



Attacking Small Sided Games: Continuous Picking

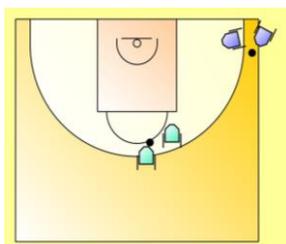


FIGURE 1

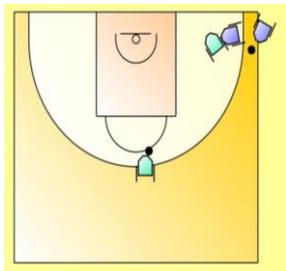


FIGURE 2

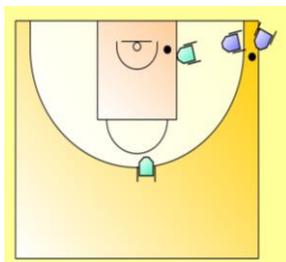


FIGURE 3

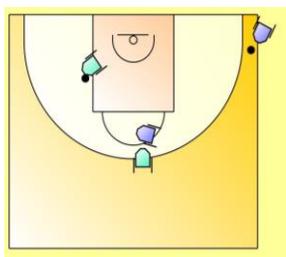


FIGURE 4

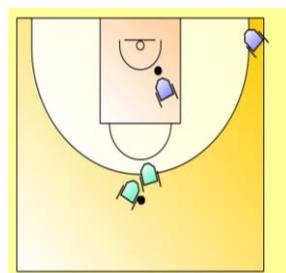


FIGURE 5

OBJECTIVE: To set a pick with the position of power.

Setup: Groups of 4 or more set up in the quarter court. There should be a line of 2 players on the corner of the baseline and elbow. (Figure 1)

Instructions:

1. First two in line do not have a ball, everyone else does.
2. Elbow player (green) without ball sets a hi-lo pick on the corner player (blue) without the ball. (Figure 2)
3. Green picker then rolls to the hoop and receives a pass from the elbow. They get their own rebound and return to the elbow. (Figure 3)
4. Blue corner player without ball goes up for a low-hi pick on the elbow green without the ball. (Figure 4)
5. Blue picker rolls to hoop and receives the pass from blue corner. Blue player gets own rebound and returns to the corner line. (Figure 5)
6. Continue for the set time, then switch locations and repeat.
7. Switch sides of the court and repeat.

Activity Rules / Games Approach:

- Player being picked must change their chair angle randomly.
- Use a J-cut to set the pick in the path of the player being picked.
- Hold picks for 2 seconds.
- Roll to the hoop in the position of power.
- Set either a time, number of picks or number of baskets as the limit. Switch lines when the limit is reached.

Coaches Key Points:

- Players should fake first to turn own imaginary check.
- Players should recognize player furthest from hoop and their back and communicate it.
- Players should use a J-cut and cover the path with the pick.
- Players should stop short of contact to avoid being hooked.
- Players should establish and maintain the position of power.

Variations:

- Have the player being picked trail momentarily for pressure, then they go and set their pick.
- Add a bronze defender in the centre of the key.
- Set up the lines at 45 right and 45 left above the 3-point line and do cross picks.

Mental:

- Recognize most exposed player by their back being exposed and being further from hoop. Communicate your intentions.
- Picture the path of the player you are picking and cover it with your axle and use imagery on the way back to plan next fake.