EVENTS OFFERED

Motor Activity Training Program: athletes and Unified partners of all ages who are not physically able to compete successfully in any of the following events. (Individual and Unified offered at all events)

Young Athletes/Basic Skills: For students Kindergarten through age 7 (Young Athletes) and students 8 and older who cannot reach the basket from the Standard Skills distances. (Individual and Unified offered at elementary events)

Standard Skills: athletes and Unified partners ages 8 and older who score less than 50 during time trials. (Individual and Unified offered at all events)

Advanced Skills: athletes and Unified partners who score more than 50 points in Standard Skills. (Individual offered at all events; Unified offered ONLY at middle and high school events)

*In all Unified skills events, a Unified team must be made up of 1 athlete and 1 Unified partner only.

DEADLINES:

PHYSICALS/UNIFIED PARTNER FORMS: Tuesday, October 1, 2019
  - After this date, forms turned in will NOT be accepted for basketball but will be for soccer.

REGISTRATION SCORES: Due Friday, November 1, 2019

T-Shirt orders: Due Friday, November 1, 2019
  - Schools should only order T-shirts to supplement what they have.
  - A link to the online order form will be emailed to head coaches.
  - Shirts should be handed out the morning of the event and collected at the end of the day (PLEASE do NOT send shirts home with students for any reason).
  - Coaches shirts can be ordered only for those adults directly involved with the training of the players and who do not already have one from a previous season.

BALL/HOOP SIZE CHART

Young Athletes – youth basketball (27.5 inches) 6-foot hoop
Elementary School – women’s basketball (28.5 inches) 6, 8 or 10-foot hoop
Middle and High Schools – men’s basketball (29.5 inches) 8 or 10-foot hoop

**NOTE: For advanced skills, only a 10-foot hoop is used

COMPETITION SCRATCHES

For a Unified pair in the skills competition, if one of the players (athlete or partner) is absent on the day of the event, the player in attendance will compete in the originally assigned division and receive a participation ribbon. A volunteer will serve as the player’s partner in the events.
DRIBBLING

Equipment: basketball (youth, size 27.5 inches), timer, tape measure

Setup: Mark a circle that is 5 feet in diameter (floor tape is used at the event).

Individual Event: On “ready, set, go” command, athlete dribbles while standing in place for 30 seconds. The athlete receives one 30-second attempt.

Unified Event: On “ready, set, go” command, player dribbles while standing in place for 30 seconds. The athlete and Unified partner each get one 30-second trial.

Scoring: A point is awarded every time a successful dribble is made. In Unified event, the final score is the total of the athletes and partner scores added together.

Training: When training, emphasis should be placed on dribbling with one hand, contacting the ball with the fingers and pushing it, rather than slapping it, and dribbling below the waste.
DRIBBLING
Young Athletes/Basic Skills

5 feet
BASKETBALL

YOUNG ATHLETES (ages 5 – 7) BASIC SKILLS (ages 7 and older)

PASSING

Equipment: basketball (youth, 27.5 inches), tape measure

Setup: Mark two lines (floor tape is used at the event) that are 10 feet apart.

Individual Event: The athlete and volunteer each make six passes (total of 12). The first three passes for each person are chest passes. The second three passes for each person are bounce passes.

Unified Event: The athlete and Unified partner each make six passes (total of 12). The first three passes for each person are chest passes. The second three passes for each person are bounce passes.

Scoring: 1 point is awarded for each successful pass that reaches the receiver’s hands and 1 point is awarded if the catch is made. So for each pass, 2 points is possible.

TOTAL MAXIMUM SCORE: 24 POINTS

Training: When training, emphasis should be placed on making a controlled pass (not too hard or too soft), while pushing the ball toward the receiver and stepping while doing so.
PASSING
Young Athletes/Basic Skills

Athlete 10 feet Unified Partner / Volunteer
SHOOTING

Equipment: basketball (youth, 27.5 inches), tape measure, 3 floor spots

Setup:

1. From a spot on the floor that is directly below the front of the rim, mark a spot that is 3 feet away from the front of the rim. This is your center shooting spot.

2. From the center shooting spot, mark a spot that is 5 feet to the left and 5 feet to the right (it should be similar to a layup shot from both sides).

Individual Event: The athlete takes two consecutive shots from each of the three spots (total of 6 shots).

Unified Event: The athlete and Unified partner take one shot each from each of the three spots (total of 6 shots).

Scoring: Two (2) points are awarded for each successful shot. One (1) point is awarded if the shot is missed BUT it hits the rim.

**MAXIMUM SCORE: 12 POINTS**

Training: When training, and then subsequently at competition, emphasis should be placed on shooting the ball with proper form (see Drill Book).
SHOOTING
Young Athletes/Basic Skills

3 feet
Away from front of rim

5 feet
DRIBBLING – 30 feet

**Equipment:** basketball (see size chart), 3 cones, timer, tape measure

**Setup:** Start line is two cones, set up 5 feet apart. Target cone is 30 feet away from start line. The start line then becomes the finish line once the athlete begins.

**Individual Event:** On “ready, set, go” command, athlete dribbles to and AROUND cone -- entire body and ball must go around cone -- and then back to the start/finish line. Timer stops when the athlete picks up the ball.

**Unified Event:** The same method is used EXCEPT the athlete goes first and dribbles the ball past the target cone, picks up the ball, and hands it to the Unified partner. The Unified partner then dribbles back to the start/finish line. Timer stops when Unified partner crosses the finish line AND picks up the ball.

**Scoring:** Two trials and the best time of the two trials is used for scoring purposes. The total time is converted to points using the chart below. A 1-second penalty is added each time the player dribbles with two hands at the same time.

- 0-5 seconds: 30 points
- 6-8 seconds: 25 points
- 9-10 seconds: 20 points
- 11-12 seconds: 15 points
- 13-15 or more seconds: 10 points
- 16 or more seconds: 5 points

**MAXIMUM SCORE POSSIBLE: 30 POINTS**

**Training:** When training, emphasis should be placed on dribbling with one hand, contacting the ball with the fingers and pushing it, rather than slapping it, and dribbling below the waste.
DRIBBLING
Standard Skills

5 feet
Start/Finish Line

30 feet

Target Cone
PASSING

Equipment: basketball (see size chart), tape measure

Setup: Mark two lines (floor tape is used at the event) that are 12 feet apart.

Individual Event: The athlete and volunteer each make six passes (total of 12). The first three passes for each person are chest passes. The second three passes for each person are bounce passes.

Unified Event: The athlete and Unified partner each make six passes (total of 12). The first three passes for each person are chest passes. The second three passes for each person are bounce passes.

Scoring: 1 point is awarded for each successful pass that reaches the receiver’s hands and 1 point is awarded if the catch is made. So for each pass, 2 points is possible.

**TOTAL MAXIMUM SCORE: 24 POINTS**

Training: When training, emphasis should be placed on making a controlled pass (not too hard or too soft), while pushing the ball toward the receiver and stepping while doing so.
PASSING
Standard Skills

Athlete — 12 feet — Unified Partner / Volunteer
SHOOTING

**Equipment:** basketball (see size chart), tape measure, 6 floor spots

**Setup:**

1. From a spot on the floor that is directly below the front of the rim, mark a spot that is 3 feet away from the front of the rim. This is your starting point for the next measurement.

2. From the starting point, mark a spot that is 5 feet to the left and 5 feet to the right (it should be similar to a layup shot from both sides). They are your 2-point shots.

3. From the two, 2-point shots, mark spots that are 2 feet behind them. These are your 3-point shots.

4. From the two, 3-point shots, mark spots that are 2 feet behind them. These are your 4-point shots.

**Individual Event:** The athlete takes two consecutive shots from each of the six spots, starting on one side of the rim (taking two shots from the 2-, 3- and 4-point spots) and then repeating the process from the spots on the other side of the rim (total of 12 shots).

**Unified Event:** The athlete and Unified partner take one shot each from each of the six spots following the same order (total of 12 shots combined).

**Scoring:** Two (2), three (3) or four (4) points are awarded for each successful shot (see diagram for points scored). One (1) point is awarded if the shot is missed BUT it hits the rim.

**MAXIMUM SCORE: 36 POINTS**

**Training:** When training, and then subsequently at competition, emphasis should be placed on shooting the ball with proper form (see Drill Book).
SHOOTING Standard Skills
DRIBBLING – 36 feet slalom

Equipment: basketball (see size chart), 9 cones, timer, tape measure, laundry basket or other container.

Setup:

1. Start line is 2 cones, set up 5 feet apart. Finish line is set up 36 feet away, using 2 cones that are 5 feet apart.

2. 5 cones are set up in a straight line from the start to the finish line to create a “zig-zag course.” The first cone is set up 6 feet from the start line and then each of the remaining four cones are set up 6 feet apart. The 5th and last cone should be 6 feet from the finish line.

Individual Event: On “ready, set, go” command, athlete dribbles the ball through the cones, zig-zagging through the slalom. They must have their entire body and the ball go around the outside of the cone before moving to the next cone. After crossing the finish line, the athlete picks up the ball and places it in the laundry basket (athlete cannot continue until the ball is secure in the basket (i.e. don’t teach them to drop it or it might bounce out). The athlete then sprints back to the start line to pick up the next ball. Athlete continues until the 45-second time limit has elapsed.

Unified Event: The same method is used EXCEPT the athlete and Unified partner will alternate turns. When the athlete crosses the finish line and places the ball in the basket, they sprint back to the start line and tag the Unified partner, who has a ball in hand ready to go. The Unified partner then dribbles through the slalom course, places the ball in the basket, and then sprints back to the start line to tag the athlete, who then repeats the process. Athlete and Unified partner continue to alternate until the 45-second time limit has elapsed.

Scoring: There is a 45-second time limit. Player scores 1 point for each cone passed successfully by zig-zagging around the cone AND using one hand. Cones that are knocked down do not count and any cones passed while dribbling with two hands do not count. So … if a player successfully zig-zags all the way through the cones, it would be 5 points. If the player doesn’t zig zag through 2 cones, but does for 3 others, it would be a total of 3 points. The player continues to accumulate points for each cone passed until the 45-second time limit is up. The Unified team score is the total of the cones passed by the athlete and the Unified partner during the entire 45 seconds.

Training: When training, emphasis should be placed on dribbling with one hand, contacting the ball with the fingers and pushing it, rather than slapping it, and dribbling below the waste.
DRIBBLING
Advanced Skills

Start Line

6 feet  6 feet  6 feet  6 feet  6 feet  6 feet  6 feet  5 feet

Finish Line

Laundry Basket
PASSING

Equipment: 2 basketballs (see size chart), 3 floor markers (tape or spots), cone, timer

Setup:
1. Place a spot/marker at what will be the CATCH/PASS SPOT.
2. From the CATCH/PASS spot, set up a BALL FEEDER SPOT 12 feet away.
3. From the CATCH/PASS spot, set up a “tag cone” 12 feet in the other direction.
4. So in a straight line, you should have a CONE, then 12 feet, the CATCH/PASS SPOT, then 12 feet, and the BALL FEEDER SPOT. A backup ball is placed next to the BALL FEEDER spot.

Individual Event: The athlete begins at the CATCH/PASS SPOT. On the “ready, set, go” command, they run back and touch the cone with their hand. They immediately run back to the CATCH/PASS SPOT, and as they arrive but are still moving, a ball is thrown from the BALL FEEDER SPOT by a volunteer. The athlete catches the ball and without traveling or dribbling, sets their feet and throws a pass back to the ball feeder (this should be a fluid motion). The pass can be a bounce or a chest pass, but if a bounce pass it can only bounce once or will be declared “unsuccessful” for scoring purposes. After the athlete passes the ball, they return to the cone, tag it and repeat the process. Ideally, there is no stopping or resting throughout the 45-second time limit.

Unified Event: The same method as above is used EXCEPT the BALL FEEDER is the Unified Partner. Only the athlete actually scores points (1 for a good pass, 1 for a good catch) but they rely on the Unified Partner to make a good pass to allow for a good catch.

Scoring: There is a 45-second time limit. The athlete receives 1 point for a good catch (catches the ball and stops without traveling) and 1 point for a good pass back to the ball feeder (can be a chest pass or a 1-bounce bounce pass).

Training: When training, and then subsequently at competition, for the catch, emphasis should be placed on catching the ball with two hands and coming to a stop before a traveling violation would be called. For the pass, a controlled pass (not too hard or too soft) while pushing the ball toward the receiver and stepping while doing so.
PASSING
Advanced Skills

Tag Cone 12 feet Catch/Pass Spot 12 feet Ball Feeder/Unified Partner
SHOOTING

Equipment: 2 basketballs (see size chart), hoop (10 feet only), timer

Setup:

1. Use an official basketball hoop, and create an arc that extends 9 feet from the baseline. You can use cones or tape (tape will be used at the competition). On an official court, this arc would “butt up” against the circle that encompasses the free throw line. It should “butt up” on the part of the circle closest to the hoop. THIS IS YOUR SHOOTING BOUNDARY. All shots must be taken from beyond this boundary. A backup ball is placed under the basket out of bounds

Individual Event: There is a 45-second time limit. The athlete begins by shooting from anywhere beyond the SHOOTING BOUNDARY, rebounds their shot (or grabs it after it goes in), dribbles back to any spot beyond the SHOOTING BOUNDARY, and shoots again. This continues until the 45-second time limit is up.

Unified Event: There is a 45-second time limit. The athlete begins by shooting from anywhere beyond the SHOOTING BOUNDARY. The Unified Partner rebounds the ball (or grabs it after it goes in), dribbles back to any spot beyond the SHOOTING BOUNDARY, and shoots. The athlete rebounds the ball, dribbles anywhere beyond the SHOOTING BOUNDARY, and shoots. The Unified partner rebounds and the alternating continues until the 45-second time limit is up.

Scoring: Two (2) points are awarded for each shot made during the 45 seconds.

Training: When training, and then subsequently at competition, emphasis should be placed on proper shooting mechanics (see Drill Book) and the rebounder dribbling to the next shooting spot, NOT running while carrying the ball.
SHOOTING
Advanced Skills