



Basketball Individual Skills Competition

The **Ten Meter Dribble**, **Target Pass** and **Spot Shot** events make up the Individual Skills Contest (ISC). The individual skills competition is designed for low-ability athletes who have not yet mastered the skills needed to participate meaningfully in team basketball. The ISC is not meant to be an additional medal opportunity for athletes already involved in team play. Each event challenges the athlete to perform skills without the pressure of a defender.

Athlete Readiness

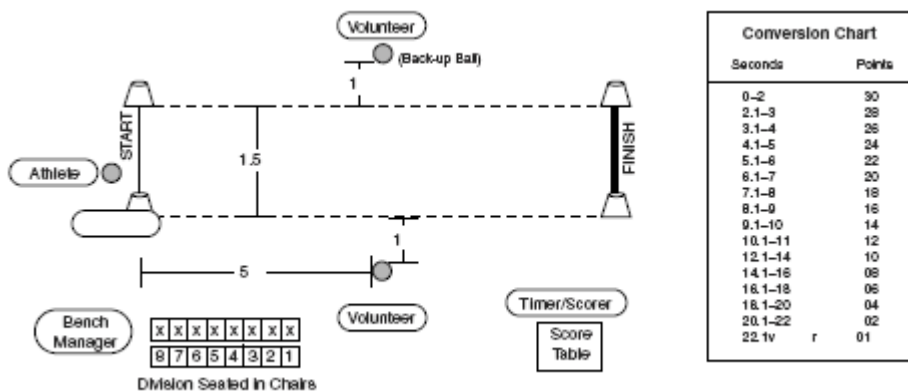
- Athlete can dribble the ball.
- Athlete can pass the ball to a target.
- Athlete can catch the ball.
- Athlete can shoot the ball at a basket of regulation height.

Ten Meter Dribble

In the Ten Meter Dribble, the athlete dribbles the ball one-handed for 10 meters (32 feet, 10 inches). The athlete must also catch the ball after he or she crosses the finish line.

Teaching the Ten Meter Dribble

1. Review the dribbling skill using proper form while dribbling in place (ball at the side of the body).
2. Direct the athlete to walk forward as he/she continues dribbling the ball. The coach walks alongside, verbally encouraging and physically and verbally prompting when necessary.
3. Play "Follow the Leader: The athlete follows the coach as they dribble the ball ten meters. Encourage the athlete to keep the ball low and close and to keep head up.
4. Set up the Ten Meter Dribble event. Walk the lane with the athlete from start to finish.
5. Direct the athlete to dribble the ball within the lane boundaries from start to finish, with the coach walking alongside. Reinforce staying within the boundaries and catching the ball once past the finish line.
6. The coach now stands just beyond the finish line, encouraging the athlete at the start line to dribble toward the coach.
7. Conduct the Ten Meter Dribble. The coach stands at the side and times the athlete from start to finish. Reinforce staying within the boundaries and catching the ball when past the finish line.
8. Gradually remove the prompts.



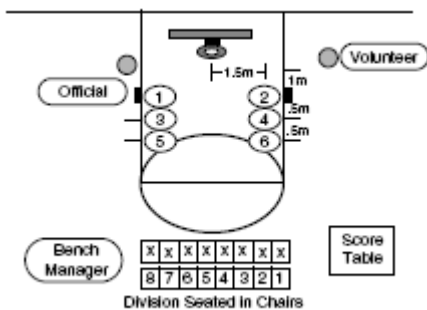


Spot Shot

In the Spot Shot, the athlete attempts two shots from six pre-determined spots. Three spots are to the left of the basket; three additional spots are to the right of the basket (basically the places around the “lane” occupied by players while a free throw is being shot). The athlete receives points for hitting the net, backboard and rim as well as making the basket.

Teaching the Spot Shot

1. Place the hands in proper shooting position: two-handed set shot or one-handed shot.
2. Review the shot with proper form as the athlete shoots to himself/herself and then to the coach. The coach physically prompts hand and body position. Take five shots.
3. Take a position at spot #1, which is one of the two shortest shots in front and to the side the basket. The athlete bends the knees and extends using the legs to initiate the shot. Focus on the top corner of backboard’s square as the target. Reinforce powering from the legs and reaching for the corner or the target on the backboard.
4. As the athlete develops strength and the ability to shoot the ball, gradually move from spot. Acknowledge a successful attempt if the net, rim or backboard are hit. Make scoring a basket exciting. Provide lots of high fives.
5. Conduct the Spot Shot.
6. Gradually remove the prompts.



Key Words

- Bend and Extend
- Power From the Legs
- Reach For the Basket

Special Olympics Basketball Coaching Guide

Teaching Basketball Skills

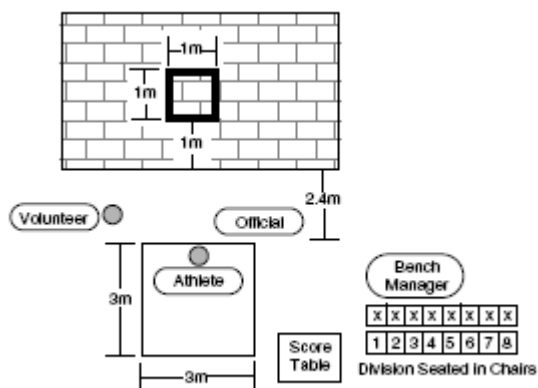


Target Pass

In the Target Pass, the athlete passes the ball to a target that is 2.4 meters (7 feet) away. The athlete receives points according to the accuracy of his or her pass and a catch or trap.

Teaching the Target Pass

1. Pick up the ball with proper hand placement (dominant hand on top, other hand on side). Coach can physically prompt as necessary.
2. Push the ball (as in a dribble) forward toward the wall. The athlete is actually performing a bounce pass to the wall. The coach will initially catch the ball as it returns from the wall.
3. Add a step to give more force to the pass as the athlete continues to bounce pass to the wall. Keep hand up and eyes on the ball. The passing hand's palm will provide a target for a catch.
4. Set up the Target Pass, adding the target to the wall. Step and push pass the ball to the target (inside the square), not the floor. Step and Reach For Square. The coach is still catching the ball as it comes off the wall.
5. To work on the catch, face the athlete away from the wall. Physically prompt the catching position – the passing hand's palm faces the coach with fingers up forming a target; other hand is to the side with fingers pointing to the side, and only the thumb is up. Catch a bounce pass – Feel for Ball and Gather It or Relax And Give.
6. Go back to the wall; the athlete passes one ball at a time to the wall, aiming at the target. Encourage the athlete to catch the return or trap the ball against the body or the floor.
7. Gradually remove the prompts.



Key Words

- Step And Reach For The Square
- Relax And Give
- Keep Your Eyes On The Ball
- Look The Ball Into Your Hands

Coaching Tips

- Spend time on each event during each practice. The athlete may be at a different level of progression in each event.
- As the athlete develops skills, gradually remove the prompts but continue reinforcement and acknowledgment.
- Conduct mock competitions throughout the season, and record scores to monitor progress.
- Put these scores on a big chart in the gym so that the athletes can see their progress.