

Jr. Bidy Skills Competition

8:00 Set Up – I will need people to help lower the baskets(Crank method) and set up the courts. Please let me know if you can be there to help set up. The more the better!!

8:20 Team Warm Up/Organization -

Please inform your teams that they may only win if they are sitting in a straight line after their team has completed the task. It is also important to yell out the score every time your team scores a point/basket. We want to make this an exciting finish to a great season. During the competition, have the players keep their ball with a parent. You can keep one or two for the drills, but there should not be any others on the court. I have listed your opponent and assigned court for each drill to help keep things moving.

8:30 Cross-Over Dribbling Relay Race

Each team will be lined up along the sideline (See diagram on the last page) by the bleachers, and each person must weave through the 6 chairs and back using a crossover dribble, then they must jump stop at the cone and then bounce pass to the next person in the line. Each player on the team will go and continue their order until 12 passes have been made. Once the 12 passes are finished, the team must sit in a straight line to determine the top 3 places. (One pass is up and back through the 6 chairs.)

8:40 Right Handed Lay-Ups

Teams will dribble from mid-court with their right hand, shoot one lay-up and then return to their own line and then pass the ball to the next player. The first team (sitting in a straight line), after making 11 baskets wins. Each team will be competing against two other teams. The top team from each round will then compete in the finals.
A – BC,UVA,UNC B- VT,MIA,WAKE D – CLEM,GT,DUKE

8:55 Left Handed Lay-Ups

Same as above using left hand and games to 7 baskets.

Teams should be yelling out their score on every made basket.

A – BC, VT,CLEM B – UVA,MIA,GT D – UNC,WAKE,DUKE

9:10 Bank Shots

Teams again will be competing to be the first team to make 7 baskets. The winning team from each round will then move on to the finals with one team per basket. Each player must shoot the bank shot (must first hit the backboard) from the block area(we will put tape down) then get their own rebound and pass to the next player. Again teams are encouraged to yell out their score.

A – BC,MIA,DUKE B – UVA,WAKE,CLEM D – UNC,VT,GT

9:20 Free Throws

Each team member will shoot 2 free throws at a time (8 feet from the rim) while rotating around the free throw line, alternating with each team until 20 team shots have

been taken. Teams will be competing against all other teams. Each coach will then give the number made out of 20 to the commissioner.

A – BC,GT,WAKE B – UVA,VT,DUKE C- UNC,MIA,CLEM

9:40 Three and In

Teams will take turns tossing the ball off the backboard three times to themselves and then must follow it up with a bank shot. If the player successfully catches the ball each time and makes the basket the team scores the point. If the player drops the ball or misses the basket they give the ball to the next teammate. First team to 7 wins and moves on to the finals.

A – BC,UVA,UNC B- VT,MIA,WAKE D – CLEM,GT,DUKE

9:50 Passing Game

Two teams will be assigned to each basket competing against each other to be the first team to successfully complete 30 bounce passes. First divide the team so that half the players are on each side of the lane. To successfully complete a pass, the player must step to their teammate, the ball must hit the floor once and then be caught by his/her teammate. After passing the ball players must step to the right follow the pass and go to the back of the line they are passing to. The winning team at each basket will compete in the finals, all at one basket.

A – BC, VT,CLEM B – UVA,MIA,GT D – UNC,WAKE,DUKE

10:00 Left Elbow Shots – (Line 3 feet in from the elbow.)

Again teams will compete against each other at the same time to be the first team to make 5 shots. The winning team from each round will then compete in the finals. Each player will shoot the ball, get their own rebound, and then pass it to the next person.

A – BC,MIA,DUKE B – UVA,WAKE,CLEM D – UNC,VT,GT

10:10 Right Elbow Shots

Same as above, but from the right elbow.

A – BC,GT,WAKE B – UVA,VT,DUKE C- UNC,MIA,CLEM

Most Enthusiastic, Best Teamwork, Best Sportsmanship – Teams can be awarded winners of these categories as well to round out the awards and to make sure each team wins something. Will be determined by the commissioner and the coaches.

10:20 Prizes and Awards – Each team will be awarded a prize for winning a skill or team competition. Even if a team wins multiple times, they will not be awarded multiple prizes. A second or third place team will be selected as the winner, so that each team is crowned champion of at least one competition. (Therefore, coaches, if your team has already won, you may want to stop your team and stress a skill to help another team achieve their score quicker, if you know what I mean).

The team will be called up, introduced by their coach, be handed a prize and be awarded a medallion. After all teams have been called up, players will all stand at mid court, facing the bleachers so that anyone can take a group picture. Teams can then meet together for individual team pictures.

Court Lay-out/Diagram

Bleachers

BC UVA UNC VT MIA WAKE CLEM GT DUKE Lobby >>

