



Team Skills Competition

3rd and 4th Grades



Skill competition will precede the actual game and will last approximately twenty minutes. It is imperative that all players and coaches are on time and prepared to participate, as the competition will begin on schedule. Skills will be run in the main gym for all games by the referees. The skills competition will start at the actual game time in the main gym. The referees count for all skills will be final.

Purpose

The intent of this competition is to **improve the individual skills of each player** and to ensure that all coaches are **stressing skills in practice**. Additionally, we want to provide a competitive situation to emphasize team play with each player sharing equally in the competition.

Scoring

Six distinct competitive skill events are held. Two points will be awarded to the team winning each skill event, except the defensive shuffle. A total of ten points will be awarded for the total competition. To emphasize the importance of skills, the scoring will be equal to that of the actual game.

Game Scoring

Third Grade

The winning team of each quarter will be awarded two points. In the event of a tie, each team will be awarded one point. Scores revert to zero at the beginning of each quarter. An additional two points will be awarded to the team scoring the most total points during the four quarters.

Fourth Grade

The winning team of each half will be awarded four points. In the event of a tie, each team will be awarded two points. The scores revert to zero at the start of the third quarter. An additional two points will be awarded to the team scoring the most total points during the entire game.

Playoffs – Third, Fourth

All team skill competition will be held in conjunction with the actual game in the main gym to determine each playoff winner. In the event of a tie, total skills and game points, a three-minute overtime will be played to determine the winning team. If the score remains tied following the three-minute overtime, sudden death play will determine the winner. Referees will run all skills and their counts will be final.

Team Skills Competition (continued)

Lay-ups

Players shoot one lay-up from each side of the basket. Team members line-up to the right then left of the free-throw line. The first player dribbles in and shoots a lay-up. The coach rebounds the shot and passes it to the next player in line. As the players finish their turn, they form a line on the other side of the free throw line.

Third graders must dribble with the right hand from the right side and the left hand from the left side, **also must make an attempt to shoot with the right hand from the right side and the left hand from the left side.** **Note: The follow through should depict what hand they are primarily shooting with (Referees discretion).** Fourth graders dribble **and shoot** with the right hand from the right side and the **left hand from the left side.** *The team with the highest percentage of shots made will be awarded two points.*

Short Shots

Each player will attempt two shots, one from each side of the free throw lane. Third graders shoot from behind the block area and outside the lane (**six tiles up from end line in the side gyms**). Fourth graders shoot from behind the first hash mark and outside the lane, which is approximately three feet from the block (**nine tiles up from end line in the side gyms**). *The team that scores the highest percentage of shots made will be awarded two points.*

Free Throws

Each player will attempt one shot. Players waiting to shoot must line-up around the lane and rotate clockwise. **Free-throws are shot from the 12' line which is 3' in front of the regular free-throw line. Players may NOT cross this line on their shot.** *The team that scores the highest percentage of shots made will be awarded two points.*

Pass and Catch

Team members line up across from each other along their respective free throw lane, four or five per side at arms width. On the signal of the referee, the first player passes across the lane to the first player (other side) who passes across the lane to the second player. Passes continue across the free throw lane for one minute. The total number of passes made and caught for each team determines the winner. Third grade players must maintain one foot behind the lane line at all times. Fourth grade players must receive passes with both feet behind the lane line, but may step into the lane with one foot when making a pass. Each player must handle passes in **a consistent rotation** up and down the lines. **No repeats, unless an odd number, and then ONLY the one player on each end of the short line should receive two successive passes.** *The team completing the most passes (without drops) is awarded two points. No audible counting by coaches, players or fans is allowed.*

Dribble Relay

Players line up along the free throw line facing the far end line of the court. On the signal of the referee, the first player will dribble to the mid court line and back to the free throw line and down to the far free throw line and back to the free throw line. Each time the player changes direction, they must change dribbling hands **without picking up the ball.** The ball must be dribbled all the way back to the free throw line and handed to the next player in line. Each player must participate once. If teams are uneven, a few players may have to go twice. If a player loses control of the ball, the player must return to the point at which they lost control and continue from that point. The referees will not stop this drill for infractions but may shoot out warnings. At the end of the drill the referees will confer and add up all infractions to decide the true winner. *The team that finishes first, obeying the aforementioned rules, is awarded two points.*

Defensive Shuffle

Players line up at the base line in a single line and assume a good defensive position. On the signal from the referee or coach, players shuffle from the base line to the free throw line and back twice. Other defensive shuffle drills can be used. Be creative! *Although, there are no points awarded for this skill event, it is important that it is completed and proper defense is emphasized.*

Note: Referee will monitor all skill events for all games in the main gym. They will count lay-ups, short shots and completed passes. Their counts will be considered the official results. **Referees are given discretion to determine proper execution of skills and award points accordingly.**