



Small Sided Games: Everyone Dribbles

OBJECTIVE: To develop ball handling, dribbling and chair positioning skills with a distraction.

Setup: One personal ball per player.

Instructions:

1. Everyone has a ball which they must legally dribble at all times (on both offense and defense). (Figure 1)
2. Designate one game ball that is distinguishable from players' personal balls (different design, or tape around the middle). (Figure 1)
3. Must continue to legally dribble with personal ball when in possession of game ball. (Figure 2)
4. Optional rule for advanced players: Opponents may knock your personal ball away when you have the game ball.
5. Play to score on half court.

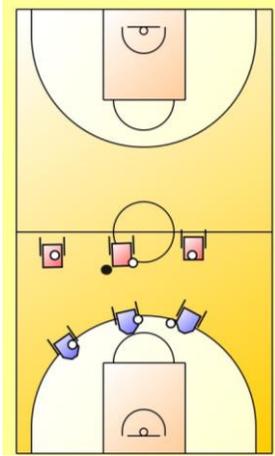


FIGURE 1

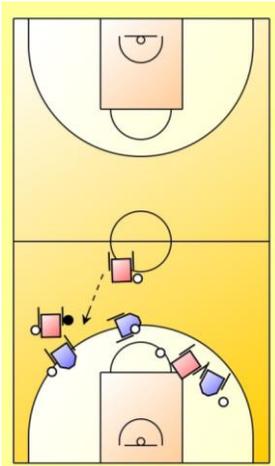


FIGURE 2

Activity Rules / Games Approach:

- Players must legally always dribble.
- Coach can enter ball that goes out of bounds.
- Players should do their best to stay on their check.

Coaches Key Points:

- Players should dribble lower when stationary.
- Players should protect the ball from opponents (ball-body-defense).
- Players should dribble in open area of floor, look for open space on defense and cover the path of their check.

Variations/Loading:

- Remove or add a rule where a player's ball can be knocked away at any time or modify it for pairs.
- Add a possession time for individual possession.

Mental:

- Players should maintain broad internal attention when dribbling and broad external when scanning (Parallel Processing).
- Use cue words and breathing to control feelings like frustration.
- Players can set a goal to maintain personal ball for 'x' number of possessions.