

BASKETBALL SKILLS TEST FOR THE BIG MEN

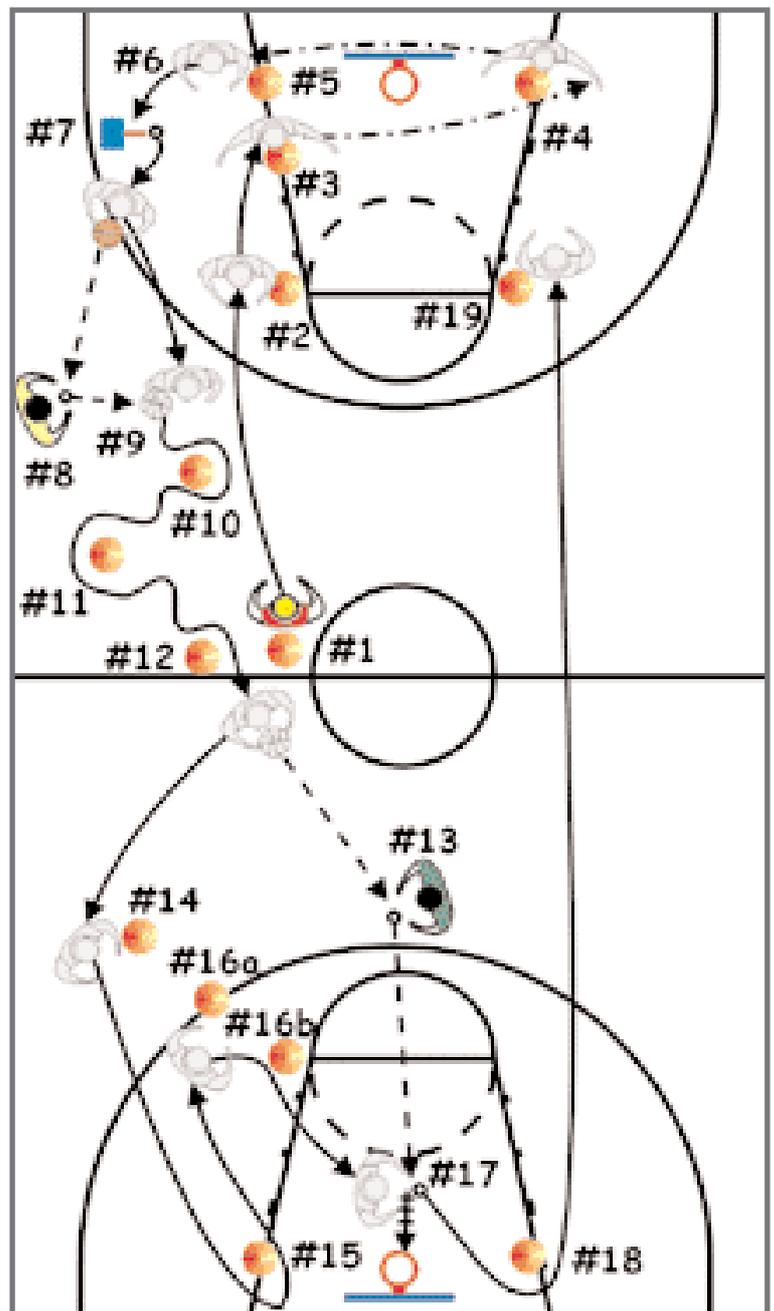


by Mick Smith

Mick Smith was Strength Conditioning Coach at Creighton University and Miami University. He spent four year with the Portland Trail Blazers and, since eight seasons, he is Assistant Coach/Strength Conditioning Coach of the Orlando Magic. He is co-author of two books, "Power Conditioning for Basketball" and "Conditioning: the NBA Way", Human Kinetics.

The dream of every coach and organization is to have a good big man. Basketball personnel are always trying to determine how well a "big" can play the game of basketball and if he is athletic and shows potential. This test challenges a big man to display the skills every coach covets in this type of player.

This is just one of the many ways to help get a "feel" in the evaluation process of a player's ability to play the game in a somewhat controlled environment on the basketball court. Hence, help determine a decision of keeping or cutting a player on the roster or to evaluate the needs of the player. Coaches want to see how well the player can move laterally (getting to a defensive spot fast to stop the opponent from going to the basket or for helpside defense). They need to see how well a player can move his feet quickly with precision and balance. A center needs to demonstrate how well he can set a pick and then roll to the basket and finish. It is also important to be able to evaluate how well a player can run up and down the court, recover back to their opponent (after getting picked) and possibly box-out, make a good defensive play by jumping to block a shot or being in a good position to get a rebound, a steal or a deflection. There also is a need to observe if there are any deficien-



cies in the basic fundamentals such as catching, shooting, passing, and positioning their body quickly in a game-type situation. Many of the fundamentals and athletic moves have been incorporated into the design of the skills test.

EQUIPMENT NEEDED FOR ADMINISTERING THE SKILLS TEST

- 1) A regulation basketball court.
- 2) 1 ball.
- 3) 16 cones or other marker devices.
- 4) 1 vertical jump measuring device.
- 5) 2 coaches to catch and pass ball.
- 6) 1 ball holder (could be omitted by placing ball on floor).
- 7) 2 stop watches, pencil, paper and clipboard.

ADMINISTERING THE SKILLS TEST

- ▼ Marker #1 - Player starts at half court facing opposite basket.
- ▼ The clock starts when the player begins sprinting toward marker #2.
- ▼ From marker #2 to marker #3 = backpedal.
- ▼ From marker #3 to marker #4 = slide left.
- ▼ From marker #4 to marker #5 = slide right
- ▼ From marker #5 to marker #6 = approach jump.
- ▼ Vertical Jump #6 = jump toward designated height on measuring device.
- ▼ Ball holder #7 = retrieve ball.
- ▼ Marker #8 = pass ball to coach A.
- ▼ Catching area #9 = catch pass from coach A.
- ▼ From Catching Area #9 to marker #10 = dribble sprint.
- ▼ Marker #10 to marker #11 = dribble sprint.
- ▼ From marker #11 to marker #12 = dribble sprint.
- ▼ From marker #12 to marker #13 = pass to coach B.
- ▼ From #12 marker to marker #14 = sprint.
- ▼ From marker #14 to marker #15 = sprint.
- ▼ From marker #15 to markers #16a and #16b = sprint.
- ▼ At markers #16a and 16b = slip the pick and roll.
- ▼ From markers #16a and #16b to Area #17 = sprint.
- ▼ At Area #17 = catch and finish.
- ▼ From Area #17 to marker #18 = sprint.
- ▼ From marker #18 to marker #19 = finish.

TIMING OF THE SKILLS TEST

There could actually be two separate timing periods throughout the skills test. The first time period is a running clock from the first movement of the player at marker #1 to finishing the drill at marker #19. The second time period is from the end line sprint from marker #18 to completing the sprint at marker #19. Therefore, you have a total running time of the test and a 3/4 court straight a head sprint.

PENALTIES

The participant is penalized:

- ▼ 1/2 second for each cone or marker moved or tipped over.
- ▼ 1 second for not reaching 28" - 0,70 m. mark on Vertical Jumper device 6.
- ▼ 1 second for a bad pass to the coach A or B.
- ▼ 1 second for a not making the shot in Area #17.

COURT DIAGRAM AND SET-UP

- ▼ Cone #1 - "half court" (20 ft. - 6 m. from side out of bounds).
- ▼ Cone #2 - free throw line (2 ft. - 0,60 m. inside lane).

- ▼ Cone #3 - 2nd hash mark (2 ft. - 0,60 m. inside lane).
- ▼ Cone #4 - opposite side (right side) low block (2 ft. - 0,60 m. inside lane).
- ▼ Cone #5 - low block on original starting side (2 ft. - 0,60 m. inside lane).
- ▼ Vertical Jumper device 6 - 15 ft. (1,80 - 4,50 m.) from side out of bounds (left side) directly outside cone #5 at low block.
- ▼ Ball holder #7 - 12 ft. (3,50 m.) from side out of bounds (left side) directly outside Vertical Jumper device 6.
- ▼ Cone #8 (Coach A) - 2 ft. (0,60 m.) from side out of bounds top of the circle extended.
- ▼ Area #9 - general area from Vertical Jumper device 6 to Cone #10.
- ▼ Cone #10 - 15 ft. (4,50 m.) from side out of bounds top of the circle extended.
- ▼ Cone #11 - 9 ft. (2,50 m.) from side out of bounds and 12 ft. - 3,50 m. cone #10.
- ▼ Cone #12 - 15 ft. (4,50 m.) from side out of bounds at half court line.
- ▼ Cone #13 (Coach B) - located at top of circle
- ▼ Cone #14 - 9 ft. (2,50 m.) from side out of bounds and top of the 3 pt. line extended
- ▼ Cone #15 - located on low block (2 ft. - 0,60 m. inside lane)
- ▼ Cone #16a - located 13 ft. - 4 m. from side out of bounds on 3 pt. line
- ▼ Cone #16b - located 15 ft. - 4,50 m. from side out of bounds and in a direct line toward elbow (makes a 45 degree angle)
- ▼ Area #17 - general area inside paint half way between basket and cones #16a and #16b
- ▼ Cone #18 - located at baseline inside low block (2 ft. - 0,60 m. inside lane)
- ▼ Cone #19 - located at opposite free throw line (2 ft. - 0,60 m. inside lane).

