

SKILLS BASKETBALL



About Basketball Skills

Basketball Skills is a competition featuring a series of basketball fundamentals. Participants score points by executing these skills in a timed format.

2026 Competition Options

Basketball Skills Level 1 and Level 2 will be offered during the Spring Season. Athletes may compete in more than one sport in the Spring Season, with some restrictions based on State Games scheduling conflicts. Athletes in Basketball Skills may also compete in Swimming. Athletes in Basketball Skills may not compete in 3v3 Basketball or Team Basketball.

Events Offered

Level 1 Basketball Skills

Level 2 Basketball Skills

[Basketball Coaches Resources](#)

**Practice Schedule – NORTH MIDDLE SCHOOL GYM N88W16801 Main St.,
Menomonee Falls Saturdays 8:30am- 10:00am**

December 6, 13, 20

January 10, 17, 24, 31

February 7, 14, 21, 28

March 7, 14, 21, 28

April 11

Scrimmage Jan 17 or March 7?

****All practices are prepaid. Attending each session is important, as practice time is required for tournament eligibility and helps athletes build their skills. If you will be late or unable to attend, please notify the coach.****

2026 Regional Competition Basketball Skills

Qualification is required

Saturday, February 14th

Kettle Moraine Lutheran HS

3399 Division Rd, Jackson, WI 53037

2026 State Competition Spring Game

Qualification is required

April 17th – 19th

University of Wisconsin-Oshkosh

800 Algoma Blvd, Oshkosh, WI 54901

Rules & Forms

- [2026 SOWI Basketball Skills Rules](#)