



## Measure skill and ability shooting a basketball 10 times from close range

### Equipment Needed:

- One basketball or other similar ball (if basketball not available).
- 3.05-meter (10') regulation basket with backboard.

### Rules:

- Player takes 10 attempts from anywhere on the court. Most players will choose to attempt lay ups or close-range shots since these typically are the highest percentage shots to score points. Player can select different spots during 10 attempts.

### Scoring:

- For every field goal made, 2 points are awarded.
- For every attempt that hits the rim, 1 point is awarded.
- If the ball fails to touch the rim or go into the basket, 0 points are awarded.
- The athlete's score will be the sum of the points from all 10 shots. Maximum total score = 20 points.

### Modifications:

- For youth division (age 8-15) competitions or for athletes in a wheelchair, a 2.44-meter (8') basket may be used as an alternative). Please indicate use of 8' basket when entering scores.

