

Name of Dribbler:

Name of Observer:

Basketball Assessment Sheet--Right and Left Handed Dribble

The observer should watch the dribbler dribble for one minute. During this time, the observer should look to see if the player is in the habit of performing the key points listed below. The observer should circle **YES** or **NO** to indicate this for each key point.

Right Hand Dribble



Head Up

Yes

No

Knees Flexed/Bent

Yes

No

Left Arm Out

Yes

No

Left Hand Dribble



Head Up

Yes

No

Knees Flexed/Bent

Yes

No

Right Arm Out

Yes

No
