

DYC Basketball

6th – 8th Grade Skills Day

Event # 1 – Individual Event – Free Throws

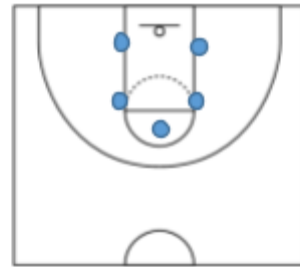
- A. 2 minutes per shooter
- B. 4 shooters per team
- C. 1 Basketball
- D. Team rebounds

Event #2 – Team Event – Lay-Ups

- A. 3 minutes per team
- B. 1 Basketball
- C. Must start at the free throw line
- D. Coaches can rebound

Event #3 – Individual Event – Around the World

- A. 2 minutes per shooter
- B. 3 shooters per team – must be different from Event #1
- C. 1 Basketball
- D. 5 spots (2 blocks, 2 elbows, free throw) – 1 point per spot
- E. Move spots once shot is made
- F. Team rebounds



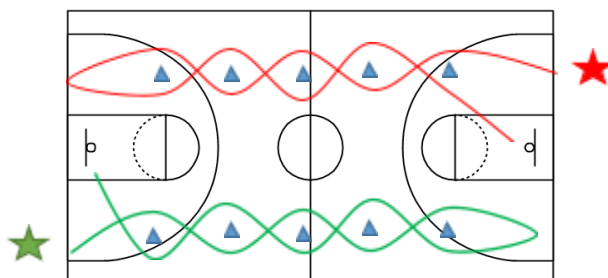
Event #4 – Individual Event – 3-Point Shot

- A. 3 shots from each spot (see diagram)
- B. 2 minutes per shooter
- C. 3 shooters – Must be different from Event #1 and Event #3
- D. 3 basketballs
- E. Team Rebounds
- F. 1 player or coach is at each spot to hand ball to shooter



Event #5 – Team Event – Dribble Shoot Pass

- A. Timed Event
- B. Dribble through cones – serpentine style – down and back
- C. Must make a lay-up before passing to the next teammate (teams will shoot on opposite baskets)
- D. Fastest Time – 10 pts. 2nd fastest – 8 pts. 3rd fastest – 6 pts. 4th – 6th fastest 4 points



SCORING: Top 3 in Individual Events – No top 3, 30 second head to head

Event 1 – 1 point per Free Throw towards team score

Event 2 – 1 point per Lay-Up towards team score

Event 3 – 1 point per spot towards team score

Event 4 – 1 point per 3 pointer towards team score

Event 5 – Scoring per event rules

TEAM FINAL

1st Place – Trophy

2nd Place – Trophy

3rd Place – Medal

INDIVIDUAL FINAL (Free Throw, Around the World, 3 Pt)

1st Place - Trophy

2nd & 3rd Place – Medal

4th – 10th Place - Ribbon