

Name\_\_\_\_\_

## Basketball Stations Check-list

<b>Station #1</b>	<b>Yes</b>	<b>No</b>
Completed 6 times through cones.		
Record time on challenge	<b>Time</b>	<b>:</b>
<b>Station #2</b>	<b>Yes</b>	<b>No</b>
Completed Zigzag using all 3 dribbles.		
Times around defender	_____ times	Out of 5
<b>Station #3</b>	<b>Yes</b>	<b>No</b>
Used all 3 passes		
How many times was your pass intercepted	_____	times
<b>Station #4</b>	<b>Yes</b>	<b>No</b>
Completed 10 lay-ups each hand		
How many did you make in a row	_____	In a row
<b>Station #5</b>	<b>Yes</b>	<b>No</b>
Completed one attempt from each spot		
How many points did you make	_____	points
<b>Station #6</b>	<b>Yes</b>	<b>No</b>
Completed 10 attempts		
How many did you make in 30 seconds	_____	In 30 sec.