



# SDBA Grade 9-12

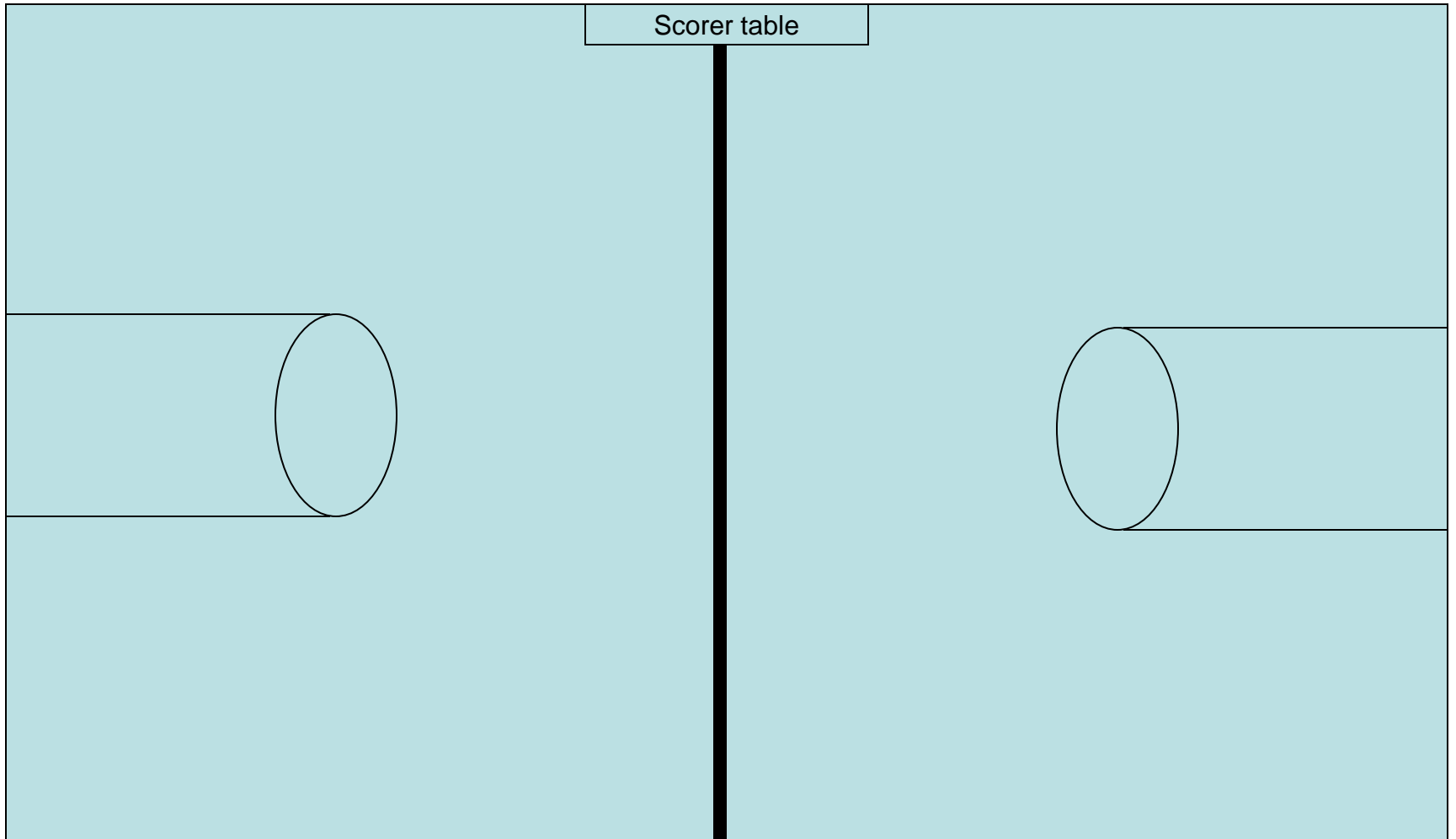


## TRIPLE THREAT! Skills Competition

# Purpose

- Each Grade 9-12 player to demonstrate fundamental skills learned thru practice and games.
- Focus is on the `triple threat' (passing, dribbling and shooting)
- Team points by baskets, skills and effort!

# Gym Layout



10/2/2

Benches

Player  
Areas

Benches

# Dribbling Skills

## Layups

- 2 Teams per time
  - Team 1 and 2 - then - Team 3 and 4.
- Layups – 4 locations – 5 chances at each
  - Base line – right
  - Base line – left
  - Top of key – right
  - Top of key – left
  - Reverse base line – player choice - left or right handed
- Points: 2 points per layup

# Dribbling Skills

## Course

- All 4 teams – equal number of players
- Course (pylons/chairs/coaches)
  - Dribbling full court - base line to base line and back
  - Pass ball off to team mate repeat
  - 2 rotations per player
  - Fastest time gets bonus point

# Dribbling Skills

## Relay

- All 4 teams – equal number of players
- Course – 2 basketballs per player
  - 2 ball dribbling - full court - base line to base line and back
  - Pass ball off to team mate repeat
  - 2 rotations per player
  - Fastest time gets bonus point (5)

# Dribbling Skills

## Chair / Bag

- 2 teams on court at same time – 1 per half court
- Top of key is chair with bean bags
- Players lined up at base line must dribble up to top of key - catch bean bag tossed by coach - then place bean bag on a chair and finish with layup.
- 2 turns per player / team
- Points: each bag catch and layup worth point per.

# Passing Skills

## Fastbreak!

- 3 man weave with layup at end – both ends. Coach starts by throwing ball up on backboard, players must be in defensive mode (facing away from basket). Yell shot when ball goes up, yell outlet when rebounded.
- After 1<sup>st</sup> layup – players again start from other end and go down
- Next 3 players on team perform same steps.
- 3 rotation per player
- Points: layup 2 points, yelling – 1 point each.



# Passing Skills

## V-Cut

- Top of key – coach
- Players on base line – one at a time
- Player inbounds pass to coach, then must go around chair/pylon – perform a good `V` Cut – then have hand up to receive pass back from coach.
- Player must – square up to basket, pause, then perform a sweeping motion and then complete layup for points.
- 3 rotations per player/team
- Points: layup 2 points. Not doing good V cut or squaring up to basket – no points.

# Passing Skills

## Transition Drill

- Team 1 v 2 first and then Team 3 v 4
- 2 teams – 1 at each end against walls
- 3 players per team go down court against 2 coaches
- Once first attempt done, ball is passed to next team – 3 players on base and they go down court against 2 other coaches.
- Once first attempt done, repeat
- All teams get 10 attempts to make layups or points
- Points: layup and inside key - 2 points. Outside shot worth 1 point.

# Passing Skills

## Ball Handling Drill

- All teams – start at base line (south end)
- 4 lanes
- 2 players per team – facing each other - with 2 balls
- Moving backwards to other end of court and then back – 1 handed alternate toss and catch to each other.
- Hand off 2 balls to next 2 players per team.
- Repeat twice per player.
- Points: Team fastest time – 5 points.

# Shooting Skills

## Free Throws

- Team 2 v 4 first then Team 1 v 3 – each at either end of court – top of key free throw line.
- Top of key – Each player has 1 BALL
- Each player takes 1 shot then rebounds ball and returns to back of line to repeat.
- 10 attempts per player
- Points: Team 2 points per free throw – combined team total.

# Shooting Skills

## Rebounding Team Drill

- Team 2 v 4 first then Team 1 v 3 – each at either end of court
- 1 ball per team
- Starting at top of key – single line – team ball must hit backboard and be successfully kept from touching ground by next player putting back up against backboard.
- When whistle is blown, next player that touches ball must try to put in basket.
- If misses attempt, but next player keeps ball alive for another attempt still worth points.
- Points:
  - Team 5 points per successful whistled basket.
  - Longest rebounding sequence without mistakes .10 points.

# Shooting Skills

## Shooting Drill

- Team 2 v 3 first then Team 1 v 4 – each at either end of court
- 5 stations at each end – manned by players of own team who are positioned at both base lines, left and right side of key and top of key (marked with pylons).
- 3 balls per station/player
- One at a time, each player rotates thru each station, starting at base line first, then taking all 3 ball shots from that location. Once finished one station, moves to next station and completes all 15 shots.
- Once done player takes roll controlling balls/station. Then next team player rotates in to repeat same 15 shots.
- 1 rotation per player.
- Points: Team 2 points per successful basket – combined team total.

# Shooting Skills

## 3 – point shooting Drill

- Team 1 v 3 first then Team 2 v 4 – each at either end of court
- 3 stations at each end – manned by players of own team who are positioned at left and right side of key and top of key (marked with pylons) – 3 point line.
- 3 balls per station/player
- One at a time, each player rotates thru each station, starting at base line first, then taking all 3 ball shots from that location. Once finished one station, moves to next station and completes all 9 shots.
- Once done player takes roll controlling balls/station. Then next team player rotates in to repeat same 9 shots.
- 1 rotation per player.
- Points: Team 1 points per successful basket – combined team total.