

UNIFIED SPORTS IS
HOSTING A TWO
PART BASKETBALL
SKILLS ASSESSMENT
TESTS (BSAT)
CHALLENGE:



PART 1: BSAT DRIBBLING:

TRY TO SCORE THE MOST AMOUNT OF POINTS THAT YOU CAN IN ONE MINUTE

PART 2: BSAT PERIMETER SHOOTING
TRY TO SCHORE THE MOST AMOUNT OF POINTS THAT
YOU CAN IN ONE MINUTE

BSAT RULES AND INSTRUCTIONS CAN BE FOUND ON THE ASAA WEBSITE

WHO: TWO PERSON TEAMS MADE UP OF ONE ATHLETE AND ONE PARTNER FROM THE SAME SCHOOL

WHAT: TWO PART BSAT VIRTUAL CHALLENGE.

PART 1: BSAT DRIBBLING

DADE OF DEPTHETED CHOOTING

PART 2: BSAT PERIMETER SHOOTING

WHEN: MARCH 25TH- APRIL 15TH

WHERE: SEND A VIDEO OF YOUR TEAM TO EMILY@ASAA.CA

POINTS: PART 1: ONE POINT AWARDED EACH TIME A CONE IS PASSED

PART 2: TWO POINTS AWARDED FOR EACH FIELD GOAL MADE



THERE IS A COMPETITIVE
DIVISION AND A
RECREATION DIVISION FOR
THIS CHALLENGE. SEE THE
ASAA WEBSITE TO SEE
WHICH WOULD BE A GOOD
FIT FOR YOUR TEAM