

NAME _____ PERIOD _____

Basketball Lay Up Assessment

Observe the person performing each task. Each person gets five chances to perform each task. Rate them as follows:

- 5 = Performs the task **EXCELLENT** and **ALL** of the time
- 4 = Performs the task **GOOD** and **MOST** of the time
- 3 = Performs the task **AVERAGE** and **SOME** of the time
- 2 = Performs the task **BELOW AVERAGE** and **NOT** all of the time
- 1 = **NEEDS MORE PRACTICE** in completing the task

(1) RIGHT-HANDED LAY-UP

- The shooter dribbles with their head up _____
- Approaches the basket from the right side _____
- Weight is on their left foot _____
- Basketball is released from the right hand _____
- The shooter uses the backboard _____
- The shooter makes a basket _____

(2) LEFT-HANDED LAY-UP

- The shooter dribbles with their head up _____
- Approaches the basket from the left side _____
- Weight is on their right foot _____
- Basketball is released from the left hand _____
- The shooter uses the backboard _____
- The shooter makes a basket _____

BONUS: Just answer YES or NO

Can the shooter make a foul shot? _____

Can the shooter make 5 foul shots in a row? _____

Can the shooter make a foul shot *BACKWARDS*? _____