Criterion sheet for shooting in basketball

| Instructions: check $\checkmark$ if you believe that you performed | Quintets of trials |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $1^{\text {st }}$ | $2^{\text {nd }}$ | $3{ }^{\text {rd }}$ | $4^{\text {th }}$ | $5^{\text {th }}$ | $6^{\text {th }}$ | $7^{\text {th }}$ | $8^{\text {th }}$ | $9^{\text {th }}$ | $10^{\text {th }}$ |
| Are my feet wide open as far <br> as my shoulders' width and is my right foot (for the righthanded) slightly in front of my left foot? |  |  |  |  |  |  |  |  |  |  |
| Is my right hand and my elbow under the ball and my left hand supports it sideways? |  |  |  |  |  |  |  |  |  |  |
| 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? |  |  |  |  |  |  |  |  |  |  |

