

Name _____

Basketball Stations Check-list

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