

Shooting Report Card

Name: _____ Grade _____

Scoring Guide:

5 – Excellent – Demonstrates the Standard every time.

4 – Good – Demonstrates Standard consistently.

3 – Average – Occasionally demonstrates standard, but not consistently

2 – Below Average – Does not show demonstration of the standard

1. Balance/Stance: Feet inside shoulder width, shooting foot slightly ahead, feet slight turn to 2:00 or 10:00 and on the balls of feet. _____
2. Elbow Placement: Inside body, extended over shooting knee. (adjust to waist for youth shooters) _____
3. Shooting hand placement: Ball resting on hand pads (not palm), hand under ball, ball centered inside index finger, fingers spread evenly apart. _____
4. Off hand placement: Hand on side of ball, thumb on top of shooting hand thumb (form a T), ball touching finger pad. _____
5. Shooting Arm in Ready Position: Forearm, elbow, arm form a 90 degree angle before release, forearm straight up and down, arm parallel to the floor. _____ (V to L to Release – Youth Shooters L-V-L)
6. Knee Bend: Slight knee bend (flex), ball allowed to move rhythmic with body (dip) in ready position. _____
7. Extension: Forearm extends upward and slightly forward, movement from shoulder to shooting position, no elbow movement, shoulder to rim. _____
8. Follow Through/Finish Shooting hand: Ball rotates off shooting hand, hand snaps over, holds release, finish over shooting knee, index finger finishes through the rim. _____
9. Off Hand Finish: Hand away from the ball, palm to the wall (no contact with the ball) Hand remains up (back of wrist test) or drops straight down _____
10. Balance on Finish: Feet remain within shoulder width apart, weight remain on balls of feet, shoulders relaxed, sway movement feet slightly forward, no sideways movement. _____