

# BASKETBALL – ADVANCED SKILLS COMPETITION

## DRIBBLING – 36 feet slalom

**Equipment:** basketball (see size chart), 9 cones, timer, tape measure, laundry basket or other container.

**Setup:**

1. Start line is 2 cones, set up 5 feet apart. Finish line is set up 36 feet away, using 2 cones that are 5 feet apart.
2. 5 cones are set up in a straight line from the start to the finish line to create a “zig-zag course.” The first cone is set up 6 feet from the start line and then each of the remaining four cones are set up 6 feet apart. The 5<sup>th</sup> and last cone should be 6 feet from the finish line.

**Individual Event:** On “ready, set, go” command, athlete dribbles the ball through the cones, zig-zagging through the slalom. They must have their entire body and the ball go around the outside of the cone before moving to the next cone. After crossing the finish line, the athlete picks up the ball and places it in the laundry basket (athlete cannot continue until the ball is secure in the basket (i.e. don’t teach them to drop it or it might bounce out). The athlete then sprints back to the start line to pick up the next ball. Athlete continues until the 45-second time limit has elapsed.

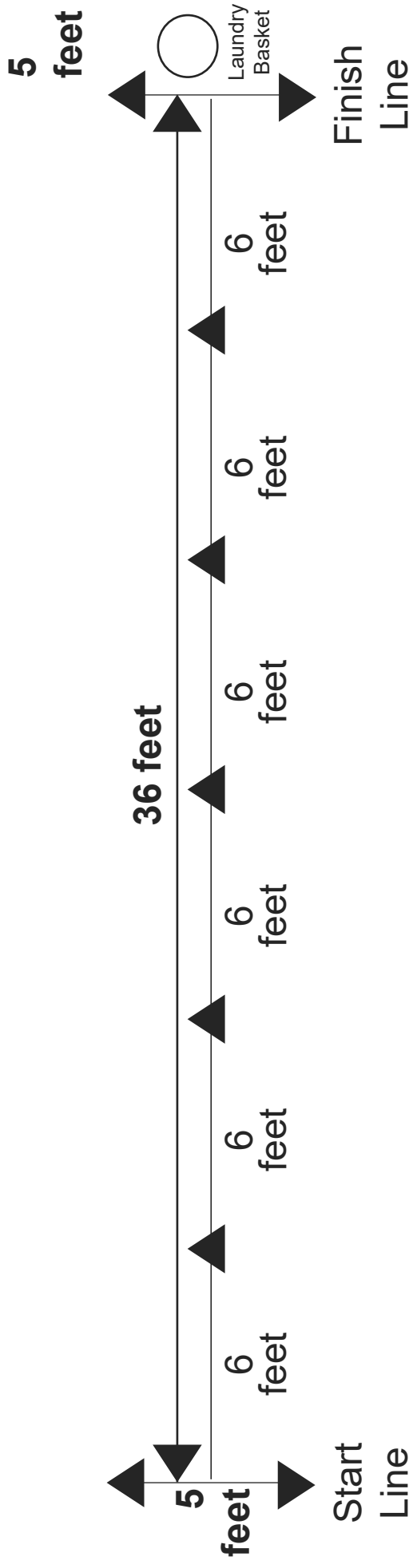
**Unified Event:** The same method is used EXCEPT the athlete and Unified partner will alternate turns. When the athlete crosses the finish line and places the ball in the basket, they sprint back to the start line and tag the Unified partner, who has a ball in hand ready to go. The Unified partner then dribbles through the slalom course, places the ball in the basket, and then sprints back to the start line to tag the athlete, who then repeats the process. Athlete and Unified partner continue to alternate until the 45-second time limit has elapsed.

**Scoring:** There is a 45-second time limit. Player scores 1 point for each cone passed successfully by zig-zagging around the cone AND using one hand. Cones that are knocked down do not count and any cones passed while dribbling with two hands do not count. So ... if a player successfully zig-zags all the way through the cones, it would be 5 points. If the player doesn’t zig zag through 2 cones, but does for 3 others, it would be a total of 3 points. The player continues to accumulate points for each cone passed until the 45-second time limit is up. The Unified team score is the total of the cones passed by the athlete and the Unified partner during the entire 45 seconds.

**Training:** When training, emphasis should be placed on dribbling with one hand, contacting the ball with the fingers and pushing it, rather than slapping it, and dribbling below the waste.

# DRIBBLING

Advanced Skills



# BASKETBALL – ADVANCED SKILLS COMPETITION

## PASSING

**Equipment:** 2 basketballs (see size chart), 3 floor markers (tape or spots), cone, timer

### **Setup:**

1. Place a spot/marker at what will be the CATCH/PASS SPOT.
2. From the CATCH/PASS spot, set up a BALL FEEDER SPOT 12 feet away.
3. From the CATCH/PASS spot, set up a “tag cone” 12 feet in the other direction
4. So in a straight line, you should have a CONE, then 12 feet, the CATCH/PASS SPOT, then 12 feet, and the BALL FEEDER SPOT. A backup ball is placed next to the BALL FEEDER spot.

**Individual Event:** The athlete begins at the CATCH/PASS SPOT. On the “ready, set, go” command, they run back and touch the cone with their hand. They immediately run back to the CATCH/PASS SPOT, and as they arrive but are still moving, a ball is thrown from the BALL FEEDER SPOT by a volunteer. The athlete catches the ball and without traveling or dribbling, sets their feet and throws a pass back to the ball feeder (this should be a fluid motion). The pass can be a bounce or a chest pass, but if a bounce pass it can only bounce once or will be declared “unsuccessful” for scoring purposes. After the athlete passes the ball, they return to the cone, tag it and repeat the process. Ideally, there is no stopping or resting throughout the 45-second time limit.

**Unified Event:** The same method as above is used EXCEPT the BALL FEEDER is the Unified Partner. Only the athlete actually scores points (1 for a good pass, 1 for a good catch) but they rely on the Unified Partner to make a good pass to allow for a good catch.

**Scoring:** There is a 45-second time limit. The athlete receives 1 point for a good catch (catches the ball and stops without traveling) and 1 point for a good pass back to the ball feeder (can be a chest pass or a 1-bounce bounce pass).

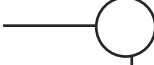
**Training:** When training, and then subsequently at competition, for the catch, emphasis should be placed on catching the ball with two hands and coming to a stop before a traveling violation would be called. For the pass, a controlled pass (not too hard or too soft) while pushing the ball toward the receiver and stepping while doing so.

# PASSING

Advanced Skills

Tag  
Cone

12 feet



Catch/Pass  
Spot

12 feet

Ball  
Feeder/  
Unified  
Partner

# BASKETBALL – ADVANCED SKILLS COMPETITION

## SHOOTING

**Equipment:** 2 basketballs (see size chart), hoop (10 feet only), timer

**Setup:**

1. Use an official basketball hoop, and create an arc that extends 9 feet from the baseline. You can use cones or tape (tape will be used at the competition). On an official court, this arc would “butt up” against the circle that encompasses the free throw line. It should “butt up” on the part of the circle closest to the hoop. **THIS IS YOUR SHOOTING BOUNDARY.** All shots must be taken from beyond this boundary. A backup ball is placed under the basket out of bounds

**Individual Event:** There is a 45-second time limit. The athlete begins by shooting from anywhere beyond the SHOOTING BOUNDARY, rebounds their shot (or grabs it after it goes in), dribbles back to any spot beyond the SHOOTING BOUNDARY, and shoots again. This continues until the 45-second time limit is up.

**Unified Event:** There is a 45-second time limit. The athlete begins by shooting from anywhere beyond the SHOOTING BOUNDARY. The Unified Partner rebounds the ball (or grabs it after it goes in), dribbles back to any spot beyond the SHOOTING BOUNDARY, and shoots. The athlete rebounds the ball, dribbles anywhere beyond the SHOOTING BOUNDARY, and shoots. The Unified partner rebounds and the alternating continues until the 45-second time limit is up.

**Scoring:** Two (2) points are awarded for each shot made during the 45 seconds.

**Training:** When training, and then subsequently at competition, emphasis should be placed on proper shooting mechanics (see Drill Book) and the rebounder dribbling to the next shooting spot, NOT running while carrying the ball.

# SHOOTING

Advanced Skills

