

DYC Basketball

Olympic Competition

Event #1: Free Throws

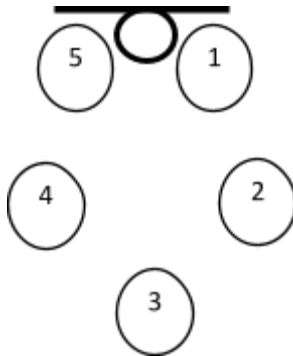
- A. 2 shots per player
- B. 1 point for each made shot, with 1 bonus point if both free throws are made
- C. Must start shot behind line (no line violations)

Event #2: Lay-Ups

- A. 2 minute timed event
- B. 1 point for each made shot
- C. 2 basketballs per team
- D. Coaches rebound

Event #3: Around the World

- A. 5 minute timed event
- B. 5 spots (see diagram-they will be laid out on the floor)
- C. 1 shot at each spot, then move to next spot (new shooter each time the line moves)
- D. 1 point for each made shot
- E. Coaches rebound



Event #4: Dribble Pass

- A. Dribble down and back through 4 flags, flags will be 8 feet apart first flag is 10 feet from the line, in a serpentine motion.
- B. If the ball gets loose, pick it up and start where it was lost. Coaches can help retrieve the ball!
- C. At the last flag, pass to the next person in line with a bounce or chest pass.
- D. Timed per team
- E. Points ranked by finished time:

1 st :	10 points
2 nd :	8 points
3 rd :	6 points
4 th – 8 th :	4 Points