



Basketball - 10M Dribble

INDIVIDUAL SKILLS



EQUIPMENT NEEDED



Designated Markers

(You can use cones, water bottles, shoes, hats or any large objects that will not move)



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)

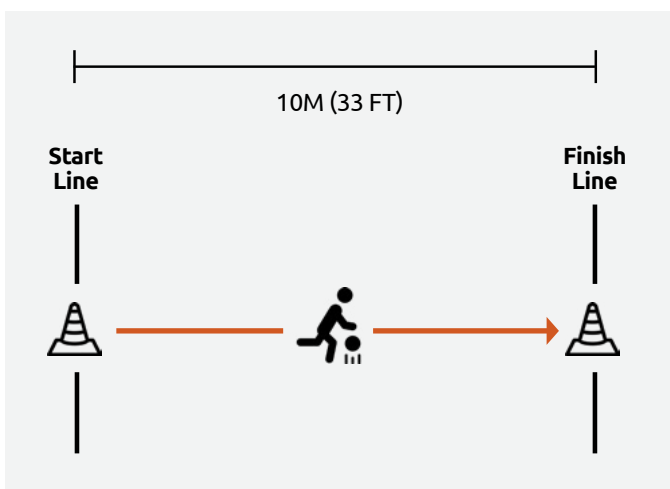
RULES

- 1 Create a designated start/finish line 10M (33ft) apart
- 2 You have two attempts to dribble the ball for the 10M
- 3 Time how long it takes to complete the 10M
- 4 Record the fastest of two attempts and use the conversion chart below to add to your scorecard

** A one-second penalty will be added every time the athlete illegally dribbles (two-handed dribble, carries the ball, etc.)*

How fast can you dribble 10 meters?

SETUP



CONVERSION CHART

0-2s	30 points
2.1-3s	28 points
3.1-4s	26 points
4.1-5s	24 points
5.1-6s	22 points
6.1-7s	20 points
7.1-8s	18 points
8.1-9s	16 points
9.1-10s	14 points
10.1-11s	12 points
12.1-14s	10 points
14.1-16s	08 points
16.1-18s	06 points
18.1-20s	04 points
20.1-22s	02 points
22.1s +	01 points



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

INDIVIDUAL SKILLS

Special
Olympics
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Basketball - Spot Shot

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.)



Measuring Tape

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

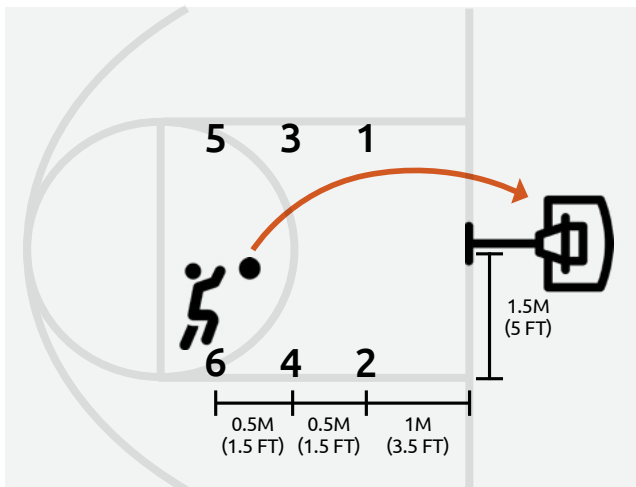


10ft (Standard) Basketball Hoop

RULES

- 1 Measure all distances from the middle of the rim of the hoop (There are 6 total spots to shoot from):
 - Mark spots 1&2 on the right and left side of the hoop (5ft to the side and 3.5ft out)
 - Mark spots 3&4 on the right and left side of the hoop (5ft to the side and 5ft out)
 - Mark spots 5&6 on the right and left side of the hoop (5ft to the side and 6.5ft out)
- 2 You have two attempts to shoot from each of the 6 spots, for a total of 12 shots
- 3 Use Score Chart below to add all attempts together (Record total score on your scorecard)

How many spot shots can you make?



SCORE CHART

1pt awarded if ball hits the rim or backboard but does not go in

2pts awarded if ball goes in while shooting from spot 1 or 2

3pts awarded if ball goes in while shooting from spot 3 or 4

4pts awarded if ball goes in while shooting from spot 5 or 6

MAX SCORE: 36



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Basketball Event Overview

INDIVIDUAL SKILLS

Special Olympics Washington





Basketball - Target Pass

INDIVIDUAL SKILLS



EQUIPMENT NEEDED



Designated Markers

(You can use cones, water bottles, shoes, hats or any large objects that will not move)



Basketball

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

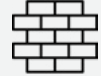


Tape to Mark Square on Wall



Measuring Tape

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



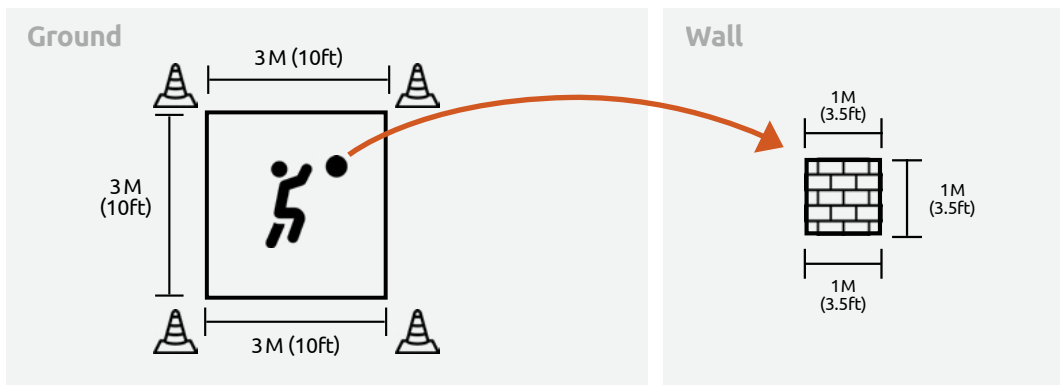
Solid Wall to Throw Ball

RULES

- 1 Mark a 1M (3.5ft) square on the wall 1M (3ft) off the ground and mark a 3M (10ft) square on the ground 2M (7ft) from the wall
- 2 Stand in the square on the ground and throw the ball at the square on wall
- 3 You have 5 consecutive attempts to hit the target without stepping outside of the square on the ground
- 4 Using the Score Chart below, add all five attempts together (Record score on your scorecard)

How accurate are your passes?

SETUP



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SCORE CHART

0pts awarded if ball bounces before hitting the wall

1pt if ball hits wall outside of the square or if you catch it upon its return

2pts if ball hits the line of the square

3pts if ball hits inside of the square

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