



INDIVIDUAL PLAYER TESTING

DATE: _____

PLAYER NAME: _____
 TEAM: BMB Academy _____

AGE: _____
 Improved: _____ Set scores

DRILL NAME	DESCRIPTION OF DRILL	SCORE	SCORE
CONE DRIBBLE REC TIME	Dribble around cones (10 rip cones) using correct hand for direction being travelled in.		
REBOUND DRILL 1:00 min	How many times can player rebound ball off backboard. Coontinuous Rebound Drill		
55 SECOND DRILL REC TIME	Full crt trips, up r/h back l/h, then xovers at each free throw line and 1/2 way line, thru legs no dribble (back backwards), last trip is alternate two ball dribble.	TIME	
LAY UPS 2:00MIN EACH SIDE	L/H & R/H count makes and check correct form Only count make if form is correct. 3 POINT LINE Jumping off right for for right hand and left for left hand.	L/H	R/H
5 SPOT SHOOTING 6:00MIN	5 spot shooting, record makes, 5 makes from each spot. Score by spots and makes, eg 3rd spot 3 makes. Score = 3.3		
BLOCK TO BLOCK SHOOTING 1:30 MIN	Run from block to bloc and shoot for 1:30min counting makes		
FREE THROWS OUT OF 10	How many makes out of 10. Check form, elbow knee and ankle should be in line.		
DEF SLIDE DRILL SIDE TO SIDE REC MAKES IN 1:00MIN	Slide from side of key to other side of key getting both feet outside lane, count makes.		
MONASH DRILL REC TIME	Setup gates on baseline, sprint slide, sprint drill around markers at elbows.		
PASSING 1:00 min	Two ball dribble pass of wall, how many makes in 1 minute on each hand	R/H	L/H

NOTES AND QUESTIONS:

All drills must be completed with correct form or scores are not counted.
 Coach to watch form for all drills, direction of dribble with correct hand, correct footwork etc
