



Dribbling Skills: Knock Away

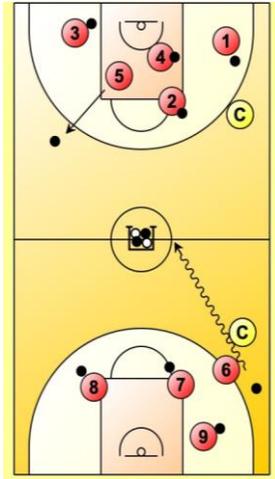


FIGURE 1

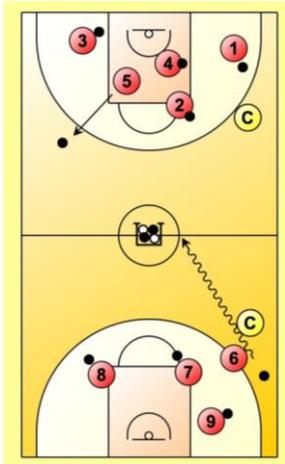


FIGURE 2

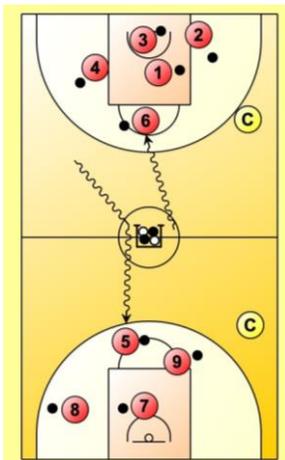


FIGURE 3

OBJECTIVE: To protect the ball from opponent and knock opponent's ball away.

Setup: One ball per player with boundaries of the baseline, sideline and 3-point line.

Instructions:

1. Must dribble within the specified boundary.
2. Objective is to knock an opponent's ball out of the boundary area.
3. If the ball goes out of bounds, a player violates the dribbling rule or a player crosses the boundary line, then that player is out.
4. Once knocked out, players go to centre and perform 5 two ball dribbles (or 5 eyes closed dribbles with one ball).
5. When task is completed, rejoin the game at the opposite end.
6. If knocked out again, add 3 to the task, and join the opposite end.

Activity Rules / Games Approach:

- Must dribble continuously. If knocked out, must perform specified task prior to returning.
- After performing the task, return to the game at the opposite end.
- Each time a player is knocked out, add 3 to the task and go to the opposite end from where they were knocked out.
- Players must actively be trying to knock opponent's ball away or else coach can send a player into the task area.

Coaches Key Points:

- Player should keep palm facing down - absorb the ball and push it with finger pads.
- Players should protect the ball by holding it away from the body, this time palm up.
- Players should dribble on to the 'clear' spots on the floor.
- Players should protect ball from opponent with side of chair and non-dribbling shoulder.

Variations/Loading:

- Use non dominant hand.
- Specify continuous dribble (i.e. no palm under the ball or on lap ever).
- Decrease or increase the area depending on numbers - if 3 or less in an area can use Key + D. 4.
- Change the task.

Mental:

- Parallel processing to use broad internal attention for dribbling, and broad external attention for avoiding opponent and trying to knock away a ball.
- When knocked out use breathing or visualization for a moment to refocus.