



Individual Attack: Fork in the Road

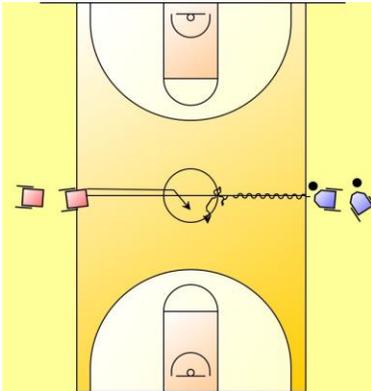


FIGURE 1

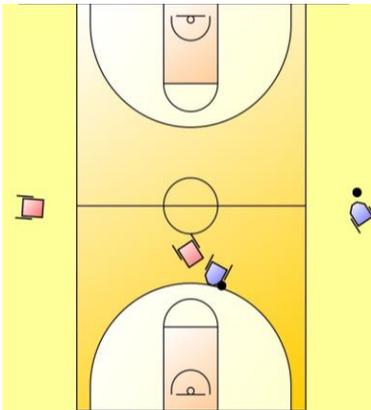


FIGURE 2

OBJECTIVE: To maintain the split-second advantage on attack through position of power.

INSTRUCTIONS:

1. Attacker and defender line up at centre. (Figure 1)
2. Attacker with ball initiates play.
3. Attacker dribbles with both wheels in centre circle, fakes (or not) and then chooses a direction to attack. They must decide within the circle boundary. (Figure 1)
4. The defender must fully enter the circle, then react to playing defense. (Figure 2)
5. Points awarded for stops and scores.
6. Switch sides once the target has been reached.

Activity Rules / Games Approach:

- Scoring options: point for a score or a stop or a point for a clean shot and extra point if it goes in.
- Play to 'x' number, must score to win.

Coaches Key Points:

- Attacker: once an advantage is gained, should stay in the position of power in the defender's path and use a variety of fakes.
- Defender: should watch attacker's torso for cues as to direction.

Variations/Loading:

- Stipulate non-dominant hand dribbling if ahead in score.
- Add a ball to the defender to hinder them.
- Allow defender head start to the attacker.

Mental:

- Attackers visualize their next move while in line.
- Attacker to use narrow external focus when shooting.