

2021 VIRTUAL BASKETBALL SKILLS COMPETITION WEEK 4

DRIBBLING

12-Meter Dribble - Level 1

Equipment: Stop watch, Basketball, 7 Cones or Small Stationary Objects

Instruction: In the 12-Meter Dribble Level 1, place 7 cones 2 meters or 6-feet from each other in 1 straight line. While weaving or moving in and out of the cones, use your dominant hand to dribble down and non-dominant hand dribbling back.

Scoring: 1 point will be rewarded for every 12 meter dribble completed in 90 seconds.

12-Meter Dribble - Level 2

Equipment: Stop watch, Basketball, 7 Cones or Small Stationary Objects

Instruction: In the 12-Meter Dribble Level 2, place 7 cones 2 meters or 6-feet from each other in 1 straight line. While weaving or moving in and out of the cones, use your dominant and non-dominant hand to dribble down - this move is called a crossover.

Scoring: 1 point will be rewarded for every 12 meter dribble completed in 90 seconds.

SHOOTING

Spot Shot - Level 1

Equipment: Basketball, Basketball Hoop, 2 Cones or Small Stationary Objects

Instruction: For Level 1 spot shot, place 2 cones on the perimeter of the foul shot lines - cones should be 1 meter or 3-feet away from the hoop. Make sure athlete is taking the shot at where the cone or object is placed. Athlete can choose to shoot at either cone.

Scoring: 1 point will be rewarded for each successful basket made in 90 seconds.

Spot Shot - Level 2

Equipment: Basketball, Basketball Hoop, 4 Cones or Small Stationary Objects

Instruction: For Level 2 spot shot, place 2 cones on the perimeter of the foul shot lines - cones should be 4 meters or 12-feet away from the hoop. Place another 2 cones 5 meters or 15-feet from the hoop - all 4 cones should be on the perimeter of the foul line areas. Make sure athlete is taking the shot at where the cone or object is placed. Athlete can choose to shoot at any of the 4 cones

Scoring: 2 points will be rewarded if shot is made at the 4-meter placed cones & 3 points will be rewarded if shot is made at the 5-meter placed cones in 90 seconds.

PASSING

Catch and Bounce Pass

Equipment: Stop watch, Basketball, 4 Cones or Small Stationary Objects, Wall (or Partner), Tape (if using wall)

Instruction: For the Catch and Bounce Pass, set up 2 targets on the wall or use a partner. If using a wall, set up TWO 1 meter or 3-foot targets on the wall. Targets on the wall should be 3 meters or 9-feet away from each other. Cones or objects where athlete stands should be 3 meters or 9-feet from the wall. Athlete is allowed to take one step past the cones or objects and give a bounce pass to the target. When athlete receives the pass back, athlete will shuffle to the next set of cones and give another bounce pass to the 2nd target. If using a partner, athlete must still shuffle to next set of cones to receive and to give the bounce pass.

Scoring: 1 point will be rewarded for each successful Pass AND Catch in 90 seconds.

AGILITY

T-Test Drill

Equipment: Stopwatch, 4 Cones or Small Stationary Objects

Instruction: Start by placing one cone or object down and measure 5 meters or 15-feet out and place the 2nd cone. From that position, place 1 cone to your left and 1 cone to your right, both measuring 3 meters or 9-feet from the middle cone (both cones should be in line with the middle cone). Start the drill by standing at the 1st cone/object you placed. Run a straight line to the middle cone, shuffle left to touch the left cone and then shuffle to the furthest right cone. After, come back to the middle cone and back pedal to the start. To finish this drill, run as hard as you can through the middle cone. When timing an athlete for this drill, make sure you start your stop watch as soon as they leave the first object/cone and stop your watch as soon as they pass the middle cone.

Scoring: See scoring on video description