FLBB SKILLS CHALLENGE 2026-2027

Challenge Schedule

A selection process will take place for each category:

- **U12 Category:**

Selection: U12 – at **La Coque, TT1 Gymnasium, Luxembourg (Kirchberg),** on Saturday, 13 February 2027.

- **U14 Category**

Selection: U14 – at **La Coque, TT1 Gymnasium**, **Luxembourg (Kirchberg),** on Sunday, 14 February 2027.

The four highest-scoring participants in each category and for each gender will qualify for the final, which will take place at **La Coque, TT1 Gymnasium,** on Saturday, 13 March 2027, just before the Luxembourg Cup finals.

All **finalists** will be invited to attend these games with one accompanying person of their choice.

A ranking of the highest scores by category and gender will be published on the federation's website on Monday, 15 February 2027, along with **the names of those who have qualified for the final**.

The winners will have the exceptional opportunity to attend a high-level FIBA game in Luxembourg.

Objectives of the Challenge

- Ensure a solid mastery of essential **fundamentals** for players in the U12 & U14 categories.
- Encourage the repetition of **technical skills** through individual challenges.
- Promote **quick and precise execution** of technical movements.
- Value **individual performances** that benefit the entire team.
- Strictly adhere to the **"traveling"** rule.
- Make this gathering a **festive and motivating moment** for everyone.

For the coaches

- We encourage you **to actively prepare** U12 & U14 players for the trials **within your clubs.**
- Use these drills as a mean to assess the **individual progress** of your players..
- We also aim to provide you with additional resources **to enhance** your practice sessions.
- We would like to inform you that national coaches will **be overseeing** the trials to identify players with high potential.

1. Anne SIMON Challenge

Dexterity - Shooting



You can find the challenge video at the following link:

https://www.youtube.com/watch?v=LhUrwO1icKg

Anne SIMON Challenge (Dexterity – Shooting)

- ✓ Left-hand shot to the left
- ✓ Right-hand shot to the right
- ✓ Choice of shooting hand facing the basket

45 seconds

I. Description

To start: The player begins in the non-charge zone. At the sound of the horn, they start dribbling to go around spot number 1 (No.1), located on the three-point line on the right side of the basket, then they perform a layup. After grabbing their rebound, they go around spot number 2 (No.2) and perform a second layup on the right side with their right hand.

To continue the circuit: They quickly dribble to go around spot number 3 (No.3), then they can choose to finish with either their right or left hand, making sure to use the correct footwork.

To continue the circuit: They dribble around spot number 4 (No.4) as quickly as possible, then perform a layup with their left hand. They then recover the ball, go around spot number 5 (No.5), and finish with a left-hand layup, making sure to use the correct footwork.

To continue the circuit: the player returns to circle around spot number 1 (N°1) and continues the exercise.

II. Rules

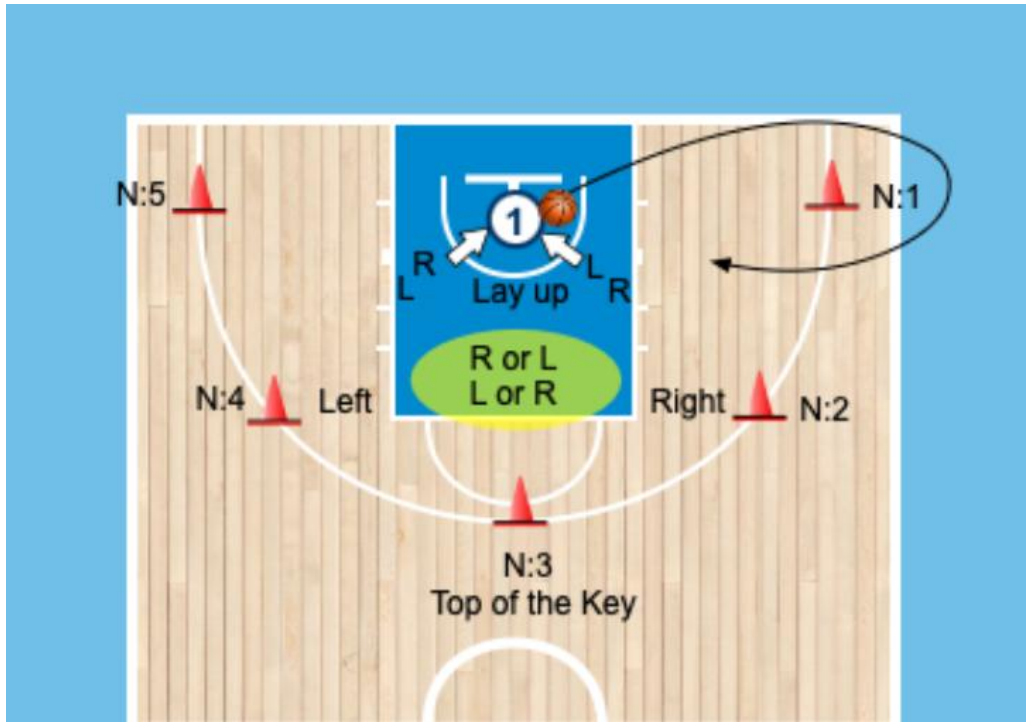
•Duration: **45 seconds**

- Order: move from spot N°1 to spot N°2, then to spot N°3, next to spot N°4, then to spot N°5, and start over in this order.
- Starting spot: non-charge zone (see diagram)
- The spots are located on the three-point line.

Scoring: (1 basket = 2 points)

III. Penalties

- The basket will be disallowed if there is no proper footwork during the layup.
- The basket will be disallowed if the player uses their incorrect shooting hand.



2. Malcolm KREPS Challenge

Dribble - Pass - Shot

You can find the challenge video at the following link:

https://www.youtube.com/watch?v=ibT7HFjSB00



Malcolm KREPS Challenge (Dribble – Pass – Shot)

I. Description

The player starts from Cone No.1 called "Start".

Dribble towards the target and perform a layup using the Left-Right footwork and shoot with the Left hand. The player retrieves the ball and moves to Cone No.2, dribbling around it with the hand of their choice. Then:

Dribble towards the basket and perform a layup using the Right-Left footwork and shoot with the Right hand.

Rebound and place the ball in the hoop positioned in the key area.

The player must make 3 passes,

1 pass to each target: No.1, No.2, and No.3

He takes the ball from the hoop placed in the restricted area and try to pass it through the vertical target by making a two-handed chest pass. This is done for all 3 targets, with no specific order to follow.

Step forward into a lunge position.

He makes this action for all three targets.

Restart the circuit by taking the ball placed in the hoop, dribble towards Cone No.1, dribble around it, and return to make a layup using the Left-Right footwork and shoot with the Left hand. Rebound and go to Cone No.2 while dribbling, and so on...

II. Rules

- Duration : **(45 seconds)**

Scoring: "1 basket made = 2 points" "1 successful pass = 1 point“

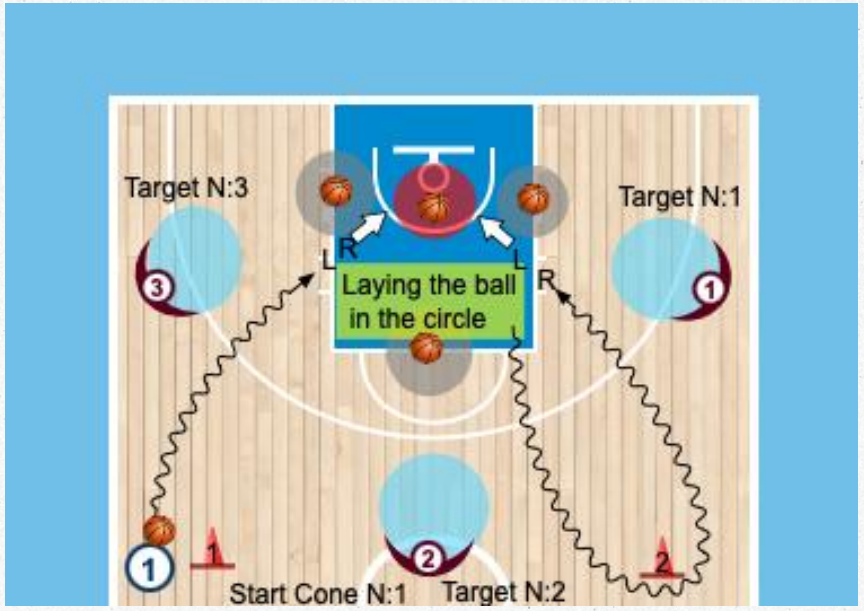
III. Penalties

- The point will be disallowed if the two-handed chest pass is not properly executed.
- If the player “travels” when starting from the spot, 1 point will be deducted from the total score, and the basket will be disallowed.
- The basket will be disallowed if proper footwork is not used during the layup.
- The basket will be disallowed if the player uses the wrong shooting hand.

Targets (hoops or other equipment) are placed vertically on the 3-point line and the centre circle (see diagram).

Place people behind the targets to retrieve the balls and reposition the equipment if necessary.

45 seconds



3. Ehi Faith ETUTE Challenge

Free-Throws

You can find the challenge video at the following link:

https://www.youtube.com/watch?v=MFbqgytwg5U



Ehi Faith ETUTE Challenge (Free-Throws)

I. Description

- Several sets of **2** free throws.
- After attempting 2 consecutive free throws, run to the centre circle, plant one foot, and return.

II. Rules

Duration : **45 seconds**

-5 seconds to take a free throw.

The buzzer sounds during a free throw :

If the ball has left the shooter's hands when the buzzer sounds, 1 point will be counted if the free throw is made.

Scoring Points:

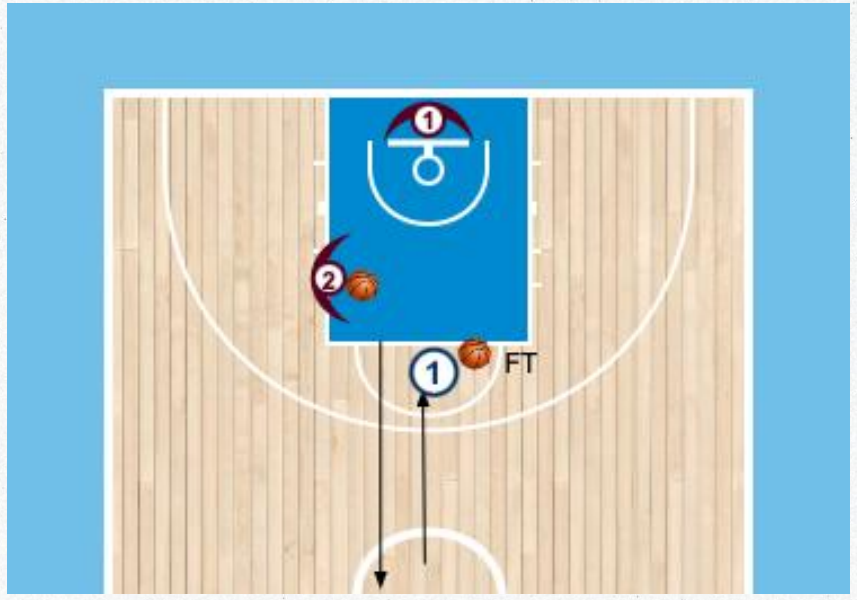
- **1 successful throw = 1 point**

Bonus : 2 consecutive successful throws in the same series = 3 points

III. Penalties

- Foot on the free-throw line = free throw denied.
- Not stepping **into the centre circle** = the free throw will be denied if it is successful.

45 seconds



4. Ben KOVAC Challenge

Shooting accuracy

You can find the challenge video at the following link:

https://www.youtube.com/watch?v=5e_gUXoZxa8&t=4s



Ben KOVAC Challenge (Shooting accuracy)

45 seconds

- ✓ **The player must follow the order of the designated spots.**
- ✓ **The positions of the shooting spots are shown on the diagram and specified according to the official measurements of a court 28 m by 15 m.**

I. Description

- The player shoots from the 5 positions in the specified order: 1, 2, 3, 4, 5. They start with the ball at spot No. 1 and restart a new series at spot No. 1.
- There is one rebounder and one passer.
- One foot must be in contact with the spot before each shot.
- **The first round is played with 2-points shots, and the second round is played with three points shots for U14s. For U12s, it's only two-point shots.**

II. Rules

- Duration : **45 seconds**
- Order: Must follow the order of the spots during a series...

A series is completed when all 5 shots have been taken at all 5 spots.

- Start a new series at spot No. 1.
- The current series will be interrupted by the sound of the end-of-test horn **(45 seconds).**
- **At the end of the 45 seconds** Each basket made scores a certain number of points. Add up the points scored according to these rules:

Scoring Points: **2-point shot = 2 points**
3-point shot = 3 points

III. Penalties

- If the designated shooting spot is not respected, the basket will be disallowed.
- If no part of the player's body is in contact with the spot before taking the shot, the basket will be disallowed.

(hoops, markers, spaces, lines...)

U12 competition and 1st round U14 at mid-range

U14 competition 2nd round at 3 points

