



# Washington Special Olympics Basketball Individual Skills Sheet



Name: _____	Team Name: _____
Age: _____	Sex: _____ Division _____

Preliminaries  Finals  Grand Total \_\_\_\_\_

## Run and Catch

**Scoring:** Athletes will receive points for completing catches.

- 2 pts: for a complete catch (clearly caught with both hands)
- 1 pts: for touching (making contact) a well-thrown pass
- 0 pts: if athlete is unable to catch or touch a well-thrown pass.

Athletes will be timed and their time will be used in case of a tie.  
Athletes will be scored on 5 catches.

SCORE ALL FIVE ATTEMPTS: (10pts Possible)

<input style="width: 50px; height: 50px;" type="text"/>	+	<input style="width: 50px; height: 50px;" type="text"/>	+	<input style="width: 50px; height: 50px;" type="text"/>	+	<input style="width: 50px; height: 50px;" type="text"/>	+	<input style="width: 50px; height: 50px;" type="text"/>	=	<input style="width: 50px; height: 50px;" type="text"/>
---	---	---	---	---	---	---	---	---	---	---

## Throwing for Accuracy

**Scoring:** Athletes will receive points for completing catches.

- 3 pts: for an accurate throw to the Volunteers hands
- 2 pts: for an accurate throw within "arms reach of the Volunteer box
- 1 pts: if athlete throws the accurate distance but is not on target
- 0 pts: if the ball hits the ground prior to reaching the target.

Athletes will be scored on 5 throws

SCORE ALL FIVE ATTEMPTS: (15pts Possible)

<input style="width: 50px; height: 50px;" type="text"/>	+	<input style="width: 50px; height: 50px;" type="text"/>	+	<input style="width: 50px; height: 50px;" type="text"/>	+	<input style="width: 50px; height: 50px;" type="text"/>	+	<input style="width: 50px; height: 50px;" type="text"/>	=	<input style="width: 50px; height: 50px;" type="text"/>
---	---	---	---	---	---	---	---	---	---	---



---

---

## Throwing for Distance

**Scoring:** Athletes will receive a point per yard (i.e. if an athlete throws 23 yards, they receive 23 points).  
Athletes will be given 5 balls to throw.

**SCORE ALL FIVE ATTEMPTS: (40pts possible)**

--	--	--	--	--

\*Circle the highest total and add to final score

---

---

## Agility and Speed: Hand Off

- The quarterback will give the signal and hand the ball off to the athlete.
- The clock will start on the quarterbacks signal.
- The athlete must maneuver around the four cones and sprints to the finish line/endzone between the cones and must maintain possession of the football.

**Scoring:** The athlete will receive two attempts. The fastest time will be recorded on the sheet.

- The athlete will be timed from QB's signal to when he/she crosses the finish line between the cones with possession of the football.
- One-second will be added for every missed cone.

Time:

--

\*Round time to the nearest whole number and add to final score



## Flag Pulling

**Scoring:** The athlete will receive 5 attempts

- The athlete will receive two points for successful flag pull.
- The athlete will receive one point for any unsuccessful flag pull in which either the flag or ball carrier was touched, but the flag did not come off.
- The athlete will receive zero points for any unsuccessful flag pull in which the flags or ball carrier are not touched at all.
- The athlete will receive zero points for flags pulled outside of the 5X5 yard area.

SCORE ALL FIVE ATTEMPTS: (10pts Possible)

$$\square + \square + \square + \square + \square = \square$$