

Basketball Skills

Athletes in this program are learning basic basketball skills. Athletes new to basketball will typically start at the skills level. Many of the athletes in skills require more attention than the team based basketball programs.

Intro: There are three events make up the (lower level ability) Individual Skills Contest: Right Hand Dribbling, Left Hand Dribbling, Cross-over Dribbling and an alternative skill challenge the 10-Meter Dribble. The athlete's final score is determined by adding together the scores achieved in each of these three events.

ACTIVITY 1: DRIBBLING

1.1 Ten-Meter Dribble - Level 1 (Lower Ability Athletes)

Equipment: 1 Basketball, 2 cones, Stopwatch

Set Up: Athlete will place 2 cones on court, or hard flat surface, approximately 10-meters (33 feet) away from each other.

Description: For beginner drill, the athlete will use his or her right hand only to dribble the ball from one cone to the other. Ball must be in possession of athlete at all time with continuous dribbling. For the second attempt, if athlete is capable, the athlete will use his/her left hand to dribble 10-meters, or from one cone to the other. The athlete will have 60 seconds to complete the exercise.

Adaptation: If athlete is unable to use both arms, the athlete may attempt the drill a second time with dominate hand.

Athletes in wheelchair

Scoring: The score will be determined by how fast the athlete can complete the drill. Athlete's best score from both attempts may be used for recording. See conversion chart below:

***Conversion Chart for Ten-Meter Dribble**

Seconds - Points	
0 – 2 = 40	5.1- 6 = 20
2.1 - 3 = 35	6.1- 7 = 15
3.1 - 4 = 30	7.1- 8 = 10
4.1 - 5 = 25	8.1- 9 = 05

1.2 Speed Dribbling - Level 2 (Medium to High Ability Athletes)

Equipment: 1 Basketball, Stopwatch

Set Up: Athlete will stand in place on a flat hard surface. Pick one designated spot on the flat surface where athlete will stay and repeat all dribbling drills.

Description: For beginner drill, the athlete will see how many times he/she can dribble a basketball with his/her dominate hand in 60 seconds. If athlete is able, he/she will repeat the drill by dribbling with the other hand for 60 seconds. Athlete, or volunteer, will count each successful pound dribble within the time for scoring.

Adaptation: If athlete is unable to use both arms, the athlete may attempt the drill a second time with dominate hand.

Scoring: The number of times the basketball is dribbled in 60 seconds will determine the athlete's score. Athlete's best score from both attempts may be used for recording.

Pound Dribbling Conversion Chart

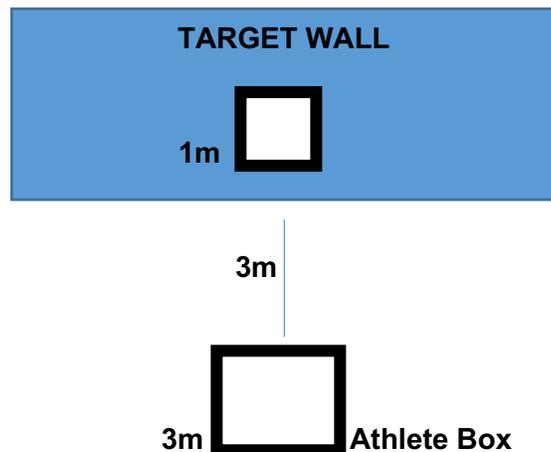
Number of Dribbles	Points
60+	60
51-59	55
46-50	50
41-45	45
36-40	40
31-35	35
21-30	25
10-20	20
Less than 10	10

ACTIVITY 2: TARGET PASS

2.1: Target Passing - Level 1 (Lower Ability Athletes)

Equipment: 1 Basketball; Chalk; stopwatch

Set up: Using a firm wall to bounce the basketball off of, mark the wall using chalk on the center of wall exactly 1 meter (3 feet) from the ground. Create a target box on the wall that is 1-meter in height and width. Create another box on the ground exactly 3-meters (10 feet) from the wall. The box on the ground will be the standing box for the athlete. This box will be 3-meters in width and height to allow the athlete enough room move around during activity.



Description: Athlete will be allowed 5 passing attempts at the target in a 60 seconds timeframe. Athlete can either perform a straight pass or bounce pass at the target, but no more than one bounce on the ground before hitting wall (if ball bounces more than once before hitting wall the athlete will not score any points). Athlete must retrieve his or her own pass after each attempt and return to box before attempting another pass.

Adaptation: Wheelchair athletes will have same set up but will not be timed. The athlete will have 5 attempts and scored off the sum of his or her total.

Scoring: Athlete has 5 attempts. Each pass that successfully hits the center of the target (chalk box on wall) will receive 15 points. Each pass that hits the lines of the square target will receive 10 points. Each pass outside of the box but hits the wall with one or less bounces will receive 5 points. *Note: Coaches must stand close enough to the wall to be able to determine where the ball hits on the wall.*

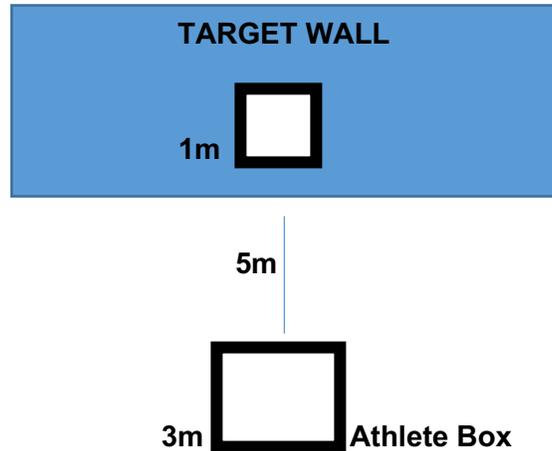
Target Pass Conversion Chart	Points
Pass inside target box	15pts
Pass hits lines of target box	10pts
Pass hits wall outside target box	5pts



2.2 Target Passing – Level 2 (Medium to High Ability Athletes)

Equipment: 1 Basketball; Chalk; stopwatch

Set up: Using a firm wall to bounce the basketball off of, mark the wall using chalk on the center of wall exactly 1 meter (3 feet) from the ground. Create a target box on the wall that is 1-meter in height and width. Create another box on the ground exactly 5-meters (16 feet) from the wall. The box on the ground will be the standing box for the athlete. This box will be 3-meters in width and height to allow the athlete enough room move around during activity.



Description: Athlete will be allowed 5 passing attempts at the target in a 60 seconds timeframe. Athlete can either perform a straight pass or bounce pass at the target, but no more than one bounce on the ground before hitting wall (if ball bounces more than once before hitting wall the athlete will not score any points). Athlete must retrieve his or her own pass after each attempt and return to box before attempting another pass.

Adaptation: Wheelchair athletes will have same set up but will not be timed. The athlete will have 5 attempts and scored off the sum of his or her total.

Scoring: Athlete has 5 attempts. Each pass that successfully hits the center of the target (chalk box on wall) will receive 15 points. Each pass that hits the lines of the square target will receive 10 points. Each pass outside of the box but hits the wall with one or less bounces will receive 5 points. *Note: Coaches must stand close enough to the wall to be able to determine where the ball hits on the wall.*

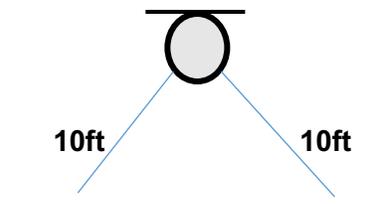
Target Pass Conversion Chart	Points
Pass inside target box	15pts
Pass hits lines of target box	10pts
Pass hits wall outside target box	5pts

ACTIVITY 3: SHOOTING

3.1 Lay-Ups – Level 1 (Lower Ability Athletes)

Equipment: 1 Basketball; chalk

Set up: Mark a start line 10 feet away from goal on the left side of the goal and another start line 10 feet from the goal on the right side. Note: On a traditional basketball court, athlete can just start from the 3pt line on either side of the court.



Description: Athlete will start 10 feet away from the basket on the right or left side of the court. The athlete will dribble the ball up to the basket and complete a lay-up. After 10 attempts on that side, the athlete will switch sides of the court for another 10 attempts. The athlete must collect his or her own rebound and return to the start point before attempting another layup.

Adaptations: Wheelchair athletes will start 5 feet away from the basket. The athlete will move towards the goal and lay it off the backboard. 10 on the right side and 10 on the left side.

Scoring: Athlete has 20 attempts (10 on right side and 10 on left side). Athlete will receive 5 points for each made basket. An athlete can receive a maximum of 100 points for a perfect score in this activity.

Lay-Ups Conversion Scoring Chart			
Made shots - Points			
1 made	5pts	11 made	55pts
2 made	10pts	12 made	60pts
3 made	15pts	13 made	65pts
4 made	20pts	14 made	70pts
5 made	25pts	15 made	75pts
6 made	30pts	16 made	80pts
7 made	35pts	17 made	85pts
8 made	40pts	18 made	90pts
9 made	45pts	19 made	95pts
10 made	50pts	20 made	100pts

3.1 and 3.2 Scoring Chart



3.2 Free Throws and 3-Pointers – Level 2 (Medium to High Ability Athletes)

Equipment: 1 Basketball; chalk

Set up: Mark two lines, one 15 feet away from basket to mark the Free Throw line, and the other 24 feet away to mark the Three-point line. *Note: On a traditional basketball court, athlete can use court markings for Free Throw and Three-point.*



Description: Athlete will start 15 feet away from the basket to attempt 20 Free Throw shots. Athlete will retrieve his or her own rebound and return to line. After Free Throws, athlete will move back to the 24 ft. mark to attempt 20 Three-point shots.

Adaptations: Wheelchair athletes will start 8 feet away from the basket for Free Throw shots and 10 feet away for Three-point shots.

Scoring: Athlete has a total of 40 shots (20 Free Throws and 20 Three-Pointers). Each successful basket is worth 5 points. An athlete can earn a maximum of 200 points for a perfect score in this activity. Please see chart from **3.1** for scoring conversion.

Equipment Needed:

- **Basketball (1)**
- **Cone (2)**
- **Chalk (1)**
- **Stopwatch (1)**

Safety Precautions:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- wearing the right shoes
- using the correct equipment
- drinking water and staying hydrated
- warming up and stretching properly
- being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- maintaining social distancing rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

- discomfort or pain
- chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- shortness of breath
- a rapid or irregular heartbeat