Criterion sheet for dribbling the ball 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									
	•	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
0	Are my fingers and my wrist relaxed?										
6	Is the dribbling movement mainly done by my elbow?										
	Does the ball reach my waist's height and not over it?										
	Do I look away from the ball my teammates and my opponents?										