



# SPORT CAREER DEVELOPMENT PROGRAMME

## BASKETBALL ASSESSMENT

**Jump** - Standing broad jump/vertical jump

**Speed** -  $\frac{3}{4}$  court sprint

**Speed and stamina** - Full shuttle

**Dribbling** - Dribble around markers

- Low dribble
- Change hand
- Eyes forward
- Protect the ball

**Shooting** - Lay-ups (x5)

- Lay-up form
- Scored

**Mid-range shooting** - Students will run from the side line to the marker; receive the ball and shoot at the basket (5 shots).

- 1 count stop
- Shooting form
- Scored

**Passing** - Students will dribble the ball; pass to another player and shoot the ball. Receiver will shoot the ball.

- Dribbling ability
- Bounce pass
- Chest pass

### Game Situation

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