



## BASKETBALL SKILLS ASSESSMENT TEST - BSAT

**Step 1:** SAT Drills: Set up the dribble, rebound and shooting drills. Divide up athletes evenly at each station. Have each athlete complete the tasks at each venue to the best of his/her ability. Keep score according to each station's instruction.

**Step 2:** Composite scores: After all of the athletes have completed the three SATs, add the scores to obtain a total score for each individual.

**Step 3:** On a flip chart or large sheet of paper, write the names of all of the Special Olympics athletes and their corresponding individual composite skills scores. Rank the scores in the group of Special Olympics athletes, from highest to lowest, by placing the appropriate rank order number next to the individual. For example, athlete # 1 has a score of 60, athlete # 2 has a score of 56, athlete # 3 has a score of 48, etc.

**Step 4:** Using the rankings, divide your players into preliminary teams. Put your higher-skilled athletes on one team and lower-skilled athletes on the other.

	Team 1	Team 2	Team 3
Athletes:	1 (highest)	9	17
	2	10	18
	3	11	19
	4	12	20
	5	13	21
	6	14	22
	7	15	23
	8	16	24 (lowest)

**Step 5:** Play 10 to 15-minute 3v3 or 4v4 scrimmage games among the players on each team. Take note of athletes' skill level in game-play scenarios.

**Step 6:** Based upon observations, move athletes up or down teams to make a better fit. Many considerations, including social interaction, may determine where an athlete may play most competitively. The rosters for each team does not need to be even. Perhaps the #8 ranked athlete is significantly lower than #7 and would be better on Team 2.

**Step 7:** Using the SOKS Rule Adaptation Modifications and the SOKS Basketball Ability Division descriptions, determine which Level would be best for your team. Consider the highest-skilled athlete on each team and in which Level that athlete would play most competitively.

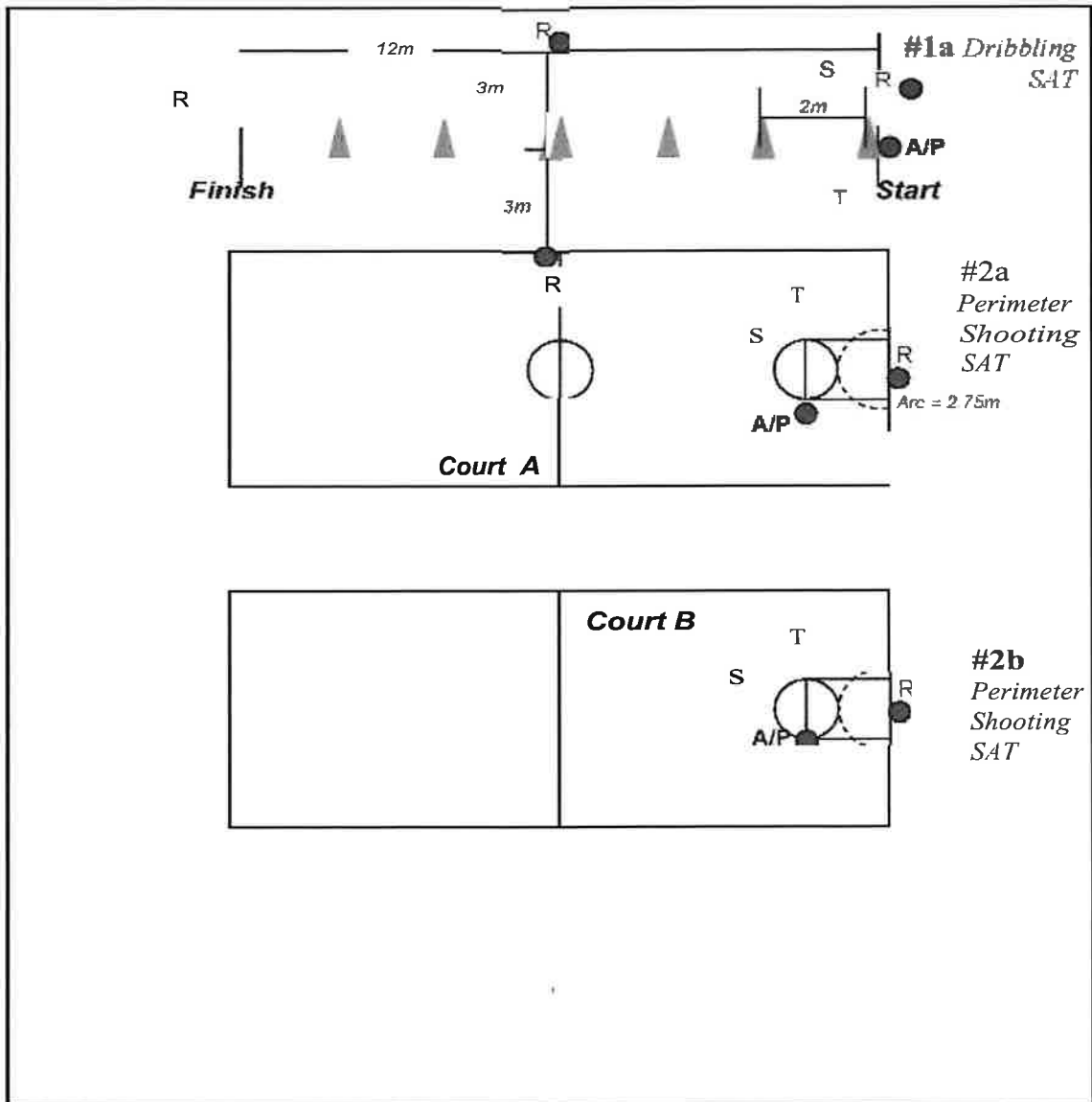
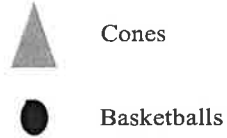
**Step 8:** The included scoresheet is for your use only. A Games Registration Form is still required for each delegation, including team rosters. Please include the cumulative SAT Score for each athlete on the team rosters.

## Basketball Venue Layout

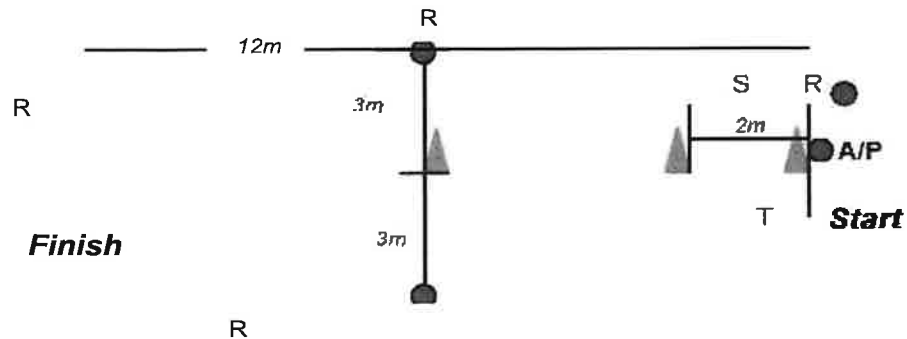
2 sets of Basketball SAT stations, when possible  
 Rotation: Court A – 1a > 2a > 1a, etc.; Court B – 1b > 2b > 1b

Legend: T/R = Timer/Retriever  
 S = Official Scorer/Recorder  
 R = Retriever

A/P = Athlete or Partner



**Basketball SAT- Dribbling**



**EQUIPMENT**

Six cones, court tape, six basketballs, measuring tape, stopwatch, clipboard, and pen/pencil

**SET-UP**

1. Using the half court line or sideline of a basketball court, place six cones 2 meters apart along the court line.
2. At the first cone, lay down court tape two meters in length to identify the start line. Two meters past the sixth and last cone, lay down court tape two meters in length to identify the finish line.
3. Three meters out to each side of Cone # 4, two spare basketballs are placed on the floor with 2 volunteer Retrievers monitoring area.
4. Four basketballs are kept at the start line. One is placed on the floor next to the cone after a player begins dribbling through the slalom course.
5. Volunteer 1 serves as the timer and places the ball on the floor at the start line cone. Volunteer 2 serves as the official scorer/recorder. Volunteer 3 returns balls from the finish line to the start line and retrieves any loose balls.

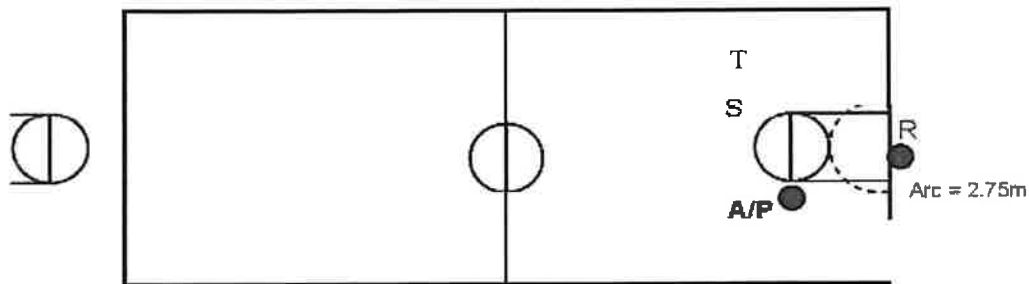
**TEST**

1. Each player (Athlete/Partner) is given 60 seconds to complete the test.
2. The player is instructed to dribble the ball alternately through the right and left of the six cones placed on the line. The player may start to the right or left of the starting line cone, but must pass each cone alternately thereafter. He/she is given a ball to start.
3. When the player crosses the finish line, he/she puts the ball down, sprints back to the start line, retrieves the next ball that has been placed on the floor, and repeats proceeding through the slalom of cones.
4. The player continues to repeat this process until 60 seconds have elapsed.
5. If a player loses control of the ball, he or she may recover it or pick up one of the two spare balls near Cone # 4 and re-enter the slalom course at any point. Scoring is resumed from that point.

**SCORING**

1. One point is awarded each time the midpoint between the two cones is crossed.
2. The player must use legal dribbles and have control of the ball from one midpoint to the next midpoint in order to receive a point.
3. The maximum number of points a player can earn on one successful completion of the six cone slalom course is five points. There is no point given after an athlete passes the sixth cone.
4. The player's final score is the sum total of the successful number of cones (midpoints) crossed using a legal dribble during 60 seconds.

### Basketball SAT- Perimeter Shooting



#### EQUIPMENT

Two basketballs, court tape, measuring tape, stopwatch, clipboard, and pen/pencil

#### SET-UP

1. Take the end of the measuring tape and place it directly under the basket. Measure a 2.75 meter arc out from this point and mark it with court tape.
2. The top of the arc will intersect with the free throw restraining circle.

#### TEST

1. Each player (Athlete/Partner) is given 60 seconds for this test.
2. The player receives the basketball at the free throw line.
3. When the start command is given, the player may dribble to any spot *outside of the arc* and shoot.
4. The player then rebounds the basketball (made or missed shot), dribbles to any spot outside of the arc line, and shoots again.
5. This continues for the duration of the 60 second trial.
6. A back-up basketball is placed on the floor behind the basket and can be used by the player if the first ball bounces away.
7. Volunteer 1 serves as the timer and give the athlete the ball to begin the test. Volunteer 2 serves as the official scorer/recorder. Volunteer 3 retrieves any errant balls and places them on the floor behind the basket if required.

#### SCORING

1. Two points are awarded for every shot made during the 60 second time period.