



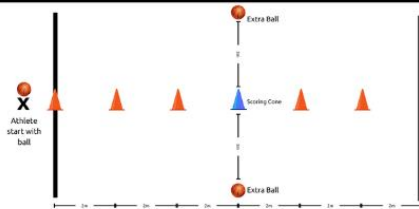
Athlete Name: _____

Division: _____

Program: _____

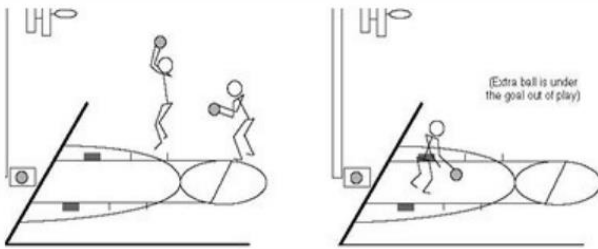
BASKETBALL LEVEL 2 SKILLS

12M DRIBBLE - The athlete will slalom through six cones repeatedly for 60 seconds. One point is awarded for every midpoint the athlete crosses (indicated by the scoring cone).



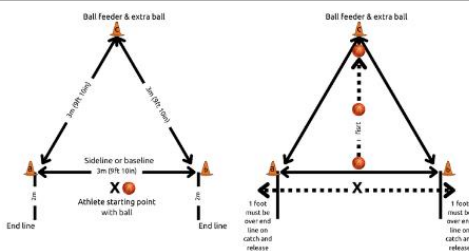
12M DRIBBLE SCORE _____

PERIMETER SHOOTING - Two points are awarded for every field goal made in 60 seconds outside of the arc.



PERIMETER SHOOTING SCORE _____

CATCH AND PASS - One point is scored for each good pass made to the feeder (must be catchable). One point is scored for each good catch made by athlete (no drops/fumbles).



CATCH AND PASS SCORE _____

FINAL SCORE (total of the three events): _____

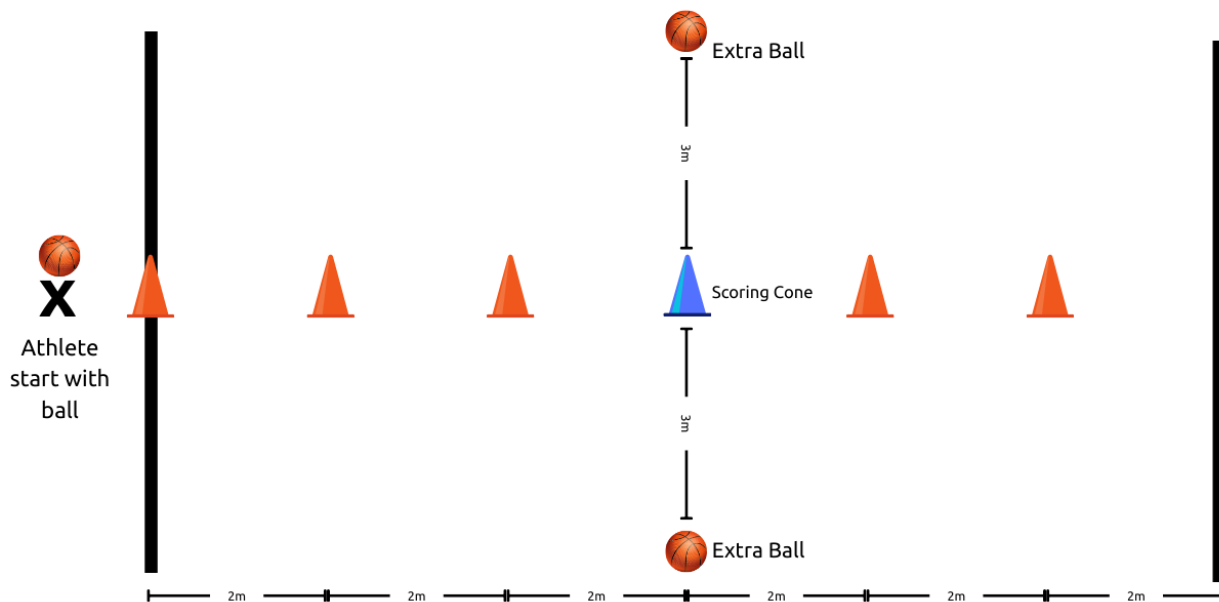
Event #1: 12 Meter Dribble

Equipment: Floor tape, six cones, a stop watch and three basketballs, one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away.

Description:

1. 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, two meters apart, on a 12-meter course
2. The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter. When the last obstacle is passed (the final cone), the player will dribble around the cone and back through the slalom passing each obstacle alternately to the right and left. This process is repeated until time is called.
3. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
4. The player recovers the ball or picks up the nearest extra ball and may re-enter at any point along the course.

Scoring: One point is awarded for every midpoint the athlete crosses (indicated by the scoring cone). The player must use legal dribbles and must have control of the ball in order to get credit for the midpoint of the cones being successfully passed. The player's score is how many cone midpoints that he/she successfully passes in 60 seconds.



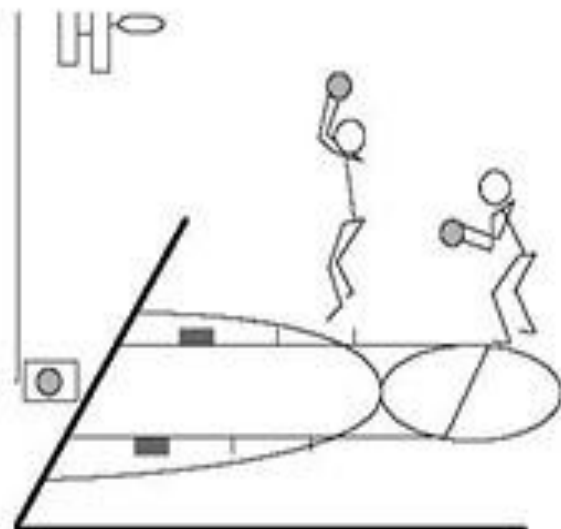
Event #2: Perimeter Shooting

Equipment: A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided, another that is for back-up in case the basketball bounces away.

Description:

1. A player stands anywhere along the free-throw line within the free throw circle.
2. The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter arc (9 ft). 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]
3. The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
4. The player shall make as many field goals as described above in one one-minute trial.

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



Event #3: Catch and pass

Equipment: 3 Cones, 2 Basketballs, Floor Tape, Airhorn/Whistle, Score Bench and Clock.

Set Up: Two strips of tape 600 millimeter (2 ft) long are laid across the court sideline or baseline three meters apart (9 ft 10 in) at Cones A & B (this will be the end line). Cone C is laid out three meters from each end of the sideline forming a triangle. The athlete will start behind the sideline or baseline and in the middle of the end lines with a ball. A ball feeder and extra ball will be behind Cone C.

Description:

1. On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.
2. As the player approaches or reaches the end line the feeder passes the ball to the athlete to catch.
3. The player MUST have at least ONE foot over the end line at the point of catching the ball.
4. 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.
5. When the athlete has passed the ball, they move quickly to the opposite cone to receive the next pass. The player continues passing, moving along the line and catching the ball for 60 seconds.

Scoring: One point is scored for each good pass made to the feeder (the pass must be catchable). One point is scored for each good catch made by the athlete (i.e. no fumbles). The athletes must have the ball under control, or no point can be scored.

