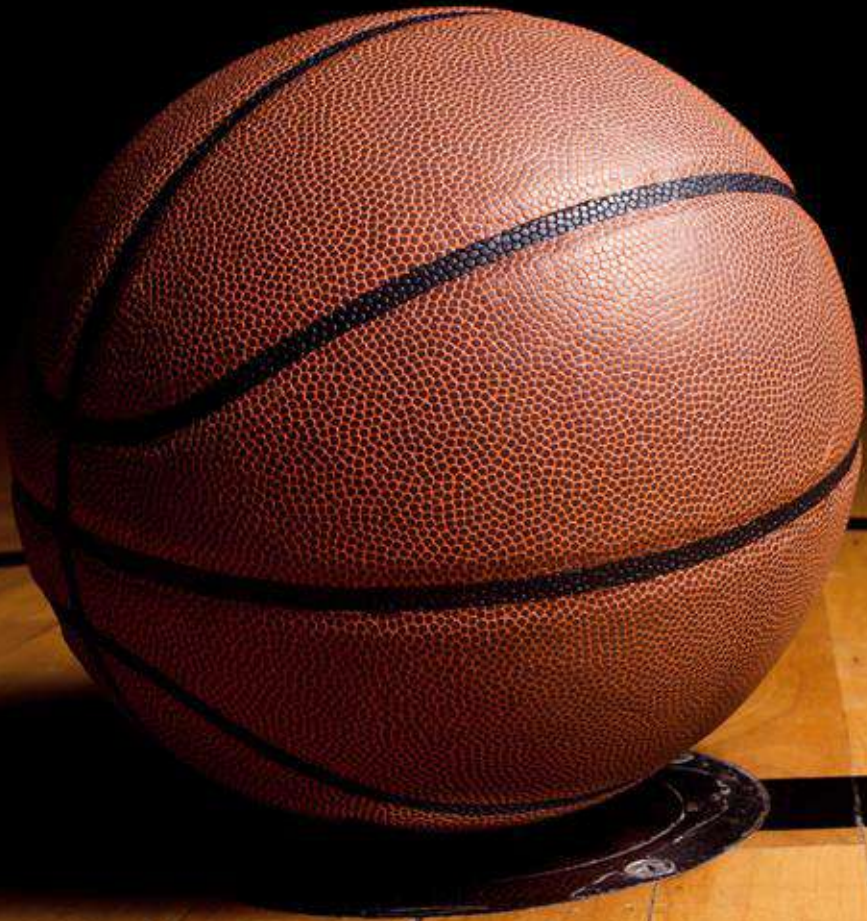


# Special Olympics Colorado

Basketball Combine of 2020



# Focused Skill Set

- Movement - Lay Ups
- Power – Vertical Jump
- Endurance – 30 Second Endurance Jump with basketball
- Speed –  $\frac{3}{4}$  Court Sprint
- Agility – Lane Agility Drill
- Dribbling – Compass Drill
- Shooting – Around the World
- Explosive Passing – Seated Basketball Throw
- Pro Level Challenge - 2 Ball Dribbling Progression – have them do it with one hand – change scoring for

# Movement – Lay Ups

- **Skill: Movement with and without the ball**

1. Each athlete begins with a ball at half court.
2. Athlete will dribble the ball toward the basket..
3. Athlete will complete a lay up.
4. Will repeat until athletes have done 5 on each side (right and left).

## Scoring

Count lay ups as they are scored.

- Make all 10 lay ups– 10 points
- Makes 8 – 9 lay up– 8 points
- Makes 5 – 7 lay ups – 6 points
- Makes 3 – 4 lay ups – 4 points
- Makes 0 – 2 lay ups – 2 points

# Vertical Jump

- Skill: Explosion/Power
- Equipment:

1. Solid Wall
2. 2 Sticky Notes
3. Measuring Tool

## Concept:

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 the distance between the two sticky notes (first one placed while standing, second one placed at the top of the jump)

## 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

# Endurance – 30 Second Endurance Jump with Ball/Rebounding

- Skill:

- Measure Lower Body Strength, Endurance and rebounding skills

- Equipment:

- Stopwatch

- Procedure:

1. Athletes will start with the ball in hands facing the wall or backboard.
2. Athletes will throw the ball up and jump as if they are rebounding.
3. Athletes will continue this for 30 seconds.

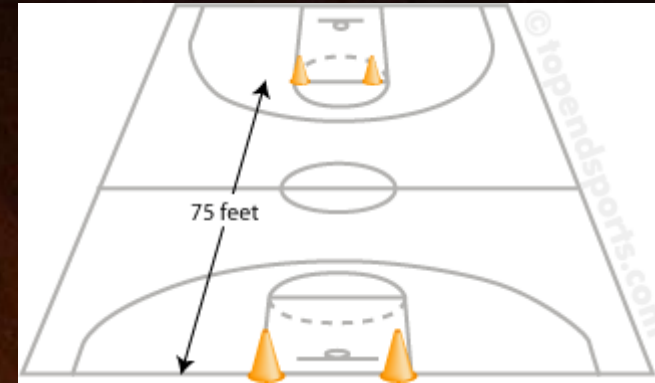
- Scoring:

- Above 21 jumps – 10 points
- 20 jumps to 16 jumps – 8 points
- 15 jumps to 10 jumps – 6 points
- 9 jumps to 5 jumps – 4 points
- Less than 4 jumps – 2 points

# Speed – $\frac{3}{4}$ Court Sprint

- **Skill:** Running Speed over  $\frac{3}{4}$  distance
- **Equipment**
  - **Marked Basketball Court**
    - (Baseline to Opposite Free Throw Line)
  - 4 Cones
  - Stopwatch
- **Procedure**
  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.

➤ **Key Tip:** Encourage the athlete to run past the cones to maintain speed.

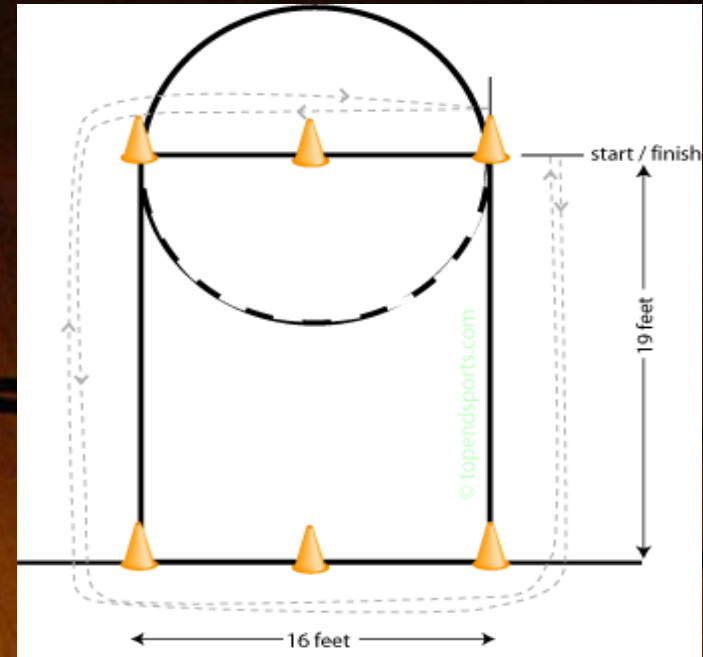


## Scoring:

- 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

# Lane Agility Drill

- **Skill:** Tests the speed, body control and the ability to change direction (agility)
- **Equipment:**
  - Stopwatch
  - Measuring Tape
  - 6 Cones
- **Layout:**
  - Set up the cones as illustrated in the diagram. The test is based on the pro-sized foul lane (16' wide x 19' deep).
- **Procedure:**
  1. Start with one foot behind the start line, no rocking movement allowed. Hand timing starts from first movement from the set position.
  2. Run forward to the baseline. At the cone change movement to a side shuffle. At the next cone, backpedal and then at the final cone change to a side shuffle.
  3. Then Repeat going the other direction. Final time will be measured for both directions.

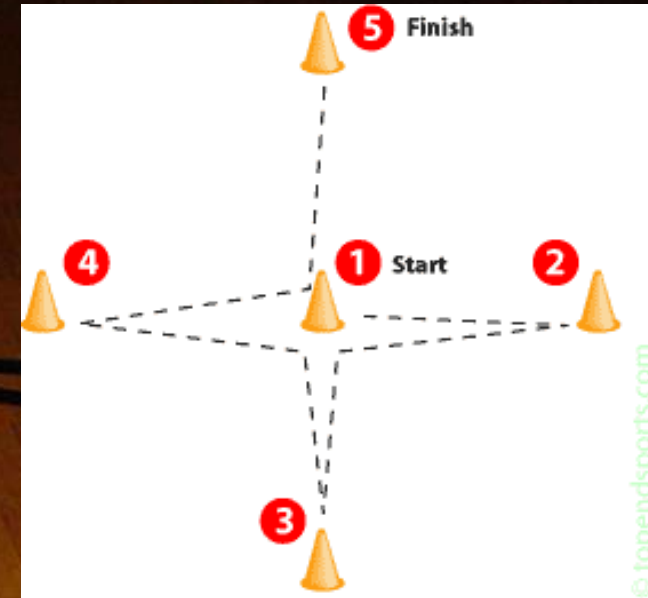


## Scoring:

- 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

# Compass Drill – Dribbling Agility

- **Skill:** tests speed, explosion, body control, ability to change direction (agility) and ball handling skills.
- **Equipment:**
  - Stopwatch
  - Measuring tape
  - 5 cones
- **Procedure:**
  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 to the cone (2), once there 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

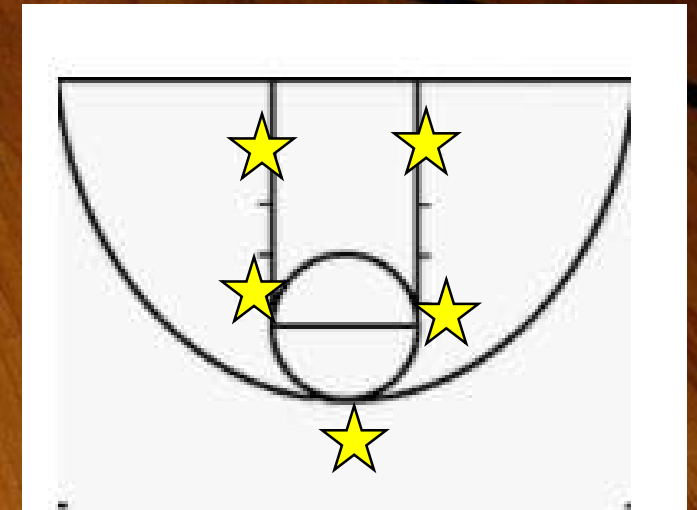


# Around the World

- **Skill:** Shooting Progression, focused on settling for the shot and fundamental shooting technique.
- **Equipment:**
  - Floor tape or cones
  - Basketball Hoop
  - Basketballs
- **Layout:**
  - Place one extra ball under the basket.
  - Place markers down as spots for athletes to shoot from (see diagram).
- **Procedure:**
  1. Athletes will start at whichever spot they would like. Athletes will shoot 5 shots from each spot.
  2. Athletes will then rebound their shot, dribble back to the spot and shoot again.
  3. 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



# Explosive Passing/Seated Basketball Throw

- **Skill:** This test measures upper body (arms/shoulders/chest) strength and explosive power.

- **Equipment:**

- Basketball
- Wall
- Tape Measurer

## 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

- **Procedure:**

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.

# 1 or 2\*\* Ball Dribbling Progression

- **Skill:** Challenge your ball handling skills, hand eye coordination and ultimate ball control
- **Equipment:**
  - 2 Basketballs
  - 2 Cones
- **Procedure:**
  1. Mark the baseline from one end to the other with the two cones, this will work as the distance
  2. The athlete will start at one end and dribble down to the other, either using one ball or using both basketballs simultaneously.
- **Ball Pound** - Dribble the ball .You can vary the height of the dribble from ankle, waist, and shoulder heights. Add a second ball to add more skill and points!
- **\*\*Alternating Dribble** - As one ball hits the floor, the other ball should be reaching your hand. You can vary heights on this drill as well.
- **Crossover** - Cross the basketball in front of you, switching hands Add a second ball to add more skill and points!
- **Hesitation** - You should act like you're slowing down or coming to a stop, then explode out of the dribble as hard as you can. Add a second ball to add more skill and points!
- **Alternating Heights** - Dribble high and low, continuing to alternate heights. Add a second ball to add more skill and points!

## Scoring:

This drill will be scored on completion, each athlete will take their time to attempt to complete each task. Each completed task is worth 1 point when using 1 ball and 2 points for using 2 balls (10 point maximum).