

**Basketball Circuit Record Card**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Form: \_\_\_\_\_\_\_\_**

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| **Activity** | **Results** | **Cues / Coaching Points** |
| **Lay-Ups** |  |  |
| **The Jump Shot** |  |  |
| **The Overhead Pass** |  |  |
| **The Chest Pass** |  |  |
| **The Bounce Pass** |  |  |
| **Dribbling and Changing Direction** |  |  |
| **Dribbling at Speed** |  |  |
| **Ball Handling Body Circles** |  |  |
| **Defending** |  |  |
| **The Rebound** |  |  |
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|  |  |  |

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**How do you aim to improve in this activity during the unit?**

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