



Individual Defense: I Got So and So

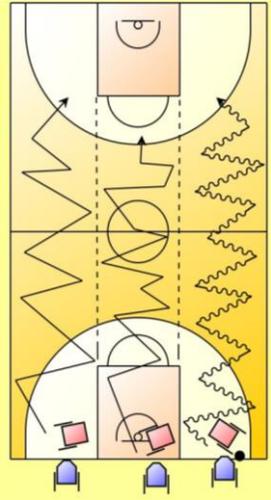


FIGURE 1

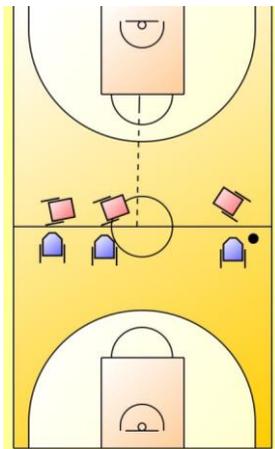


FIGURE 2

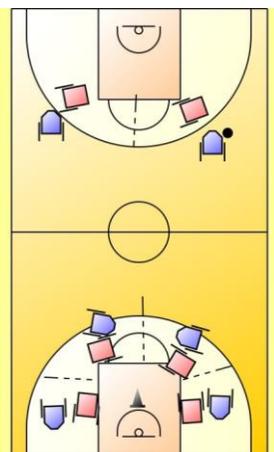


FIGURE 3

OBJECTIVE: To cover the path and limit attacker's penetration.

Instructions:

1. Pairs start matched up by speed/agility.
2. Defender starts 1m from attacker and covers the path to start.
3. Lanes/boundaries are designated for each task.
4. Attackers try and make it to the designated area in a task.
5. Defender yells "I got so and so 1" (continue counting) to win the activity and earn a point. Substitute the check's name for the 'so and so'.
6. Switch attacker and defender and go again.
7. Whoever gets to the highest number of "I got so and so" earns a point.

Activity Rules / Games Approach:

Task 1: Baseline to front court 3-point line. (Figure 1)

Task 2: Centre line to key. (Figure 2)

Task 3: 3-point line to key. (Figure 3)

Task 4: Edge of key to touch marker set up in middle of key. Four options for the set-up, pick a new option each time. (Figure 3)

Coaches Key Points:

- Players should cover the path with either axle to caster or rubber to metal.
- Players should have head up and eyes scanning.
- Players should recover hands quickly to ready position.
- Players should communicate specific actions.
- If attacker has a ball, reach only when safely stopped (poke, tap under, shadow).
- Overplay to influence the attacker to your position of power or to their weak side if dribbling.
- Players should learn the opponent's tendencies.

Variations/Loading:

- Use half court width lanes.
- Use one third lanes but one end of the court allows attackers to use other pairs as pylons.
- If they beat the defender and the defender yells "help", then the drill gets reset from that spot.

Mental:

- Communicate "I got so and so x" smoothly and evenly.
- Between repetitions players should use focus/refocus words and watch another pair and visualize what they are doing.