Basketball All Star Skills

1. Movement - Lay Ups

1. **Athletes will begin at half court and attempt to complete 3 lay-ups on each side.**
2. **Each lay-up scored is worth one point.**
    - **Scoring**
        - **Make all 10 lay-ups– 10 points**
        - **Makes 8 – 9 lay-ups– 8 points**
        - **Makes 5 – 7 lay-ups – 6 points**
        - **Makes 3 – 4 lay-ups – 4 points**
        - **Makes 0 – 2 lay-ups – 2 points**

2. Power – Vertical Jump

1. **Athlete will stand next to a wall, with the sticky note in their hand.**
2. **Reaching up, they will place a sticky note on the wall.**
3. **Hand athlete another sticky note and once ready the athlete will get into proper form and jump up as high as they can and smack the sticky note on the wall.**
4. **Measure between the two sticky notes.**
    - **Scoring**
        - **Above 20 inches– 10 points**
        - **19 inches to 15 inches – 8 points**
        - **14 inches to 10 inches– 6 points**
        - **9 inches to 5 inches – 4 points**
        - **Less than 4 inches – 2 points**

3. Speed – ¾ Court Sprint

1. Start from Stationary Position behind the court baseline, with one foot on the line (2-point stance).

2. **Start the stopwatch with the first movement and stop once the marked cone is crossed.**
3. **Key Tip: Encourage the athlete to run past the cones to maintain speed.**

- **Scoring**
    - **0 seconds – 10 seconds – 10 points**
    - **10 seconds – 15 seconds – 8 points**
    - **15 seconds – 20 seconds – 6 points**
    - **25 seconds – 30 seconds – 4 points**
    - **30 seconds and over – 2 points**

4. Dribbling – Compass Drill

1. **The cones are laid out as per the diagram, with four marker cones placed in a diamond shape, and one in the middle.**
2. **Outer cones are placed 3 meter (about 9 feet) from the center.**
3. **The player starts at the middle cone, facing forward (towards cone 5). The player then turns and dribbles/runs to the right tp the cone (2), once their they jump stop, pivot, and return to the center cone (1). Then out to the next cone (3), back to the center, out to the next cone (4), back to the center and then finally turn and finish by running through the finish line at cone 5. Player must maintain their dribble for the duration of the event.**

- **Scoring**
    - **0 seconds – 10 seconds – 10 points**
    - **10 seconds – 15 seconds – 8 points**
    - **15 seconds – 20 seconds – 6 points**
    - **25 seconds – 30 seconds – 4 points**
    - **30 seconds and over – 2 points**

5. Shooting – Around the World

1. **Place spots on the court (right Lower block, right Elbow, top of the key, lt. lower block, left lower elbow).**
2. **Athletes will start at whichever spot they would like. Athletes will shoot 5 shots from each spot.**
3. **Athletes will then rebound their shot, dribble back to the spot and shoot again.**
4. **Athletes will continue until they have taken 5 shots from each spot.**

- **Scoring**
    - **25 shots made to 20 shots made– 10 points**
    - **20 made shots to 15 made shots– 8 points**
    - **14 made shots to 9 made shots – 6 points**

- **8 made shots to 3 made shots – 4 points**
- **Less than 2 made shots – 2 points**

6. Explosive Passing – Seated Basketball Throw

1. **The athlete sits on the floor with the back against a wall, and the legs fully extended in front of the body. The ball is held with the hands on the side and slightly behind the center and pulled back against the middle of the chest. The forearms are positioned parallel to the ground ("elbows up!).**
2. **The athlete pushes the basketball vigorously as far forward as he can while maintaining the back against the wall. They must not throw favoring one arm or rotate about the spine. The distance thrown is recorded. Three attempts are allowed.**

- **Scoring**
  - **Above 3.1 meters– 10 points**
  - **3.0 meters to 2.6 meters – 8 points**
  - **2.5 meters to 2.1 meters – 6 points**
  - **2.0 meters to 1.5 meters– 4 points**
  - **Less than 1.4 meters – 2 points**