

## BALL SKILL TASK MASTER\*



Record the number of times a skill is completed or the length of time a skill is completed in the respective set of parentheses in the first column. Additional columns may be utilized for subsequent attempts as necessary.

### BALL HANDLING

Banana peel	( ) Complete			
Gorilla	( ) Complete			
Body circle	( ) Complete			
Figure 8 passing	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Figure 8 walking	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Arm bounce	( R ) ( L )	( R ) ( L )	( R ) ( L )	( R ) ( L )
Ricochet	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
See saw	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Cradle	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Around the world	( ) Secs	( ) Secs	( ) Secs	( ) Secs
Air pass	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Underpass	( ) Reps	( ) Reps	( ) Reps	( ) Reps
Ball spin	( ) Secs	( ) Secs	( ) Secs	( ) Secs
Free fall	( ) Reps	( ) Reps	( ) Reps	( ) Reps

### DRIBBLING

Standard dribble	( R ) ( L )	( R ) ( L )	( R ) ( L )	( R ) ( L )
Blindfolded dribble	( R ) ( L )	( R ) ( L )	( R ) ( L )	( R ) ( L )
Blindfolded circle	( R ) ( L )	( R ) ( L )	( R ) ( L )	( R ) ( L )
Figure 8 dribbling	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
4-hand dribble	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Behind back	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Knee bounce	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Sitting/lying dribble	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Between legs	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles
Between legs traveling	( ) Cycles	( ) Cycles	( ) Cycles	( ) Cycles

### TWO-BALL DRILLS

Wall juggle	( ) Secs	( ) Secs	( ) Secs	( ) Secs
Tandem dribble	( ) Secs	( ) Secs	( ) Secs	( ) Secs
Piston dribble	( ) Secs	( ) Secs	( ) Secs	( ) Secs
High-low dribble	( ) Secs	( ) Secs	( ) Secs	( ) Secs

\* R & L represent right and left sides or hands, respectively

A cycle represents completing a skill forward and backward, or with R and L hands one time.