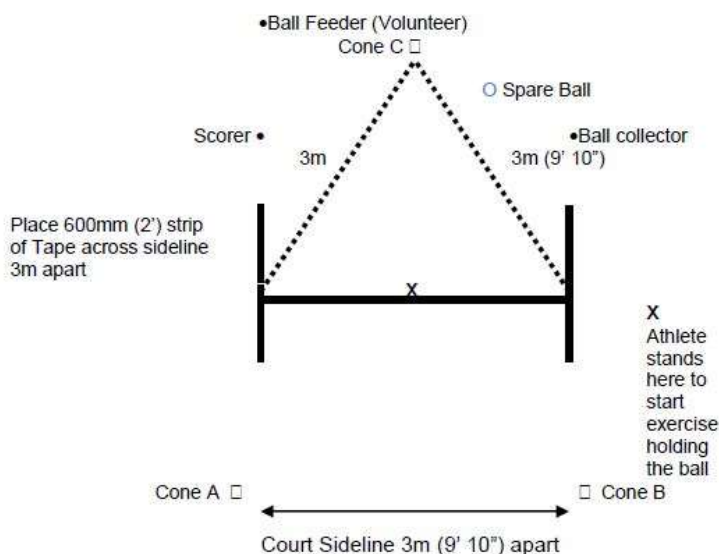


Passing Skill



Description

- On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.
- As the player approaches or reaches the end line the feeder passes the ball to the athlete to catch
- The player **MUST** have at least ONE foot over the end line at the point of catching the ball
- The player must catch the ball, then pass it back to the feeder from behind the end line. One or both feet can be grounded but **both** must be behind the line at the moment of passing the ball back to the feeder.
- When athlete has passed the ball, they move quickly to the opposite cone to receive the next pass
- The player continue passing, moving along the line and catching the ball for 60 seconds
- A bounce pass maybe used with lower ability/less able athletes

Timing

60 seconds for one trial.

Scoring

- 1 point is scored for each good pass made to the feeder (the pass must be catchable)
- 1 point is scored for each good catch made by the athlete (ie no fumbles)
- The athletes must have the ball under control or no point can be scored

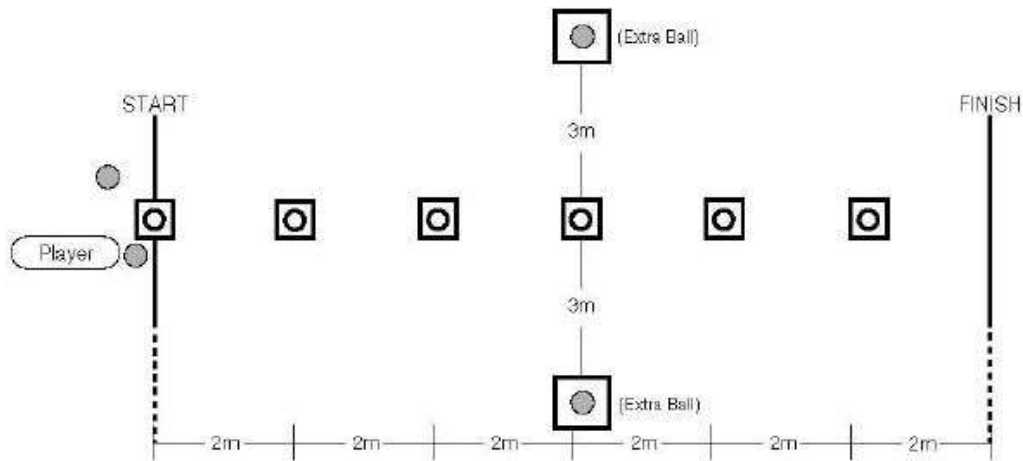
Attempt	1	2	3	4	5	6	7	8	9	10
Catch										
Pass										

Attempt	11	12	13	14	15	16	17	18	19	20	Total
Catch											
Pass											

Total Catch + Total Pass= _____

Athlete Name: _____ School: _____

Dribbling Skill



Description

- a) A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters apart, on a 12-meter course.
- b) The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
- c) When the last obstacle is passed and the finish line reached, the player puts the ball down, sprints back to the start for the next ball, and repeats the slalom.
- d) The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.
- e) The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
- f) The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.

Timing

60 seconds for one trial.

Scoring

One point is awarded each time a cone is passed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the entire obstacle course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed). The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds

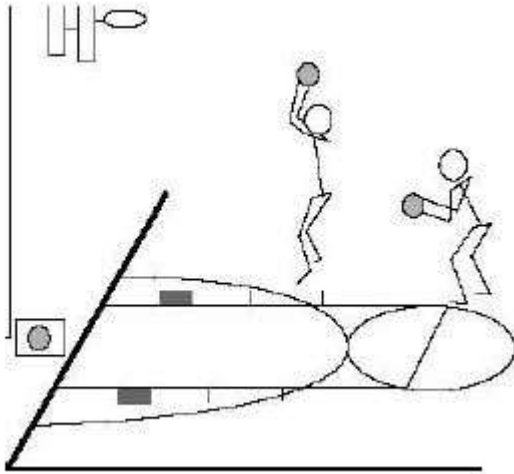
Check a box for each cone successfully passed.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

Total Cones= _____

Athlete Name: _____ School: _____

Shooting Skill



Description

- A player stands at the juncture of the free-throw line and lane, either to the left or right.
- The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter arc (9 feet). This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle].
- The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
- The player shall make as many field goals as described above in one one-minute trial.

Timing

60 seconds for one trial.

Scoring

Two points are awarded for each field goal made within the one-minute trial.

Staging

- Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
- Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go," and will count how many field goals the player makes in one minute.
- Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score.
- Each volunteer is to administer the test and manage the area only.

Check a box for each basket successfully made.

2	4	6	8	10	12	14	16	18	20
22	24	26	28	30	32	34	36	38	40

Total Points=_____

Athlete Name:_____ School:_____