

# 2019-2020 MOC Skills Competition

## 1 to 1:40pm (ish) on Saturday, Feb. 2nd

Three Skills:

1. Speed Layups: 4 players with balls per team line up at the elbows and alternate left- and right-hand lay ups. 45 seconds to score the highest combined total
  
2. Wing Shooting: 4 players with balls per team take shots from a cone placed in the wing (part way between the three-point line and the key). Place a cone on both the left and right wings. Players should get their own rebound and then alternate shots from the left- and right-wing cones. 45 seconds to score the highest combined total
  
3. Full Gym Relay: 4 players with one ball total per team line up at a cone near one base line. Players dribble through a series of 4-5 cones evenly spaced to the other baseline and back, changing hands at each cone. Once they reach the final cone, the dribbler passes to the next teammate in line. The first team to have all members done (and seated in at line) wins. Please remind players about the dangers of hitting a wall and of loose, rolling balls on the course. Make safety adjustments to the event based on the layout of the gym.

\*If teams have greater or less than 12 players, add or subtract participants from the speed layup and/or wing shooting skills.

\*\*The participants will have their own balls. GCBA Lead Coaches will need to bring 5-6 cones per team for the relay.

<b>Division</b>	<b># of Teams</b>	<b>Location</b>	<b>Lead Coach(es) in Charge</b>
U10 - Div 1	3	Henry Munro MS	Tom
U12 - Div 1	5	LBP - Wood	Carrie/Sherry
U12 - Div 2	8	LBP - Tile	Carrie/Sherry
U13 - Div 1	5	Trillium	Ib
U13 - Div 2	5	Gloucester HS	Andre
U14 - Div 1+2	5+5 = 10	St. Matt Wood	Jamie/Pat
U14 Div 3	7	St. Matt Tile	Gordini