

Special Olympics Basketball: 2026 Individual Basketball Skills Divisions & Expectations

Skill/Ability	8-Foot Division (MOST INDEPENDENT)	10-Foot Division (MOST INDEPENDENT)	Modified Division (REQUIRES ADAPTED EQUIPMENT, NOT BEHAVIOR SUPPORT)
Description	The student MUST be successful at following directions and participating in shooting, catching, throwing, and dribbling with high independence, requiring only slight adjustments or prompts. <u>Students do not require help with behavior to stay in an area.</u>	The student MUST be successful at following directions and participating in shooting, catching, throwing, and dribbling with high independence, requiring only slight adjustments or prompts. <u>Students do not require help with behavior to stay in an area.</u>	The student CAN consistently follow directions and participate in basketball skills with the aid of major modifications. Examples of these adaptations are a lower hoop, use of a balloon instead of a basketball, and assistance for dribbling. <u>Students do not require help with behavior to stay in an area.</u>
Practice Details	Worthington Middle School 1045 Mascot Dr. Haslet , TX (5:45-6:45pm) January 6,13,20,27 February 3,10,17,24	Worthington Middle School 1045 Mascot Dr. Haslet , TX (5:45-6:45pm) January 6,13,20,27 February 3,10,17,24	Worthington Middle School 1045 Mascot Dr. Haslet , TX (5:45-6:45pm) January 6,13,20,27 (4 practices) Competition- Tuesday, February 3, 2026
Competition Details	TBD-parents will provide transportation to the AREA competition to compete against other area teams.	TBD-parents will provide transportation to the AREA competition to compete against other area teams.	Will ONLY participate in an in house competition at Worthington MS with our team on Tuesday, February 3.
Goal Height	Athletes MUST independently shoot a basketball at a 8 foot goal with some success (example hitting rim, backboard, basket)	Athletes MUST independently shoot a basketball at a 10 foot goal with some success (example hitting rim, backboard, basket)	Athletes will utilize a lower or closer goal, or may receive motor assistance (e.g., coach hand-over-hand) to complete the skill.
Area Independence	Athletes MUST remain in the designated area independently and follow simple directions, WITHOUT eloping.	Athletes MUST remain in the designated area independently and follow simple directions, WITHOUT eloping.	Our support will be focused on physical and motor skill success. Athletes must be able to manage their own behavior without dedicated one-on-one assistance.
Passing	Athletes MUST pass a basketball off the wall and have some success catching it.	Athletes MUST pass a basketball off the wall and have some success catching it.	Athletes CAN receive assistance to complete a passing modified activity.
Dribbling	Athletes MUST dribble a basketball with some success independently	Athletes MUST dribble a basketball with some success independently.	Athletes CAN receive assistance to complete a modified dribbling activity.