

Organised by the Hong Kong Basketball Association
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Basketball 〉

Purpose: To encourage participants through the Badges Award Scheme to set personal goals, increase their interest in basketball and improve their skills, thereby encouraging continuous participation and promoting the development of basketball.

Type of Badges:

1. Three levels of award, namely Bronze, Silver and Gold for Easy Sport Programme
2. The standard meets the essential elements and requirements of the basic skills, i.e., the distribution of score:
 - i. 9-19 score Awarded Bronze Medals
 - ii. 20-31 score Awarded Silver Medals
 - iii. 32-40 score Awarded Gold Medals

Remark: Applicable to Easy Sport Programme under School Sports Programme

Award/ Participation Method: All trainees participating in basketball training courses of the Easy Sport Programme under the School Sports Programme will be assessed by coaches at the end of the courses based on the contents of the respective tests. Trainees who meet the standards will be awarded a certificate by the Leisure and Cultural Services Department (LCSD) free of charge.

Collection of Badges and Certificates: After completion of the assessment, the coaches will submit trainees' results to the LCSD by fax for verification of information, upon which the LCSD will mail the notification letter, certificates and badges will be collected by schools for distribution to qualified trainees by teachers.

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Remark: The Badges Award Scheme for basketball is co-ordinated and developed by the Hong Kong Basketball Association.

School Sports Programme – Badges Award Scheme

Technical Skills of Basketball

1. Pass and Receive
<ul style="list-style-type: none">i. Ready position to catch the ball (with feet at shoulder-width and hands on chest);ii. Ball holding technique (the palms of both hands should not touch the ball, and the fingers should be placed on the ball naturally);iii. Elbows (the elbows of both hands are attached to the sides of the waist);iv. Correct shot (co-ordinated movement of the ball away from the hand while stepping on the foot);v. Follow-through (after the shot, the fingers point to the hands or chest of the receiver; the elbows straighten and turned outwards).
2. 30” Dribble Lay-up
<ul style="list-style-type: none">i. The trainee starts after holding the ball by any cone;ii. Lay-up at the fastest speed after hearing the order, must alternate between left and right;iii. After lay-up, you must dribble around another cone and lay-up again.
3. 30” Spot-shooting
<ul style="list-style-type: none">i. The trainee starts after holding the ball by any cone;ii. The trainee must take the ball from the hands/chairs of the players on both sides;iii. Spot-shooting at the fastest speed after hearing the order, must alternate between left and right;iv. After spot-shooting, the trainee must run to another cone and shoot again.
4. Zig-zag Dribbling
<ul style="list-style-type: none">i. The trainee starts by holding the ball at the designated position;ii. After hearing the order, the trainee dribbles the ball back and forth around the cone at the fastest speed, and returns to the starting point as the finishing point;iii. The trainee must dribble the ball along a predetermined route.

School Sports Programme – Badges Award Scheme

Standards and Assessment of Basketball

1. Pass and Receive		
	<p>A. Pass the ball back and forth to score (Maximum to 5 scores)</p> <ul style="list-style-type: none"> i. The coach arranges a group of 2 trainees, standing facing each other 5 meters apart; ii. 2 people pass the ball back and forth with both hands in front of the chest, the time limit is 1 minute; iii. No less than 10 passes per person; iv. 1 point for each accurate pass (pass to the receiver’s hand posture). <p>B. Technical Score - Score based on passing posture (Maximum to 5 scores)</p> <ul style="list-style-type: none"> i. Posture for ready to catch the ball: Feet at shoulder-width and hands on chest; ii. Ball Holding: Do not touch the ball with the palms of both hands, place your fingers on the ball naturally; iii. Elbow: Put your hands and elbows on your waist; iv. Right Shot: The co-ordinated movement of the ball away from the hand while stepping forward; v. Follow-through: After the shot, the fingers point to the hands or chest of the receiver; the elbows straightened and turned outward. 	<p>The score is calculated based on the number of successful passes in 1 minute, and based on movement and posture, with a maximum of 10 scores.</p>
2. 30” Dribble Lay-up		
	<p>A. Lay-up and Shoot to score (Maximum to 5 scores)</p> <ul style="list-style-type: none"> i. The trainee holds the ball and starts at any cone to the left or right of the starting point; ii. Lay-up and shoot the ball at the fastest speed after hearing the order, the time limit is 30 seconds; 	<p>The score is calculated based on every goal, and successful movement and posture done within 30</p>

<ul style="list-style-type: none"> iii. After lay-up, you must dribble around another cone and then lay-up again, alternating left and right; iv. Score one point for every goal. <p>B. Technical Score - Score based on lay-up posture (Maximum to 5 scores)</p> <ul style="list-style-type: none"> i. Step right: The right hand moves on to lay-up with the right foot; on the contrary, the left hand goes with the left foot; ii. Take-off angle: When taking-off, the body should lean back slightly and the target should be towards the basket; iii. Correctly raise the knee to waist height: The thigh and the calf are at 90 degree; do not lift sideways to make the body rotate; iv. Correct shot: Pulling of fingers and wrist when moving up or down; v. Body balance when landing: Both feet should be on the ground at the same time. 	<p>seconds, with a maximum of 10 scores.</p>
<p>3. 30” Spot-shooting</p>	
<p>A. Spot-shooting to score (Maximum to 5 scores)</p> <ul style="list-style-type: none"> i. The trainee holds the ball and starts at any cone to the left or right of the starting point; ii. The trainee must take the ball from the hands/chairs of the players on both sides; iii. Shoot at the fastest speed after hearing the order; iv. After shooting, you must run to another cone and shoot again, alternating left and right; v. Score one point for every goal. <p>B. Technical Scoring - Score based on shooting posture (Maximum to 5 scores)</p> <ul style="list-style-type: none"> i. Ready position: Feet at shoulder-width and hands holding the ball between the waist and shoulders; ii. Knee bend: Knee flexion angle is about 120-135 degrees; 	<p>The score is calculated based on every goal, and successful movement and posture done within 30 seconds, with a maximum of 10 scores.</p>

- iii. Lift the ball: Lift the ball to the height above the shoulders with the elbow at 90 degree;
- iv. Right shot: When the legs are straightened, the ball is released from the hand at the same time;
- v. Follow-through: After releasing the hand, relax your wrist, and point your fingers and wrist to shot.

4. Zig-zag Dribbling

- 1. The trainee holds the ball and starts at the designated position;
- 2. After hearing the order, the trainee dribbles the ball back and forth around 5 cones at the fastest speed, each cone is 1.5 meters apart, and the horizontal distance is 3 meters, and return to the starting point as the endpoint;
- 3. The trainee must dribble the ball according to the predetermined route;
- 4. Score points for the completing within the following time:

>25:01second	0 score
23:01 - 25:00 second	1 score
21:01 - 23:00 second	2 score
19:01 - 21:00 second	3 score
17:01 - 19:00 second	4 score
16:01 - 17:00 second	5 score
15:01 - 16:00 second	6 score
14:01 - 15:00 second	7 score
13:01 - 14:00 second	8 score
12:01 - 13:00 second	9 score
<12:00 second	10 score

- 1.The score is calculated based on the trainee's completion time;
- 2.If it is not completed according to the predetermined route, 1 second will be added to each cone that is not bypassed (for example: if 2 cones are not bypassed, 2 seconds must be added);
- 3.Maximum to 10 scores.