Basketball Team Skills

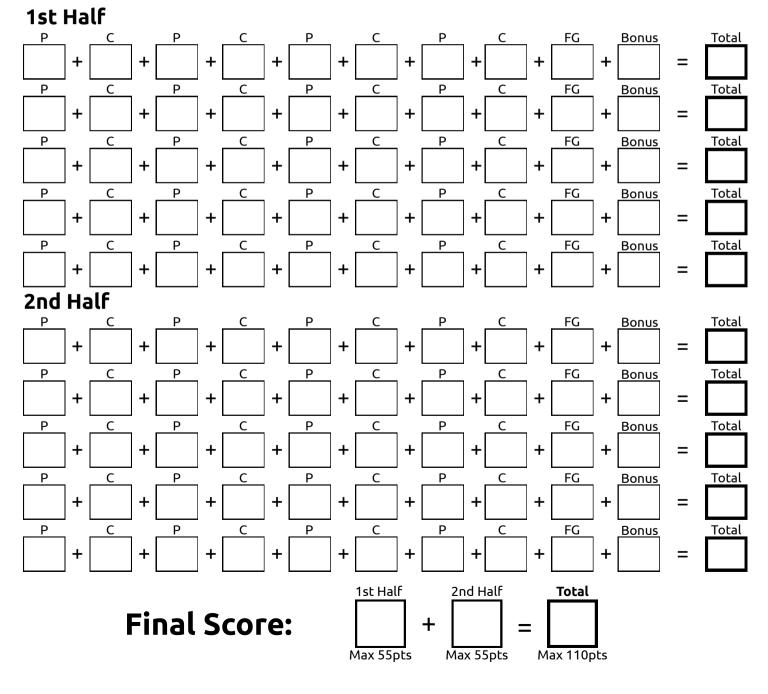




Division:

Team Roster	
Athlete Name:	Starting Position:

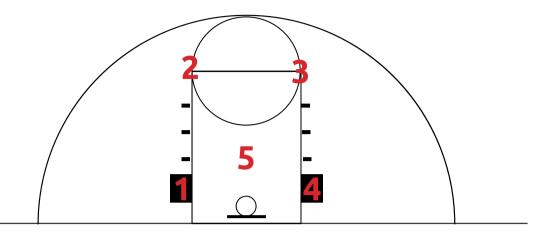
*Key: P=Pass (1pt) / C=Catch (1pt) / FG=Field Goal (2pts) / Bonus=1pt (if team earned all other points in that round.)



Team Name:



Set Up & Description



Set Up

• Mark a spot on the floor for 5 positions. #1 & #4 are on the low blocks, #2 & #3 are at the elbows of the key and #5 is 6ft. in from the side of the key and 6ft. 6in. from the free throw line

Description

- The game is made up of two halves consisting of five rounds each. Players will be given one opportunity at each of the five positions during the half.
- Each player on the first five-member team attempts to catch the ball and then throw it accurately to the player stationed at the next position.
- The player in position #1 starts with the ball and throws it to the player at position #2. The player at position #2 throws the ball to the player at position #3. This sequential throwing rotation continues until the ball reaches the player at position #5.
- When the ball reaches position #5 the athlete then attempts a field goal. No dunks are permitted. This ends the round.
- If the ball is thrown past an athlete, the athlete or official may retrieve the ball. However, the athlete must return to his/her position before throwing the ball to the next player. A correct pass is defined as a ball that is thrown within reach of the receiving player. Bounce passes are permitted as long as there is only one bounce.
- Players must rotate in numerical sequence to the next position after each round.
- Play alternates between each team following the completion of each round. Once each team has completed five rounds, the first half ends. A five-minute halftime intermission follows. Teams shall exchange ends of the court following the first half and then complete a set of five rounds at the other goal for the second half. Substitutes are allowed into the game only after a round has been completed.
- Team receives 1 point for a correct pass and 1 point for each successful catch.
- Team receives 2 points for each successful made field goal.
- A bonus of 1 point is awarded for each complete successful round of passing, catching, AND a made field goal.
- Max points for a half is 55 points and the max for a game is 110. In case of a tie game at the end of the ten rounds, we will have Overtime period until a one of the teams scores more points in a round.
- For the first round of overtime, coaches may put any athlete at any of the positions. However, after the first round they must move in sequential order.