

## **22<sup>nd</sup> Annual Mike O'Connor Memorial Girls Tournament February 9-11, 2018**

Every team will have to split their team evenly into two groups (6 girls for skill #1 and 6 girls for skill #2). No one girl can participate in both skills competition. We start with Division 2 teams and then finish with Division 3 teams.

**Skill #1:** Speed lay-ups (1 minute drill - 1 ball needed)

Girls line up behind baseline, under the basket. First girl dribbles around the cone at the elbow for a right side lay-up. Next girl picks up the same ball and dribbles around cone at the opposite elbow for a left side lay-up. Next girl goes right and so on for alternate lay-ups. 1 minute to make the most lay-ups. Every made basket = 1 point.

**Skill #2:** Team shooting (1 minute drill - 2 balls needed)

Girls line up at each elbow facing the basket for Atom & Bantam (3 girls at each elbow) and line up on the block for Novice (3 girls at each block). Each girl at the front of the line starts with a ball. First girl shoots, grabs her own rebound and passes to next girl in the same line. She fills in at the back of the same line. Other girl shoots and so on. Alternating shooting. Girls can choose to shoot from the elbow/block or back up and shoot a 3 pointer (Atom/Bantam) or a foul shot (Novice). 1 minute to make the most shots. Every elbow/block basket = 1 point. Every 3 pointer (Atom/Bantam) Foul Shot (Novice) = 2 points.

-  **The Division 2 team that has the highest combined points (for both skills #1 and #2) win prize packs**
  
-  **The Division 1 team that has the highest combined points (for both skills #1 and #2) wins prize packs.**

Skills competition takes place immediately following the Opening Ceremonies (1:00-1:15pm). Locations are as follows:

Novice  
Lester B Pearson Tile Gym

Atom Divisions 1 & 2  
St Matt's Tile Gym

Bantam Divisions 1 & 2  
St Matt's Wood Gym