



## Individual Attack: Race to Score

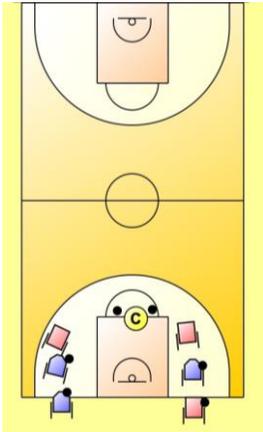


FIGURE 1

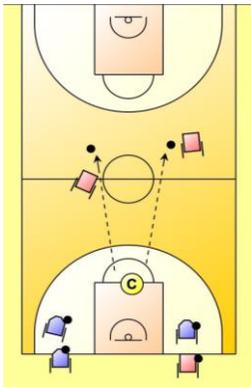


FIGURE 2

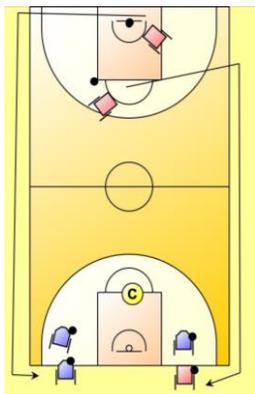


FIGURE 3

**OBJECTIVE:** Switch from broad external to narrow external focus under time pressure.

**Setup:** With a ball each, players line up parallel in equal speed pairs. (Figure 1)

**Instructions:**

1. Hand the ball to the coach when at the front of the line, coach says “Go” and tosses the balls forwards.
2. Players sprint to the ball. (Figure 2)
3. Players must try to score before each other.
4. A point is awarded for the first made basket.
5. Players come back around the outside and switch lines. (Figure 3)
6. Play to a set number of points.

**Activity Rules / Games Approach:**

- Coach should know the score to challenge the leader with a tougher roll to track down in subsequent tosses.

**Coaches Key Points:**

- Players should use the wheel to pick up the ball efficiently.
- Players should use the Quiet Eye Principle to lock in their aim.
- Players should cover the path of the opponent if the opportunity arises.

**Variations/Loading:**

- Award 2 points if the first shooter scores, and 1 point if the first shooter misses and the second to shoot scores. Otherwise, no points.
- Play with one ball, so the first to the ball is the attacker, the other must defend from behind.
- May need to start with Bronze/Silver/Gold defense progression if playing option 2 above.

**Mental:**

- Switch from broad external to narrow external for the shot.
- Focus on the aiming spot for the layup. Use Quiet Eye Principle (aim for 1 second, hold aim until ball goes in).