Basketball Lay-Up Shot Reciprocal Task Sheet

Date: _____ **Class period: _____**

Doer: _____ **Rebounder: _____**
(Good footwork/off glass) **(Ball does not contact floor/chest pass)**

Observer: _____ (Analyze skill/coach and document observations)

Directions: You will work in groups of three. Decide which one of you will start as the Doer, Rebounder, or Observer. Place each of your first and last names on the line next to the appropriate starting position. Stay in this starting position until the Doer attempts 10-right hand lay-ups. The Observer will write a number 1-5 after each performance by the Doer. Also, the Observer will act as a coach by providing feedback to the Doer. Students will rotate so that each student has the opportunity to practice each position. Repeat until teacher gives the signal to freeze. If time permits, go through the practice drills a second time.
Objective: Students will attempt 10-lay-up shots in a row using form demonstrated by the instructor.

Grading rubric
5=Performs the task *Excellent* and *All* of the time
4=Performs the task *Good* and *Most* of the time
3=Performs the task *Average* and *Some* of the time
2=Performs the task *Below Average* and *Not Most* of the time
1= Needs more practice in completing this task

Doer dribbles with head up										
Doer approaches basket at a 45 degree angle										
Holds ball with both hands with right hand on the bottom of ball										
Push off with left foot, if right handed. (Opposite if left handed.)										
Right knee bends upward (Right handed shooter.)										
Fully extends right arm (Right handed shooter.)										
Hits high right corner of board (Right handed shooter.)										
Makes the lay-up shot										
Doer #1 repeats 10-attempts, and then rotates positions. Begin a new task sheet for the next Doer.										
After all three of you in the group have completed 10-attempts, contact the instructor for further instructions.										