

## SPECIAL OLYMPICS BASKETBALL SKILLS ASSESSMENT CARD

Athlete's name \_\_\_\_\_

Date: \_\_\_\_\_

Coach's name \_\_\_\_\_

Date: \_\_\_\_\_

### Instructions

1. Use tool at the beginning of the training/competition season to establish a basis of the athlete's starting skill level.
2. Have the athlete perform the skill several times.
3. If the athlete performs the skill correctly three out of five times, check the box next to the skill to indicate that the skill has been accomplished.
4. Program assessment sessions into your program.
5. Athletes may accomplish skills in any order. Athletes have accomplished this list when **all possible items** have been achieved.

### Dribbling

- ☐ Attempts to dribble a basketball in any manner.
- ☐ Dribbles the ball in any manner at least three bounces in a row.
- ☐ Dribbles the ball with one hand more than three bounces in a row while standing in one place.
- ☐ Dribbles the ball with the opposite hand more than three bounces in a row while standing in one place.
- ☐ Dribbles the ball with one hand, then the other hand, three bounces in a row each, without stopping and while standing still.
- ☐ Dribbles the ball with one hand while walking forward 10 steps.
- ☐ Dribbles the ball with one hand while running forward 20 steps.
- ☐ Dribbles the ball with either hand while moving in any direction (forward, backward, or sideways).

### Passing

- ☐ Attempts to pass a basketball.
- ☐ Passes the ball in any manner and in any direction.
- ☐ Passes the ball in any manner to an intended target.
- ☐ Makes a two-hand chest pass in any direction.
- ☐ Makes a two-hand chest pass to an intended target.
- ☐ Makes a bounce pass to an intended target.
- ☐ Makes a two-hand overhead pass to an intended target.
- ☐ Makes a lob pass to an intended target.
- ☐ Makes a baseball pass to an intended target.
- ☐ Participates in team passing drills.

### Catching

- ☐ Attempts to catch a basketball in any manner.
- ☐ Catches the ball in any manner.
- ☐ Catches a bounce pass in arms and chest.
- ☐ Catches a bounce pass with hands only.
- ☐ Catches a chest pass in arms and chest.
- ☐ Catches a chest pass with hands only.
- ☐ Attempts to catch a pass in any manner while moving.
- ☐ Catches a pass in any manner while moving.
- ☐ Catches a pass with hands only, while moving.

**Figure 6.3** This criterion-referenced test breaks down skills into progressions of competency rather than into component parts, as the TGMD or other qualitative tests do.

(continued)

## SPECIAL OLYMPICS BASKETBALL SKILLS ASSESSMENT CARD (CONTINUED)

### Shooting

- ☐ Attempts to shoot a basketball toward the basket.
- ☐ Hits the backboard with a one-hand set shot.
- ☐ Makes a basket with a one-hand set shot.
- ☐ Hits the backboard on a layup.
- ☐ Makes a basket on a layup.
- ☐ Hits the backboard with a jump shot.
- ☐ Makes a basket with a jump shot.

### Rebounding

- ☐ Attempts to catch in any manner a basketball that is tossed into the air.
- ☐ Catches a ball that is tossed into the air.
- ☐ Attempts to catch in any manner a ball that rebounds off the backboard.
- ☐ Tracks the ball as it is shot at the basket.
- ☐ Turns to face the basket and takes ready position for rebounding.
- ☐ Catches in any manner the ball after it rebounds off the backboard and bounces once on the floor.
- ☐ Catches the ball with hands only, after it rebounds off the backboard and bounces once on the floor.
- ☐ Catches the ball in the air with hands only after it rebounds off the backboard.
- ☐ Participates in team rebounding drills.

### Team Play

- ☐ Attempts to participate in team play skills.
- ☐ Participates in any manner in an offensive team play drill.
- ☐ Participates in any manner in a defensive team play drill.
- ☐ Demonstrates knowledge of fundamentals of offensive team play.
- ☐ Demonstrates knowledge of fundamentals of defensive team play.

### Participation

- ☐ Attempts to participate in a basketball training program.
- ☐ Participates in any manner in a basketball training program.
- ☐ Participates upon own initiative in a basketball training program.
- ☐ Practices basketball skills a minimum of three days a week.
- ☐ Takes part in team activities.
- ☐ Demonstrates knowledge of the basic rules of basketball.

---

### Figure 6.3 (continued)

From Horvat, M., Kelly, L.E., Block, M.E., and Croce, R., *Developmental and adapted physical activity assessment*, 2nd ed. (Champaign, IL: Human Kinetics, 2019). Reprinted, by permission, from D. Lenox and R. Murphy, 2007, *Special Olympics basketball coaching guide*. Available: <http://digitalguides.specialolympics.org/basketball>