



Basketball

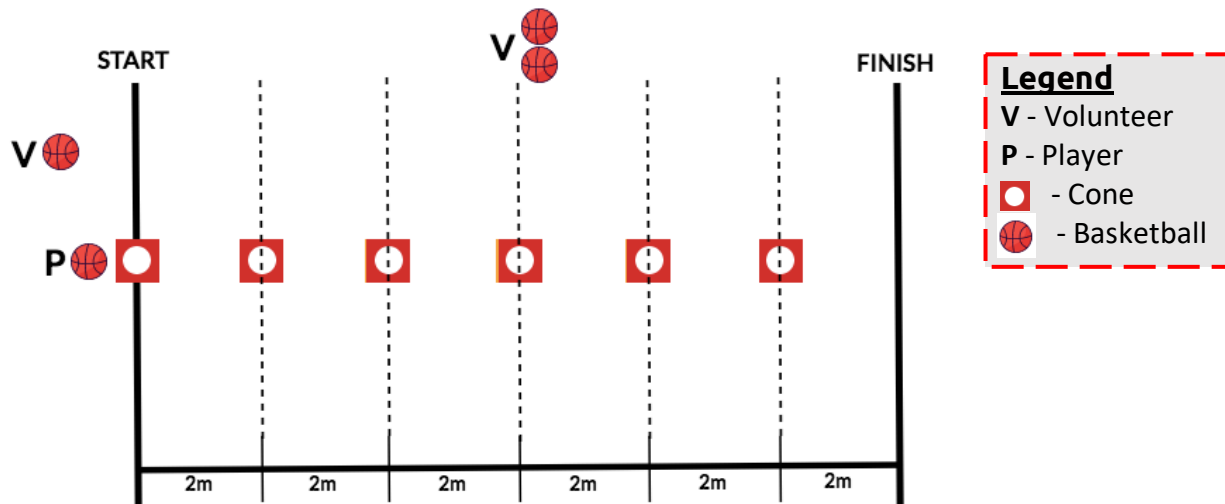
Skills Assessment Test

Special Olympics
Ontario



School Programs

Dribbling



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: Six cones, floor tape, and three to four basketballs.

Set-Up: Six cones are placed in a straight line from a starting point indicated by the first cone. Each cone is placed 2-meters apart, followed by a finish line that is 2-meters from the final cone for a total course distance of 12-meters.

TEST DESCRIPTION

Time: One-minute per trial

Beginning at the starting cone, the player is instructed to dribble the ball in a weaving motion alternately to the right and left of the six cones. The player may start to the right or left of the starting cone, but must pass each obstacle alternately thereafter. When the last obstacle is passed, the player must place the ball down at the finish line, sprint back to the starting line for the next ball (placed by a volunteer) and repeat the course. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run. The player must recover the ball or is passed a back-up ball by a volunteer and re-enters the course where the ball was initially lost control of.

SCORING

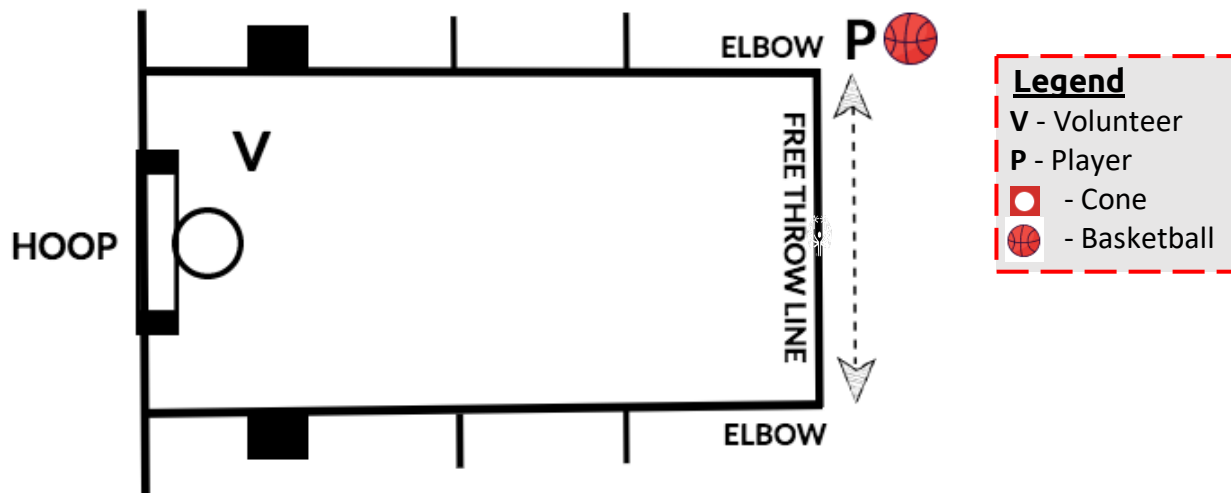
One point is awarded each time a cone is crossed. Therefore, one successful completion of the course is worth five points. The player must use legal dribbles (ie. no carrying or travelling) and must have control of the ball between cones in order to successfully earn points. Passing the first cone marking the start of the course is not worth a point. The player's score is how many cones he/she successfully passes in 60 seconds.

VOLUNTEER REQUIREMENTS

- One volunteer with a stopwatch to indicate when to start and when 60 seconds elapses.
- One volunteer with a basketball ready to pass to the player if the first ball is lost control of.
- The above two volunteers may keep score or assign a new volunteer to do so.



Shooting and Lay-Ups



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: A regulation basketball hoop with an official key/free throw line, and one basketball.

Set-Up: No specific set-up is needed outside of the regular basketball court lines.

TEST DESCRIPTION

Time: One-minute per trial

Shooting

A player stands at the juncture of the free-throw line and lane (the "elbow") with a basketball, either on the left or right side. Time begins when the player takes his/her first shot from the elbow. Following this, the player takes alternating shots at both elbows while a volunteer rebounds and passes the ball back to the player for his/her next shot. The player continues to shoot at alternating elbows until 60 seconds has elapsed.

Lay-Ups

The same drill above is repeated, except upon receiving a pass at each elbow the player then dribbles in for a lay-up instead of taking a jump shot. After the player takes the lay-up, the volunteer is still required to rebound the ball (make or miss) and pass the ball back to the player upon returning to the next elbow. The player continues to take lay-ups from alternating elbows for 60 seconds.

SCORING

One point is awarded for each basket made during both drills.

VOLUNTEER REQUIREMENTS

- One volunteer with a stopwatch to begin time and indicate when 60-seconds elapses.
- One volunteer to rebound and pass back to the player.
- The above two volunteers may keep score or assign a new volunteer to do so.

