

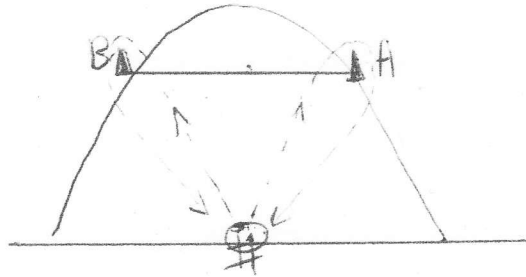
Basketball Skills Contests

1. Foul Shooting

Each team chooses 1 player to represent her team. The players shoot 10 foul shots each. If there is a tie, the players that are tied shoot again, until there is a single winner. A trophy is awarded to the winner.

2. Speed Layup

Each team chooses 1 player to represent her team. The players start under the basket. On the whistle, the player dribbles to the cone on the right end of the foul line(A), passes the cone on the left and circles back to centre to do a right hand layup. The player then rebounds her own ball, then with the left hand circles the left (B), and does a left hand layup. Repeat right and left for 60 seconds. A trophy is awarded to the winner.



3. Speed Dribbling

4 players from each team line up in single file behind a line. On the whistle, the first players dribble from right to left through 4 cones. At the top, they switch to the left hand and dribble back through the cones. After the last cone they pass to the next player on their team. When all 4 girls are finished, the team sits down. Each team is timed with a stop watch. 4 cones and 1 stop watch are required for each team. A trophy is awarded to each player on the winning team. (4 trophies.)

