



Basketball-Individual Skills Competition

Name: _____
Delegation: _____
Team Name: _____

Division: _____
Age: _____
Gender: _____

TOTAL SCORE:

Maximum Amount of Points able to achieve = 105

A. PASSING

Athlete will complete 9 passes at 3 different distances in order to gauge skill level for passing. Athlete will stand at each distance marker and throw the ball at a 1 Meter Square on the wall. The points awarded and size box on wall will stay the same, the distance will be the only changing factor. See the Individual Skills section of the rules for drill set-up. Points are awarded as follows:

- 3 Points awarded inside of 1 Meter square
- 2 Points awarded for hitting the line of the square
- 1 Point awarded for hitting the wall or catching the ball
- 0 Points awarded if ball bounces before hitting the wall

	Attempt 1	+	Attempt 2	+	Attempt 3	
3 METER DISTANCE	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	
5 METER DISTANCE	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=
6 METER DISTANCE	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	

SCORE:

B. SHOOTING

The Athlete attempts 12 shots, two attempts at 6 different spots:

Spot 1 and 2 = 2 Points

Spot 5 and 6 = 4 Points

Spot 3 and 4 = 3 Points

1 Point given for hitting Rim or Backboard but not going in basket

SPOT 1 AND 2	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	
SPOT 3 AND 4	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=
SPOT 5 AND 6	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	

SCORE:

C. BALL HANDLING

Athletes will be timed from start to finish at two different distances: 10 METER AND 15 METER. The 10M distance requires you to complete the test with your strong hand ONLY, while the 15M distance will require athletes to dribble down with their strong hand, and dribble back with their weaker hand. *A ONE second penalty will be added for each illegal dribble/double dribble or carries the ball. **A wheelchair athlete must alternate two pushes followed by two dribbles for legal dribbling.

TWO SCORES should be recorded, one for each distance - Convert the time on the conversion chart, the best time is used to determine the final score. *See the conversion chart on the right side of the form to compute score.

TRIAL #1-10 METERS-athletes will complete drill, down and back, using their strong hand only:

=

TRIAL #2-15 METERS-down through the first set of cones with strong hand, and back through the second set to finish line with the weak hand:

Conversion Chart	
Seconds	Points
0-2	15
2.1-3	14
3.1-4	13
4.1-5	12
5.1-6	11
6.1-7	10
7.1-8	9
8.1-9	8
9.1-10	7
10.1-12	6
12.1-14	5
14.1-16	4
16.1-18	3
18.1-20	2
20.1-22+	1

D. REBOUNDING

(Choose the point value that best describes the athlete/partner's skill level)

No understanding of rebounding positions or principles, often beaten to a missed shot (1 point)

Gets rebounds only when they land directly to him/her (2 points)

Goes after loose balls within 3 to 4 steps (3 points)

Exceptional ability to get to missed shots on both sides of the basket/either side of the court (4 points)

SCORE:

E. MOVEMENT

(Choose the point value that best describes the athlete/partner's skill level)

Maintains a stationary position; does not move to a loose ball (1 point)

Moves toward ball; but reaction time is slow and only in a limited area of the floor (2 points)

Good court coverage; reasonably aggressive (3 points)

Exceptional court coverage; anticipates plays (4 points)

SCORE:

F. GAME AWARENESS

(Choose the point value that best describes the athlete/partner's skill level)

Sometimes confused on offense and defense; may shoot at wrong basket (1 point)

Limited understanding of the game, can run some offensive/defensive sets - coach prompted (2 points)

Moderate understanding of the game, some off and def sets and can occasionally fast break (3 points)

Advanced understanding of the game and mastery of basketball fundamentals (4 points)

SCORE: