## Criterion sheet for shooting in basketball

Instructions: check √ if you believe that you performed the skill correctly or × if you believe that you need further improvement	Quintets of trials									
mpi ovemeni	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
Are my feet wide open as far  as my shoulders' width and is my right foot (for the right- handed) slightly in front of my left foot?  Is my right hand and my elbow under the ball and my left hand supports it				4	5	6		8	9	10
Do I extend my knees giving an extra push to the ball as it leaves my hands?  Is my head stable and										
my do my eyes stare at the shooting target?										