

LEVEL "A" BASKETBALL SKILLS

Athlete Name: _____

Target Pass:

5 points each time any part of the center square is hit

3 points hitting any other part of the target

20 seconds allowed from each distance

TARGET		SCORE

Passing:

1 point each time the ball is caught by the receiver

20 seconds from each distance

TARGET		SCORE
Spot 1 (1 Meter)		
Spot 2 (2 Meter)		
Spot 3 (3 Meter)		

Field Goals:

1 point for each basket
20 seconds from each distance

TARGET		SCORE
Spot 1 (1 Meter)		
Spot 2 (2 Meter)		
Spot 3 (3 Meter)		

WALL TARGET PASS;

PASSING:

FIELD GOALS:

TOTAL:
