Dribbling Rubric

**One-Hand on Top of the Ball**

**25 pts.-** One hand on top of the ball at ALL times.

**20 pts.-** One had on top of the ball MOST of the time.

**15 pts.-** One hand on the top of the ball Half the time.

**10 pts.-** One hand on top of the ball very little. Sometimes uses 2 hands.

**5 pts.-** Uses two hands ALL the time.

**Flicks the Wrist**

**25 pts.-** Pushes ball down by flicking wrist. The ball rolls off the fingertips with a backspin. Wrist is in a rhythmic motion

**20 pts.-** Pushes ball down by flicking wrist. Ball goes straight down with little backspin. Wrist is in a semi rhythmic motion.

**15 pts.-** Pushes ball down by flicking wrist sometimes or sometimes slaps the ball. Ball goes straight down with no backspin. Inconsistent rhythmic motion.

**10 pts.-** Pushes ball down mainly with a stiff wrist. Ball goes in different directions with no backspin. Erratic rhythmic motion.

**5 pts.-** Slaps ball with stiff wrist all the time. Ball goes in different directions with no backspin. No rhythmic motion at all.

**Height of Dribble**

**25 pts.-** Keeps ball waist high ALL the time: walking, jogging, or running.

**20 pts.-** Keeps ball waist high MOST of the time: walking, jogging, or running.

**15 pts.-** Keeps ball waist high ALL the time walking, but only sometimes while jogging or running.

**10 pts.-** Keeps ball waist high ONLY when walking. Can’t dribble high enough when jogging or running.

**5 pts.-** Keeps ball waist high NONE of the time.

**Head Up**

**25 pts-** Keeps head up and eyes forward ALL the time.

**20 pts.-** Keeps head up and eyes forward MOST of the time. Looks down sometimes while jogging or running.

**15 pts.-** Keeps head up but eyes down MOST of the time while walking, jogging, or running.

**10 pts.-** Keeps head up ONLY when walking, but eyes down. Head and eyes are down the whole time while jogging and running.

**5 pts.-** Always dribbles with head and eyes down at the ball.