



## Basketball Skills Updated 2020



**Target Pass** -- A square is marked on a wall 1M ( 3'3 1/2" ) with tape and a line taped on the floor 2.4M ( 7'9" ) from the wall. The athlete will stand behind the line and pass the ball into the square, they will receive 5 attempts. The ball may be caught after a bounce or before a bounce. See the scoring below.

Scoring –

3 pts for hitting the wall in the square

2 pts for hitting the lines of the square

1 pt for hitting any part of the wall

1 pt for catching the ball in the air or after 1 or more bounces while standing behind the line

0 pts if the ball bounces before hitting the wall

**10 Meter Dribble** -- The athlete begins behind the line dribbles the ball with one hand for 10M ( 32'9 3/4 " ) and must stop, cross the finish line and pick up the basketball to stop the dribble. This is timed and the clock will continue if the athlete loses control of the ball.

Scoring –

A 1 second penalty will added for any illegal dribbles ( ex. Two handed dribble, a carry of the ball, etc)

The athlete will get 2 trials

The athlete's score is the best of the two trials

Here is the Conversion Chart

Seconds	Points
0 - 2	30
2.1 - 3	28
3.1 - 4	26
4.1 - 5	24
5.1 - 6	22
6.1 - 7	20
7.1 - 8	18
8.1 - 9	16
9.1 - 10	14
10.1 - 11	12
11.1 -14	10
14.1 - 16	8
16.1 - 18	4
18.1 - 20	4
20.1 - 22	2
22.1 and over	1

The athlete will be timed from the signal "GO" to when he/she crosses the finish line and picks up the ball.

**Spot Shot** -- Six spots are marked on the floor. The athlete attempts 2 field goals from each of 6 spots. The attempts are taken at spots #2, #4, and #6, and then at spots #1, #3 and #5.

Setting up the spots:

#1 and #2 are on the blocks on the foul line on either side of the basket

#3 and #4 are on the first line back on the foul line from the blocks on either side of the basket

#5 and #6 are on the second line on the foul line back from the blocks on either side of the basket

Scoring –

2 pts for every field goal made from #1 and #2

3 pts for every field goal made from #3 and #4

4 pts for every field goal made from #5 and #6

1 pt awarded for any attempt that hits the backboard or rim but does not go in

**Serpentine Dribble** -- Each athlete is to dribble the basketball in a serpentine (passing right to left of each cone) motion through the cones. When the last cone is reached, the athlete should circle the end cone and continue in this fashion until 30 seconds have elapsed. There are 5 cones are placed 1M(3' 3") apart.

Scoring -

One point is scored for each cone that is passed correctly. The best score of two trials is counted.

**For more information and/or pictures of events please go to:**

[https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Basketball-Rules-2018-v2.pdf?\\_ga=2.210307349.1225158700.1574721037-1935850661.1530111268](https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Basketball-Rules-2018-v2.pdf?_ga=2.210307349.1225158700.1574721037-1935850661.1530111268)

