



Participants must follow the course outlined above, completing ALL eight (8) skills in sequential order.

Speed Dribble through Cones: begin by rounding the yellow cone to the left and continue weaving through entire set of orange cones.

Opening Lay-Up: minimum of one (1) or maximum of two (2) shot attempts. Participant may only advance to the next skill after a made shot or after two (2) unsuccessful shot attempts.

Jump Shot (from right elbow): with at least one (1) foot on the floor spot, participant attempts a minimum of one (1) or maximum of two (2) shots. Participant may only advance to the next skill after a made shot or after two (2) unsuccessful shot attempts.

Jump Shot (from left elbow): with at least one (1) foot on the floor spot, participant attempts a minimum of one (1) or maximum of two (2) shots. Participant may only advance to the next skill after a made shot or after two (2) unsuccessful shot attempts.

Speed Dribble through Cones: begin by rounding the yellow cone to the right and continue weaving through entire set of orange cones.

Pass and Receive Basketball: with at least one (1) foot on the passing spot, pass the basketball to the Passing Coach and wait for return chest pass from Coach.

Final Lay-Up: minimum of one (1) or maximum of two (2) shot attempts. Stopwatch is stopped on a made basket or after the 2nd shot attempt has been released from the participant's hands.