



Small Sided Game: Number Game

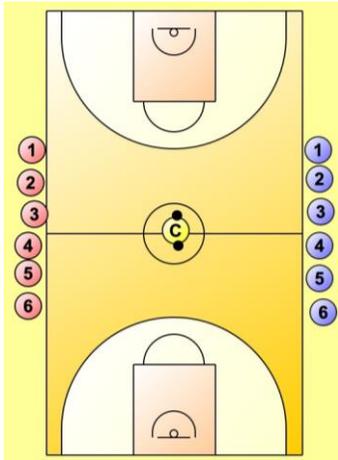


FIGURE 1

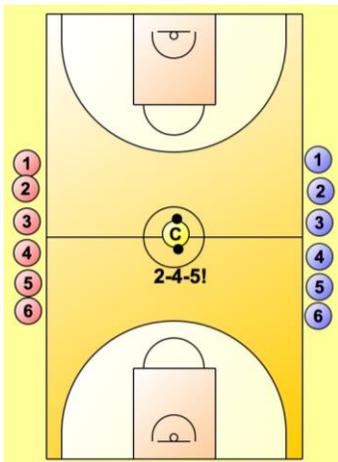


FIGURE 2

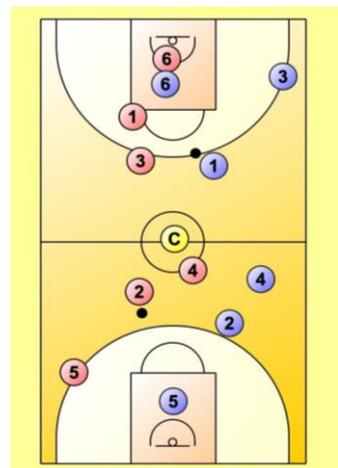


FIGURE 3

OBJECTIVE: To have players instantly react to attack and defence.

Setup: Assign players a number (players should be matched by ability). Players line up across from their number on opposite sides of the court. (Figure 1)

Instructions:

1. Coach will call 3 numbers.
2. The coach then tosses a ball in each direction.
3. The players whose number is called will play 3 on 3 on one end of the court. (Figure 3)
4. The other players will fight for the ball and play 3 on 3 at the opposite end.
5. First group to score gets a point for their team. Reset and repeat. Play to 7 points.

Activity Rules / Games Approach:

- Play 3X3 rules.
- Point awarded for first team overall to score.
- Coach can require the team in the lead to pass to all players prior to a shot.
- Coach can toss the ball closer to the losing team to help them attack and score first.

Coaches Key Points:

- Alertness and awareness are key points.
- Players should find their check quickly on defense.
- Be aware to stop top threats as a priority.

Variations/Loading:

- Require 2 baskets to be scored in order to earn a point for the team.
- Once a team at one end has scored, the scorer and their check or the whole team can join in the other end.
- Add process mini-game rules such as:
 - Passing only
 - Motion attack rules (2 sec or 3 sec possession time)
 - Must have set a pick to have basket count
 - Can only use hook passes, or one hand passes, etc.
- Add process mini-game point incentives such as:
 - Extra point for a particular way of scoring (e.g. scoop, post up, bank, etc.)
 - Extra point for 5 passes or a pass off the dribble

Mental:

- Alertness and awareness can be developed by listening carefully.
- Set goal to react quickly to get easy baskets.
- Once going to the correct court, players should scan to see who they have for teammates, and then use their conceptual knowledge of teammates and defenders.