



Individual Attack: Dribble 1 on 1

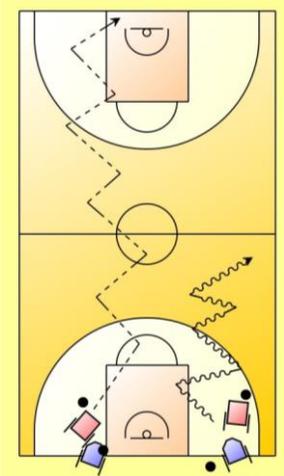


FIGURE 1

OBJECTIVE: To turn chairs, attack backs and protect the ball.

Setup: Pair players up based on speed and agility. Each player has a ball.

Instructions:

1. Designate a narrow court if desired, otherwise use full width. (Figure 1)
2. Attacker attempts to beat the defender down the court with 1 on 1 moves. Encourage attackers to be creative. (Figure 1)
3. Go for a set time, then switch roles.

Activity Rules / Games Approach:

- Stay within designated boundaries, if in place.
- Defender yells 'help' when beaten to get a re-set.
- Option to allow defender to tap ball away from attacker.

Coaches Key Points:

- Remind players of ball - body - defense.
- Players should turn the defender's chair and attack their back, attack when defender's head turns away.

Variations/Loading:

- Vary the space: use designated lanes for width or start at centre and go to endline or key.
- Require use of non-dominant hand only.
- For the first few rounds don't allow the defender to tap away the attacker's ball.
- Allow attackers to shoot at the far hoop.
- Allow attackers to tap away the defender's ball.
- Use cross court if too many players, however congestion can be a next move towards using another player as a screen/pick.
- Allow the defender to play without a ball.

Mental:

- Basic: scan to read the defender's angle and anticipated angle. Then attack their back.
- Advanced: parallel processing.
- Broad external focus on defender's position.
- Internal focus on ball management.