensive and defensive sets and can occasionally fast break (6)
 - Advanced understanding of the game and mastery of basketball fundamentals (8)
- E. **Shooting** (one choice – should be the most representative of the athlete’s skill level)
- Periodically can make an uncontested lay-up (2)
 - Can make shots inside the lane (3)
 - Can make shots inside the lane and occasionally attempts a mid-range jump shot (4)
 - Can make some mid-range jump shots and will attempt shots beyond 15’ (6)
 - Has excellent shooting form and makes shots from all ranges on the court (8)
- F. **Rebounding** (one choice – should be the most representative of the athlete’s skill level)
- No understanding of rebounding positions or principles, often beaten to a missed shot (2)
 - Gets rebounds only when they land directly where they are standing (3)
 - Goes after loose balls within 3 to 4 steps (4)
 - Aggressively goes after rebounds, gets many (6)
 - Exceptional ability to get to missed shots on both sides of the basket and either side of the court (8)