



1. **Equipment:** 8 1/2 inch nerf ball, basketball goal adjustable to 1.3 meters, metric tape measure, stop watch and tape.
2. **Purpose:** To measure the athlete's shooting ability under the stress of time.
3. **Description:** The athlete is instructed to shoot the ball at the goal from the three positions (1M, 2M, 3M) marked on the floor.
4. **Scoring:** The athlete is allowed 20 seconds to shoot the ball from each position. One point is awarded for each basket made.

NOTE: The athlete must stand behind the line. For wheelchair athletes, the axle of the large wheel must be behind the line.

FIELD GOAL