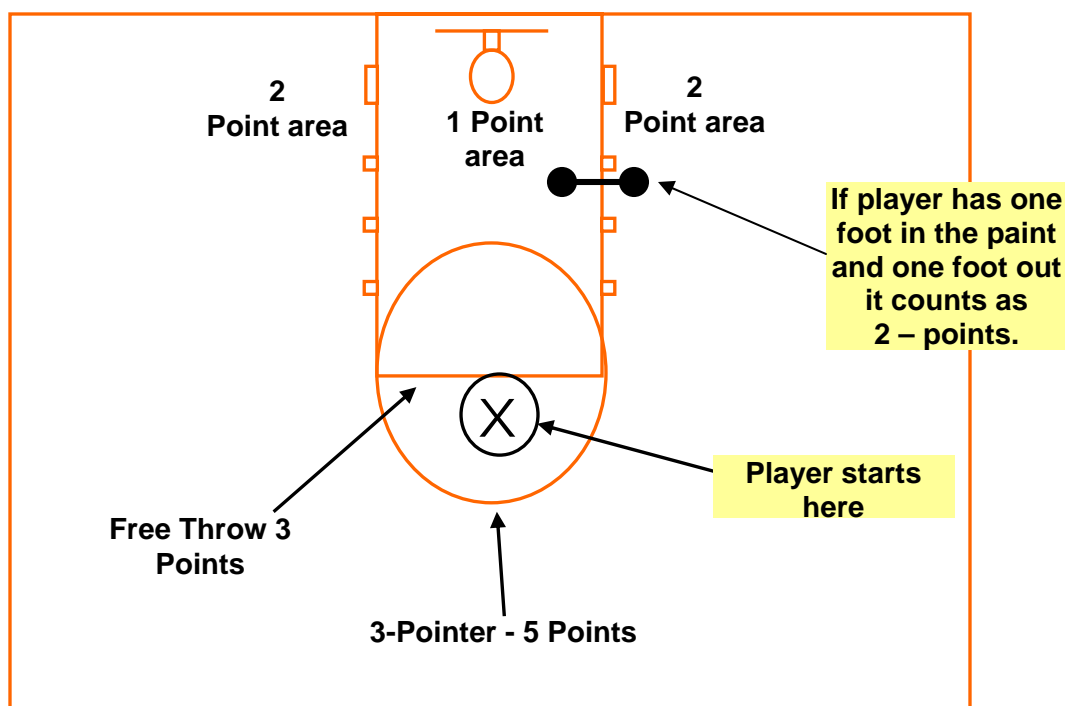


"Hot Shot" Competition

Starts with 1 player at each basket with a basketball. All other players sit in the circle at half court (and wait their turn). The object is for the player to score as many baskets as they can in 1 minute!

The players score is tracked (see diagram) usually by the players sitting down at the half court circle.

1. On the coach's whistle, the player starts shooting to accumulate as many points as they can.
2. At the end of 1 minute, the points are totaled and the player with the most points, sits off to the side.
3. The 2 players with the highest point total after all the players have gone, play for the Hot Shot Championship!



Hot Shot – The Rules!

Rule 1: Players cannot shoot at the same spot 2 times in a row, they must move to a different spot each time they shoot.

Rule 2: Players get 2 points if they have one foot in the paint and one foot outside the paint area (cannot have both feet in the paint or it is only 1 point).

Notes – Coaches should keep track or have the other players keep track of the scores. The championship should be scored by the coaches. Praise the players that work hard, let the players know when they do a good job or hustle, etc.