Player Name: **Coach Largo's Basketball Evaluation**

Test Date	*Rhythm 30 Sec.*	*Mikan 30 sec.*	*Curl 60 sec.*	*Chair 60 sec.*	*Speed Dribble*	*Dribble Half Court*	*Dribble 8 Cones*	*Free Throw 20 FTA*

Rhythm Dribble (30 sec.)

Female	*Level*	*Male*
27-28+	Excellent	28-29+
25-26	Good	26-27
23-24	Average	24-25
21-22	Below Avg.	22-23
15-20	Poor	15-21

Mikan Drill (30 sec.)

Female	*Level*	*Male*
19+ shots	Excellent	20+ shots
16-18 shots	Good	17-19 shots
13-15 shots	Average	14-16 shots
10-12 shots	Below Avg.	11-13 shots
0-9 shots	Poor	0-10 shots

Curl Shooting (60 sec.)

Female	*Level*	*Male*
13+ shots	Excellent	14+ shots
11-12 shots	Good	12-13 shots
9-10 shots	Average	10-11 shots
7-8 shots	Below Avg.	8-9 shots
0-6 shots	Poor	0-7 shots

Chair Shooting (60 sec.)

Female	*Level*	*Male*
8+ shots	Excellent	9+ shots
6-7 shots	Good	7-8 shots
4-5 shots	Average	5-6 shots
2-3 shots	Below Avg.	3-4 shots
0-1 shots	Poor	0-2 shots

Speed Dribble (Full Court)

Female	*Level*	*Male*
10-12 sec.	Excellent	8-10 sec.
12-13 sec.	Good	10-11 sec.
13-14 sec.	Average	11-12 sec.
14-15 sec.	Below Avg.	12-13 sec.
15+ sec.	Poor	13+ sec.

Half Court Dribble

Female	*Level*	*Male*
9-11 sec.	Excellent	8-10 sec.
11-12 sec.	Good	10-11 sec.
12-13 sec.	Average	11-12 sec.
13-14 sec.	Below Avg.	12-13 sec.
14+ sec.	Poor	13+ sec.

8 Cone Dribble

Female	*Level*	*Male*
9-11 sec.	Excellent	8-10 sec.
11-12 sec.	Good	10-11 sec.
12-13 sec.	Average	11-12 sec.
13-14 sec.	Below Avg.	12-13 sec.
14+ sec.	Poor	13+ sec.

Free Throw Shooting (20 shots)

Female	*Level*	*Male*
80%+	Excellent	80%+
70-79%	Good	70-79%
60-69%	Average	60-69%
50-59%	Below Avg.	50-59%
0-49%	Poor	0-49%

1/20=5% 2/20=10% 3/20=15% 4/20=20% 5/20=25% 6/20=30% 7/20=35% 8/20=40% 9/20=45% 10/20=50% 11/20=55% 12/20=60% 13/20=65% 14/20=70% 15/20=75% 16/20=80% 17/20=85% 18/20=90% 19/20=95% 20/20=100%