**BASKETBALL INDIVIDUAL SKILLS – PRELIMS**

**Athletes Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skill 1 - Target Pass**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Try 1** | **Try 2** | **Try 3** | **Try 4** | **Try 5** | **Total of 5 Tries** |
|  |  |  |  |  |  |

**Points for Target Pass**

If the ball hits the:

Wall inside square 3 pts Wall 1 pt

Lines of square 2 pts Bounces before wall 0 pts

\*Rebounding – If caught in air or after one bounce & the athlete is standing in the box 1 additional pt is given.

**Skill 2 - 10M Dribble - 2a or 2b (2b for athletes in wheelchairs or can not move while dribbling)**

 **2a Convert time to pts (see conversion below)**

***Conversion Chart for 10M Dribble***

**Seconds Pts Seconds Pts**

0 – 2 30 9.1 – 10 14

2.1 – 3 28 10.1 - 12 12

3.1 – 4 26 12.1 - 14 10

4.1 – 5 24 14.1 – 16 8

5.1 – 6 22 16.1 – 18 6

6.1 – 7 20 18.1 – 20 4

7.1 – 8 18 20.1 – 22 2

8.1 – 9 16 Over 22.1 1

|  |  |  |
| --- | --- | --- |
| **Try 1** | **Try 2** | **BEST Score** |
|   |  |  |

 **2b – Dribble in place - standing or**

 **wheelchair (# of one-handed**

 **dribbles within the circle in**

 **60 seconds)**

|  |  |  |
| --- | --- | --- |
| **Try 1** | **Try 2** | **BEST Score** |
|   |  |  |

**Skill 3 - Spot Shot – 2 tries for each spot.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Try 1 & 2** | **Try 3 & 4** | **Try 5 & 6** | **Try 7 & 8** | **Try 9 &10** | **Try 11 & 12** | **Total** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**Total of all 3 Skills**