

BASKETBALL SKILLS



EQUIPMENT: REQUIRED

- Basketballs
- Basketball/Netball Hoop

AGE CATEGORIES

- Year 1&2, Year 3&4, Year 5&6 (Mixed)
- Year 7&8, Year 9, Year 10&11 (Single Gender)

TEAM SIZE

- This is an individual personal challenge

TIME PER CHALLENGE

- KS1 & 2 – 30 seconds
- KS3 & 4 – 1 minute

RULES: Primary

- **Challenge 1** – How many times can a player pass the Basketball around their own waist in 30 seconds
- **Challenge 2** – How many times can a player continuously bounce the ball (using 1 hand) in 30 seconds
- **Challenge 3** - Each player has 30 seconds to score as many baskets as they can from a set distance. A point will be awarded for Years 1-4 if the player hits the hoop but does not go in

Key Stage	Distance	Points	
		Basket	Hit Hoop
KS1	2m	2	1
KS2	3m	2	1 (year 3&4 only)

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RULES: Secondary

- 🏀 **Challenge 1** – How many times can a player pass the Basketball through their legs in a 'figure of 8' movement in 1 minute
- 🏀 **Challenge 2** – How many times can a player continuously bounce the ball (using alternate hands) in 1 minute
- 🏀 **Challenge 3** - Each player has 1 minute to score as many baskets as they can from the free throw line. Each basket is worth 1 point.

NB: Primary/Lower Schools that do not have access to Basketball Hoops or Netball posts can contact your SGO to discuss a suitable alternative for the shooting challenge

SCORING

- 🏀 Enter your scores for each challenge on the website

**Deadline for entries is
Friday 12th March**

**County Finals deadline is
Friday 26th March**

**GOOD LUCK TO
ALL PARTICIPANTS**