

2021 VIRTUAL BASKETBALL SKILLS COMPETITION



WEEK 1

DRIBBLING

Pound Dribble - Level 1

Equipment: Stop watch, Basketball

Instruction: For Level 1 of the pound dribble, grab a basketball and stand in an athletic and ready position. Dribble the ball in your dominant hand.

Scoring: 1 point is rewarded for 1 dribble in 30 seconds.

Pound Dribble - Level 2

Equipment: Stop watch, Basketball

Instruction: For Level 2 of the pound dribble, grab a basketball and stand in an athletic and ready position. Dribble twice with your dominant hand and cross the ball over to your non-dominant side or hand. Repeat with 2 dribbles on that side and cross over again.

Scoring: 1 point is rewarded for 2 dribbles with 1 crossover in 30 seconds.

SHOOTING

Form Shooting - Week 1

Equipment: Basketball, 1 Cone or Small Stationary Object, Basketball Hoop

Instruction: For Week 1 of Form Shooting, stand 1 meter or 3-feet away from the hoop. With your dominant hand, shoot 10 baskets.

Scoring: 1 point will be rewarded for each successful basket.

PASSING

Chest Pass

Equipment: Stop watch, Basketball, 2 Cones or Small Stationary Objects, Wall (or Partner), Tape (if using wall)

Instruction: For the chest pass, set up a target on the wall or use a partner. If using a wall, set up a 1 meter or 3-foot square on the wall. With 3 meters or 9-feet from the wall, place 2 objects or cones on the floor. Athlete may take one step past the cone to give a chest pass towards the target on the wall. If using a partner, partner must be 3 meters or 9-feet from athlete.

Scoring: 1 point will be rewarded for each chest pass that hits the target on the wall in 30 seconds.

AGILITY

3-Meter Shuffle

Equipment: Stopwatch, 2 Cones or Small Stationary Objects

Instruction: Place 2 objects 3 meters apart or at 9-feet. In a low, defensive stance, start at one object and shuffle to the next.

Scoring: Athlete receives 1 point for each cone or object touched in 30 seconds.