

Dribbling

General Description: Max – 10 points

Players start at one corner of the court where the baseline meets the sideline. Players should dribble to the first cone with their left hand. At the cone, the player should move the prescribed basketball and change direction toward the next cone, switching hands. Continue this process through all cones, going down & back.

Skill 1: Crossover Dribble, **Skill 2:** Spin, **Skill 3:** Between the legs, **Skill 4:** Around the Back

Other Details:

Grade 4: Skills 1 & 2 Only
 Grades 5-6: Skills 1, 2, & 3
 Grades 7-8: All Skills

Scoring:

- Unable to perform a skill or did not complete: 0 pts
- Attempted with low mastery: 1 pt.
- Demonstrated some mastery: 2 pts.
- Mastered or near mastery of the skill: 3 pts.

Layups

General Description – Max 10 points

Each player will be given a set amount of time to make as many layups as possible using proper form.

Start at either cone. Dribble with the outside hand (right on the right side, left on the left), and attempt a layup with the outside hand. Get the rebound and dribble around the other cone from the inside, switching hands to the outside hand and trying a layup on the other side using the outside hand. Players should jump off their inside leg on the layups. *If layups are taken with the wrong hand, the basket does not count.*

One point can be deducted from the score for dribbling with the wrong hand, shooting with two hands, or jumping off the incorrect leg on the shot.

Timing:

- 4th & 5th Grade: 1-minute
- 6th Grade: 50-seconds
- 7th & 8th Grade: 45-seconds

Scoring:

- Point is given for proper lay-up made. Max of 10 points.

Elbow Shooting

General Description:

Players will shoot for one minute at a time, moving back and forth from elbow to elbow. Non-shooting players will do rebounding. Use two balls at each basket. The judge records the number of baskets made after each one-minute turn – a maximum of 10. 4th graders can be moved to the first hash for a closer shot.

Hot Shots

General Description:

One-minute timed drill where each player will shoot from marked locations on the floor.

- A maximum of two layups can be made (one right-handed and one left-handed).
- No consecutive shot from same spot or number.
- One foot must be on the number when shooting.
- Three bonus points if the player shoots at least once from one of each point number locations.
- Dribble between shots.

Hot Shot Score	Points
34+	10
30-33	9
26-29	8
22-25	7
18-21	6
14-17	5
10-13	4
6-9	3
2-5	2

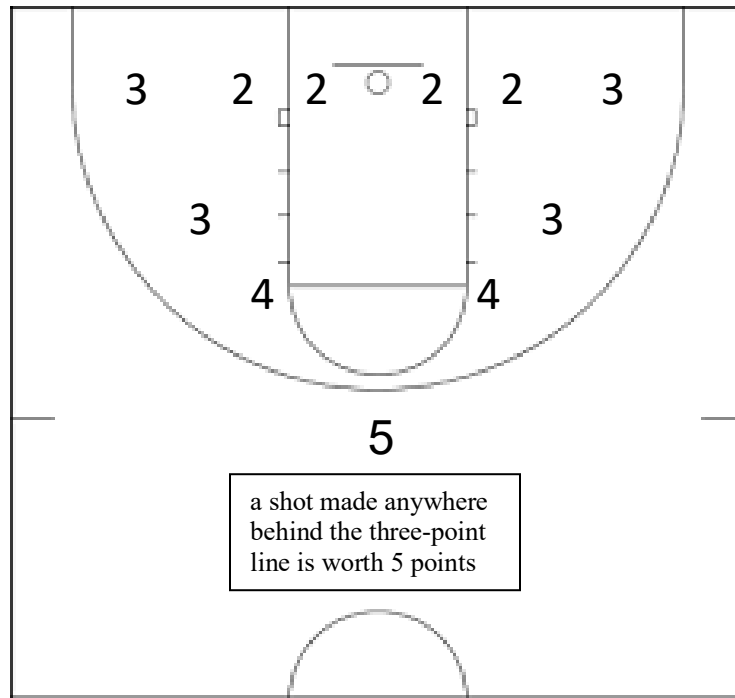
Scrimmage (5 v 5, 3 v 3, 1 v 1)

General Description:

Evaluators will grade each player during the scrimmage time with a max score 60. The score should take into consideration offensive ability and defensive ability. An additional 10 points will be awarded for intangibles (examples: attitude, effort, communication). Judges should refrain from discussing their player scores during the scrimmage.

Drill Diagrams

Hot Shots



Dribbling Drill

