2022 Basketball Season

Wendi Daniels & Hal Shults, Team Coaches
Ben Kurecka & Brian Kenyon, Assistant Coaches
Ashlyn Koenning, Team Skills Coach
Marisa Sodders, Individual Skills
Practices
WEDNESDAYS
January 5 - March 9, 2022

NO PRACTICE ON:
February 9
February 23

6:00 - 7:00 pm
7:00 - 8:00 pm

3v3, team skills, individual skills 5v5 Unified

*** All players will practice on January 5, 2022 at 6:00 p.m.

This is a mandatory practice for athletes trying out for 3v3 or 5v5 teams.
All athletes can participate in team skills or individual skills.
Location

Lake Travis High School Gym 3
Enter on Spillman Loop to access gym
Official Competition Events

Individual Skill Competition
For athletes who have not yet mastered skills needed to participate in team basketball. Skills are performed without the pressure of a defender.

Team Skills Basketball
8 member team for athletes who have not yet mastered skills needed to participate in team basketball, but can pass and catch.

3v3 Half Court - tryouts required for participation
For athletes with lower ability levels to progress to full court play. 3 athletes on the court at a time with a roster size no larger than 6.

5v5 Unified Full Court - tryouts required for participation
Roster of no more than 10 with equal number of athletes and partners. No more than 2 partners on the court at a time.
Individual Skills

For athletes who have not yet mastered skills needed to participate in team basketball. Skills are performed without the pressure of a defender.

Final score for individual skills is determined by adding the scores achieved in each of the following events:

- Target Pass
- Ten Meter Dribble
- Spot Shot
Individual Skills: Target Pass

Measures an athlete’s skill in passing a basketball

Scoring:

- 3 points – inside square
- 2 points – hitting lines
- 1 point – hitting wall
- Additional point – catching the ball in air or after 1 or more bounces while in box
Individual Skills: Ten Meter Dribble

Measures an athlete’s speed and skill in dribbling a basketball

Scoring: Athlete must cross the finish line between cones and must pick up the ball to stop the dribble

- Two trials – best will be converted into points
- One second added every time an athlete illegally dribbles (two hand dribble, carries the ball, etc.)
Individual Skills: Spot Shot

Measures an athlete’s skill in shooting a basketball (2 attempts from each spot). Athletes can compete using an 8’ or a 10’ goal

Scoring:

- Spots 1 & 2 – two points
- Spots 3 & 4 – three points
- Spots 5 & 6 – four points
- Does not pass through net but hits net, rim, or backboard – 1 point
Team Skills

8 member team for athletes who have not yet mastered skills needed to participate in team basketball, but can pass and catch.

Five spots are marked similar to a 2–1–2 zone defense. Players will be given one opportunity at each of the five positions during the half to catch the ball and then throw to the player at the next position. The player in position #1 throws the ball to the player at position #2 who throws to position #3. This sequential throwing rotation continues until the ball reaches the player at position #5 who then attempts a goal. Athletes may pass the ball in any manner. A bounce pass is allowed provided there is only one bounce. Players rotate at the end of each round.
3v3 Half Court

For athletes with lower ability levels to progress to full court play. Tryouts are required for participation.

Game play:
- Start with flip of coin
- Played for running clock of 20 minutes
- Goal – 2 points
- Winning team – first to 20 points or highest after 20 minutes
5v5 Unified Full Court

Roster of no more than 10 with equal number of athletes and partners. No more than 2 partners on the court at a time. Tryouts are required for participation.
**Competition**

SATURDAY
March 12, 2022

LOCATION:
San Marcos, TX
Venue TBD

All day event

*** Competition is on the first Saturday of LTISD’s Spring Break. Please let Marisa know if your athlete will be unable to attend competition***
Uniforms

Practices:
- Shorts or sweatpants
- T-shirt or athletic shirt
- Properly fitting athletic shoes

Competition:
- Numbered uniform shirt provided by LTSO
- Black shorts provided by LTSO
- Properly fitting athletic shoes
Expectations

Be on time for practices (attend at least 5)
Be dressed appropriately for basketball
Follow the Athlete Code of Conduct
  ○ Sportsmanship
  ○ Training and Competition
  ○ Personal Responsibility
Try your best – taking data to submit to Area 13
Represent Lake Travis ISD
Have fun!
Final Reminders

For safety reasons, **only athletes and volunteers will be able to use the courts during practice**. While friends and families are encouraged to watch and cheer, we ask that they remain on the sidelines. Masks are strongly recommended.

**No pets are allowed on LTISD campuses.** Service animals specifically trained to aid a person with a disability are welcome.
Call for Pictures

Photos from practices & competitions are used, with your permission, for:

LTISD website and social media

End of the year banquet

Forward photos to Marisa throughout the basketball season.

Not every parent wants their child’s picture taken. If you aren’t sure, please ask first.
Contact Information

Coaches’ contact information will be provided at practice

Marisa Sodders, Head of Delegation

- Cell 512-518-1199
- Office: 512-533-7928
- Email soddersm@ltisdchools.org

Coach Marisa’s Remind
See you January 5th @ 6:00