

# BASKETBALL MASTERY



## RULES:

- Each task must be completed with both the mentor AND the mentee present
- Both the mentor and mentee must complete each task
- Each task must be signed off by the mentor upon completion



## Mastery Tasks:

Together, research official rules, techniques, and history of basketball, including famous players:

*Mentor Signature*

*Date*

Dribble the basketball for five minutes with your left hand:

*Mentor Signature*

*Date*

Shoot 50 baskets from the free-throw line:

*Mentor Signature*

*Date*

Dribble the distance of 100 yards alternating dribbling with the right and left hands:

*Mentor Signature*

*Date*

Practice bounce-passing by making a bounce pass down the length of the court 5 times:

*Mentor Signature*

*Date*

Play HORSE together at least 5 times:

*Mentor Signature*

*Date*

Make 8 lay-ups in 2 minutes or less:

*Mentor Signature*

*Date*

Shoot 25 three-point shots:

*Mentor Signature*

*Date*

Make 5 free throws with one hand behind your back:

*Mentor Signature*

*Date*

Play two games of one-on-one to the score of 15:

*Mentor Signature*

*Date*