

AA Boys 2020 MHSAA Provincial Championships Skills Competitions

Coaches, please assign different players from your team to compete in each competition. Remember how you finish as a team determines the order that you eat at the banquet!

Competition #1

3 Point Shooting-counted event

1. 3 players shooting with 2 basketballs
2. Each player chases down their own shot and passes to the next player in line
3. 1 min to make as many shots as possible from 5 areas of the court (behind the 3 point line of the top, free throw line extended & baselines)
4. Start on any of the 5 areas your team likes and move on from them after 5 makes

Competition #2

Relay weave-timed event

1. 4 players doing a relay with 1 basketball
2. 1st player starts seated in a chair on the baseline, when time begins, they weave in and out of cones/chairs to the other side of the court and makes a layup. If they are unsuccessful in making that layup, they try again until they make it.
3. Once they have made a layup at one end of the court they weave back through the cones/chairs and make a layup at the other end of the floor. Once they make it, they pass the ball to the second player who is seated in the chair.
4. Competition time stops when all players from a team have completed the course and the last person is seated back in the chair with the basketball.

Competition #3

1's, 2's & 3's-counted event

1. 2 players shooting from different marked areas of the court with 1 basketball
2. 1's are marked on the blocks of the key left and right; 2's are marked on the elbows left and right; 3's are marked on the 3 point line foul line extended (total of 3 areas and 6 marks on the floor)
3. 1 min to make as many shots as possible from 3 areas of the floor. A player must shoot from an area but cannot shoot from the same area twice in a row. The drill begins with the player shooting from area 1 (worth 1 point), they can shoot from area 2 (worth 2 points) or area 3 (worth 3 points). Each time they shoot the player chases down their own rebound and passes to their teammate who then will shoot.
4. The order of areas that they shoot from does not matter (after the drill begins) but, they must rotate to a different area every time they shoot.

Competition #4

Friendly Bump

1. All remaining players from your team participate in a friendly game of bump
2. The top ten remaining participants will receive points towards their total team score
3. We say its friendly because you can bump an opponent's ball gently, not too aggressively as this may result in ill-will or injuries with balls flying around all over the place.
4. Teammates cannot start next to each other in the line-up, they must be spaced out at least 2 players away from each other.