



# Basketball - Dribbling

ADVANCED INDIVIDUAL SKILLS



## EQUIPMENT NEEDED



### Basketball Court or Cones/Tape

(If you do not have a basketball court, you can use designated markers like cones, water bottles, shoes, hats or tape to measure out the space as outlined below)



### Timer



### Basketball

(If you do not have a basketball, you can use a kickball, volleyball, etc.)



### Measuring Tape

If you do not have measuring tape, take big steps. 1 Big Step = 1 Meter (3 Feet)

## RULES

1

Space 10 cones evenly apart in a zigzag pattern between the baselines on a basketball court, or 28.5M (94ft) apart (The left line of cones and right line of cones should be 3M (10ft) apart)

3

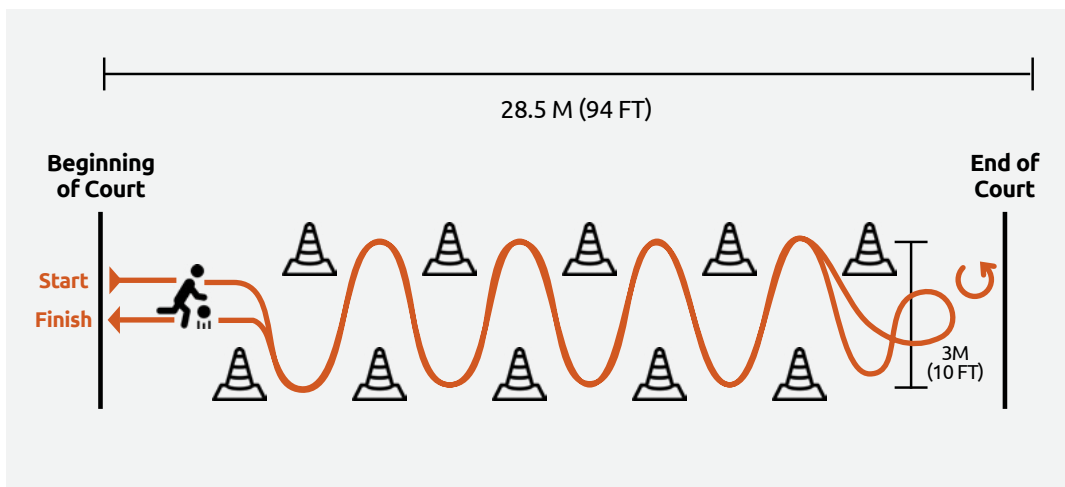
Time how long it takes to dribble down the full court and back (Record the fastest time of two attempts on your scorecard)

2

You have two attempts to dribble the cones as fast as you can while switching hands after each cone

## How fast and controlled can you dribble the ball?

## SETUP



Remember to take a picture or video of yourself competing in this event! Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

**#sowavirtualgames**

## Basketball Event Overview

ADVANCED INDIVIDUAL SKILLS

Special Olympics Washington





# Basketball - Around the World

ADVANCED INDIVIDUAL SKILLS



## EQUIPMENT NEEDED



### Basketball Court or Cones/Tape

(If you do not have a basketball court, you can use designated markers like cones, water bottles, shoes, hats or tape to measure out the space as outlined below)



### Basketball

(If you do not have a basketball, you can use a kickball, volleyball, etc.)



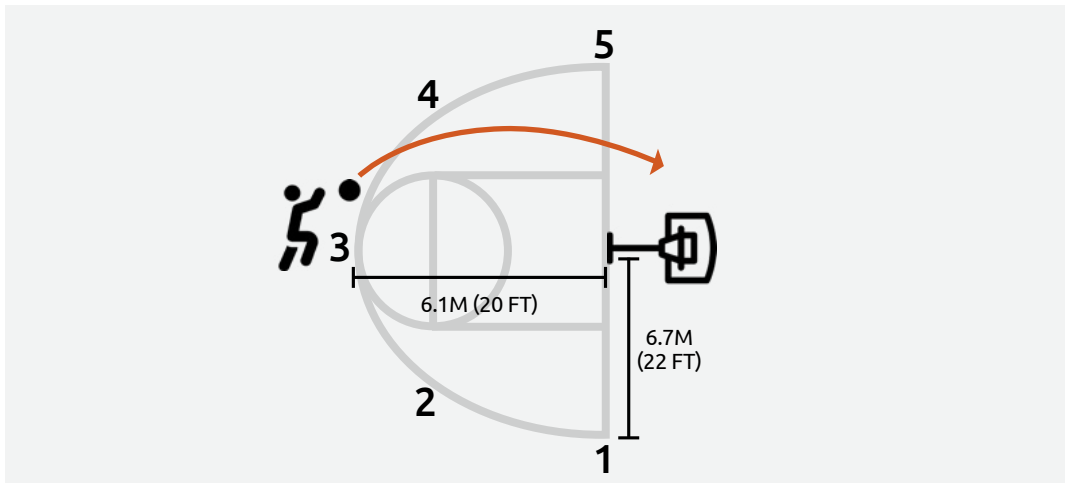
### 10ft (Standard) Basketball Hoop

## RULES

- 1 Mark a total of five spots around the 3pt arc to shoot from (1 at each baseline, 1 at the top of the arc, and 1 in-between each baseline and the middle spot)
- 2 You have two consecutive attempts to shoot the ball five times from each spot for a total of 25 shots per attempt
- 3 Start at the baseline spot, take all five shots and then move to the next spot around the 3pt arc
- 4 Record how many shots you make out of 25 (Record your best score from either attempt on your scorecard)

## How many shots can you make around the 3pt arc?

## SETUP



Remember to take a picture or video of yourself competing in this event! Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

**#sowavirtualgames**

## Basketball Event Overview

ADVANCED INDIVIDUAL SKILLS

Special  
Olympics  
Washington





# Basketball - Defensive Slide

ADVANCED INDIVIDUAL SKILLS



## EQUIPMENT NEEDED



### Basketball Court or Cones/Tape

(If you do not have a basketball court, you can use designated markers like cones, water bottles, shoes, hats or tape to measure out the space as outlined below)



### Timer



### Measuring Tape

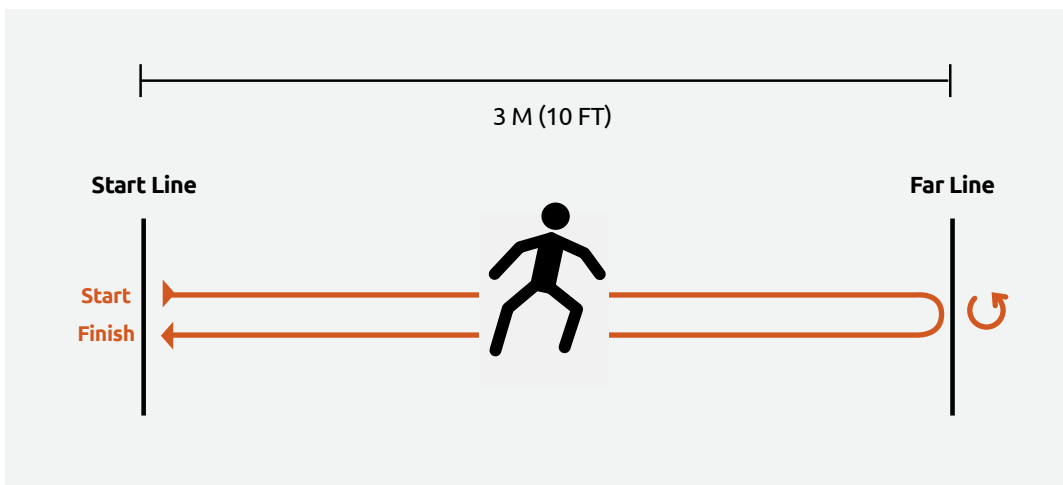
If you do not have measuring tape, take big steps.  
1 Big Step = 1 Meter (3 Feet)

## RULES

- 1 Mark two lines 3M (10ft) apart
- 2 You must side shuffle from one line to the next, reaching down to touch each line, or marker-cone before returning
- 3 Once you touch the far line, return to the start line (This is considered one full rep)
- 4 Use your timer and record how many reps you can do in 60 seconds (Record your total on your scorecard)

## How fast can you do the defensive slide?

## SETUP



Remember to take a picture or video of yourself competing in this event!  
Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

**#sowavirtualgames**

## Basketball Event Overview

ADVANCED INDIVIDUAL SKILLS

Special  
Olympics  
Washington

