

# Special Olympics Colorado

## Basketball All Star Score Sheet – For Coach Use Only

Athlete name: \_\_\_\_\_

### Skill 1 – Movement – Lay Ups

_____ Attempt 1	_____ Attempt 2	_____ Attempt 3
_____ Attempt 4	_____ Attempt 5	_____ Attempt 6
_____ Attempt 7	_____ Attempt 8	_____ Attempt 9
_____ Attempt 10	_____ Total Lay-ups Made	

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

\_\_\_\_\_  
FINAL SCORE

### Skill 2 – 30 Second Endurance Jump with Ball/Rebounding

_____ Attempt 1	_____ Attempt 2
_____ FINAL SCORE (best of 2 attempts)	

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

### Skill 3 – ¾ Court Sprint

_____ Attempt 1	_____ Attempt 2
_____ FINAL SCORE (best of 2 attempts)	

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

### Skill 4 – Lane Agility Drill

_____ Attempt 1	_____ Attempt 2
_____ FINAL SCORE (best of 2 attempts)	

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

**Skill 5 – Dribbling – Compass Drill**

\_\_\_\_\_ Attempt 1      \_\_\_\_\_ Attempt 2

\_\_\_\_\_

FINAL SCORE (best of 2 attempts)

- 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

**Skill 6 – SHOOTING – AROUND THE WORLD**

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Rt. lower block	Rt. elbow	Top of key
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Lt. lower block	Lt. elbow	
		_____
		Total Score

- 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

**Skill 7 – SEATED BASKETBALL THROW**

\_\_\_\_\_ Attempt 1      \_\_\_\_\_ Attempt 2      \_\_\_\_\_ Attempt 3

\_\_\_\_\_

Best Score

- 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

**Skill 8 – Dribbling Progression**

_____ Ball Pound	_____ Alternating Dribble	_____ Crossover
_____ Hesitation	_____ Alternating Heights	_____ Total Score

- Each task is worth one point with one ball and 2 points with 2 balls.
- Maximum of 10 points.