

2021 VIRTUAL BASKETBALL SKILLS COMPETITION



WEEK 3

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.

Scoring: 1 point will be rewarded for every 12 meter dribble completed in 1-minute.

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 hand to dribble down and non-dominant hand dribbling back.

Scoring: 1 point will be rewarded for every 12 meter dribble completed in 1-minute.

SHOOTING

Lay Up - Level 1

Equipment: Basketball, Basketball Hoop

Instruction: For Level 1, athlete will complete lay ups with using dominant and/or non-dominant hand.

Scoring: 1 point will be rewarded for each successful basket made in 1-minute.

15-Foot Jump Shot - Level 2

Equipment: Basketball, Basketball Hoop

Instruction: For Level 2, athlete will complete 15-foot jump shots from anywhere on the foul line - either in the middle or on the corners. A partner can shag balls for the athlete, as long as the athlete is taking the shot at the foul line.

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

PASSING

Catch and Chest Pass

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

Instruction: For the Catch and Chest 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 chest pass to the target. When athletes receives the pass back, athlete will shuffle to the next set of cones and give another chest pass to the 2nd target. If using a partner, athlete must still shuffle to next set of cones to receive and to give the chest pass.

Scoring: 1 point will be rewarded for each successful Pass AND Catch in 60 seconds.

AGILITY

W Drill

Equipment: Stopwatch, 6 Cones or Small Stationary Objects

Instruction: Place 2 cones 5 meters or 15-feet across from each other. Place the next 2 set of cones 5 meters apart from the objects that are on the ground. Repeat for the last 2 cones. Each cone or object should be 5 meters (15-feet) apart in length and width. Start at 1 cone on the end. Run forward touching the next cone and back pedal diagonally to touch the 3rd object. Repeat this "W" pattern until all cones have been touched.

Scoring: 1 point will be rewarded for each full "W" completed in 1-minute.