

2021 VIRTUAL BASKETBALL SKILLS COMPETITION



WEEK 2

DRIBBLING

10-Meter Dribble

Equipment: Stop watch, Basketball, 2 Cones or Small Stationary Objects

Instruction: In the 10-Meter Dribble, grab 2 cones and place them 10 meters (or 30-foot) apart. Start at one cone or object and dribble in your dominant hand to the next cone.

Scoring: 1 point is rewarded for each 10meter dribble completed in 45 seconds.

PASSING

Bounce Pass

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

Instruction: For the bounce 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 bounce 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 bounce pass that hits the target on the wall in 30 seconds.

SHOOTING

Form Shooting - Week 2

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

Instruction: For Week 2 of Form Shooting, stand 2 meters or 6-feet away from the hoop. With your dominant hand AND guide hand, shoot 10 baskets.

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

AGILITY

Triangle Drill

Equipment: Stopwatch, 3 Cones or Small Stationary Objects

Instruction: Place 3 objects in a triangle formation, spaced 4 meters (or 12-foot) apart from each other. Start at one object and run to the other object, touch the object and shuffle laterally to the next object. Finish by back pedaling to where the athlete started the drill. This is completing one full arch.

Scoring: 1 point will be rewarded for each arch completed in 45 seconds.