



Dribbling Skills: Rock, Paper, Scissors Tag

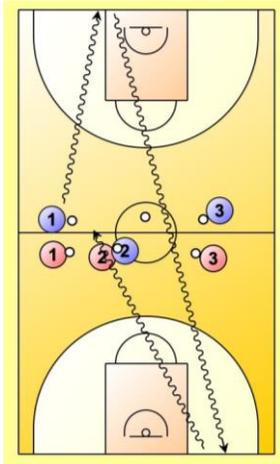


FIGURE 1

OBJECTIVE: Dribbling under time constraint and defensive pressure.

Instructions:

1. Line up across the centre line from a partner who is your speed.
2. Play Rock Paper Scissors.
3. Winner must dribble and touch both endlines, then return to centre.
4. Loser does task (e.g. 2 ball body circles) then tries to tag winner while dribbling.
5. A point is given for a return or a tag.
6. After each repetition, players return to centre and play again on their own time.
7. Play to 5 points.
8. If a player is ahead by 2 points or more, they must use their non-dominant hand to dribble.

Activity Rules / Games Approach:

- Winner of rock/paper/scissors gets to take off right away, and the loser does the task.
- Must avoid contact with others but may use them as pylons.
- Must always dribble legally.
- A tag anywhere is acceptable.

Coaches Key Points:

- Players must keep eyes up when dribbling and moving.
- Players should push and absorb the ball.
- Players should dribble the ball on the outside of the chair.
- Players should use continuous dribble/push for more speed and agility.
- Use a random player as a pylon to lose your chaser.

Variations:

- Can be done without a ball.
- Require non-dominant hand or alternate hand dribble.
- For uneven speeds, change the task for the loser, or change the dribble style for the faster player.

Mental:

- Each player takes turns leading a breathing exercise prior to each RPS set.
- Emphasize broad external focus to avoid contact and to find 'pylons' to use to pick off the chaser.