



**#1 and #2: 1.5 meter to the left and right plus 1 meter out.**

**#3 and #4: 1.5 meter to the left and right plus 1.5 meter out.**

**#5 and #6: 1.5 meter to the left and right plus 2 meters out.**

- 1. Equipment: Two basketballs, floor tape or chalk, measuring tape and a 3.05m regulation goal with backboard.**
- 2. Purpose: To measure an athlete's skill in shooting baskets.**
- 3. Description: Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The athlete attempts 2 field goals from each spot. The attempts are taken at spots #2, #4 and #6 and the at spots #1, #3 and #5.**
- 4. Scoring: For every field goal made at spots #1 and #2—2 points. For every field goal made at spots #3 and #4—3 points. For every field goal made from spots #5 and #6—4 points. For any field goal attempt that does not pass through the basket but does hit either the backboard and/or the rim—1 point. The athlete's score will be the sum of the points from all 12 shots.**

## SPOT SHOT