

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)

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

Conversion Chart for 7.6M 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

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