



DRIBBLE, JUMP AND SHOOT SKILLS COMPETITION **(FORMAT AND RULES - TEAM RELAYS)**

COMPETITION NO.1

FOUL-SHOTS

PLAYERS TO SHOOT FOUL-SHOTS. ALL PLAYERS MUST BE BEHIND THE FOUL LINE. PLAYERS MUST GET THEIR OWN REBOUND AND PASS THE BALL TO THE NEXT PLAYER. FIRST TEAM WITH 10 SHOTS WINS.

COMPETITION NO.2

RUNNING

PLAYERS TO START AT THE END LINE. ON THE SIGNAL TO RUN DOWN THE FLOOR, TOUCH THE OTHER END-LINE WITH AT LEAST ONE HAND, RUN BACK AND TOUCH THE NEXT PLAYER WITH THEIR HAND. EACH PLAYER MUST COMPLETE THE EXERCISE.

COMPETITION NO.3

(90 DEGREE) END-LINE SHOTS

PLAYERS TO SHOOT SHOTS FROM THE END-LINE. ALL PLAYERS MUST BE OUTSIDE THE KEY. PLAYERS MUST GET THEIR OWN REBOUND AND PASS THE BALL TO THE NEXT PLAYER. FIRST TEAM WITH 10 SHOTS WINS.

COMPETITION NO.4

FASTBREAK

PLAYERS TO START AT THE END LINE. ON THE SIGNAL TO DRIBBLE DOWN THE FLOOR, TOUCH THE OTHER END-LINE WITH AT LEAST ONE HAND, DRIBBLE BACK AND PASS THE BALL TO THE NEXT PLAYER. EACH PLAYER MUST COMPLETE THE EXERCISE.

COMPETITION NO.5

FREE-THROWS

PLAYERS TO SHOOT FREE-THROWS. ALL PLAYERS MUST START BEHIND THE 3-POINT LINE. EACH PLAYER HAS THREE OPTIONS, 1.SHOOT A 3-POINT SHOT WORTH 3-POINTS, 2.DRIBBLE AND SHOOT FROM OUTSIDE THE KEY WORTH 2-POINTS, 3. DRIBBLE AND SHOOT FROM INSIDE THE KEY WORTH 1-POINT. PLAYERS MUST GET THEIR OWN REBOUND AND PASS THE BALL TO THE NEXT PLAYER. FIRST TEAM WITH 20+ POINTS WINS.

COMPETITION NO.6

2xDRIBBLE

PLAYERS TO START AT THE END LINE. ON THE SIGNAL THEY MUST DRIBBLE DOWN THE FLOOR AND BACK WITH 2-BALLS AT A TIME. AFTER DRIBBLING BACK THEY MUST PASS THE BALLS TO THE NEXT PLAYER. EACH PLAYER MUST COMPLETE THE EXERCISE.

COMPETITION NO.7

LAY-UPS

PLAYERS TO START AT THE END LINE. ON THE SIGNAL TO DRIBBLE DOWN THE FLOOR AND MAKE A LAY-UP. PLAYER MAY PROCEED AFTER FIVE UNSUCCESSFUL SHOTS. PLAYER MUST THEN DRIBBLE BACK AND MAKE A SECOND LAY-UP ON THE OTHER BASKET. UPON A SUCCESSFUL BASKET THE PLAYER MUST PASS THE BALL TO THE NEXT PLAYER. EACH PLAYER MUST COMPLETE THE EXERCISE.

SCORE (start of competition): EACH TEAM RECEIVES (1) POINT FOR EVERY PLAYER THAT IS PRESENT

SCORE (per): (3) POINTS FOR FIRST PLACE, (2) POINTS FOR SECOND PLACE, (1) POINT FOR THIRD PLACE

WINNER: TEAM WITH MOST NUMBER OF POINTS AT END OF COMPETITION WINS

TIE-BREAKER: SHOOT-OUT, EACH TEAM HAS 5 SHOTS, MOST POINTS WINS. IF STILL TIED, THEN CONTINUE WITH SINGLE SHOTS. SAME PLAYER CAN'T SHOOT UNTIL PLAYER ROTATION IS COMPLETE.