

## **PYB 2008 Skills Competition Stations**

### **Dribbling**

#### **Obstacle Course:**

10 cones - Dribble in and out of the cones down and back twice as fast as you can. Emphasis on changing hands, controlling the dribble and accelerating.

#### **Speed Dribble Suicide:**

Down with right hand, back with the left as fast as you can dribble a suicide.

### **Ball Handling**

#### **Body Circles:**

Player must complete as many body circles as possible in a 30 second period.

#### **Figure Eights:**

Player must complete as many figure eights as possible in a 30 second period.

### **Passing**

#### **Bounce Pass**

Each player will have 10 attempts from a designated distance to make bounce passes through a circle cut in a piece of plywood.

#### **Chest Pass**

Each player will have 10 attempts from a designated distance to make chest passes through a circle cut in a piece of plywood.

### **Shooting**

#### **Free Throws**

Each player will have 10 attempts to make as many free throws as possible.

#### **Hot Spot**

Each player will have 1 minute to make as many shots as possible from 5 designated areas of the floor. You cannot take more than one lay-up in a row. Player's must get their own rebound and can only use one basketball.