



Team Tactics: Gap Start Game

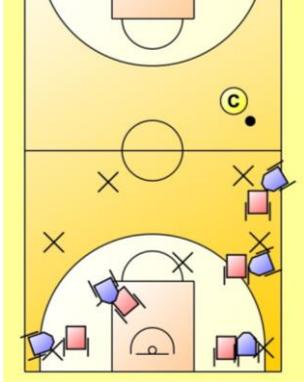


FIGURE 1

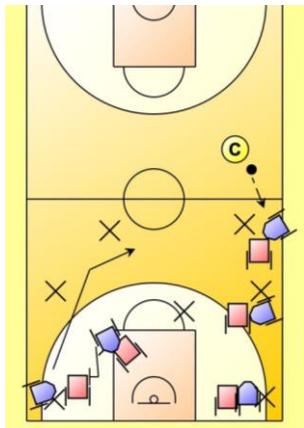


FIGURE 2

OBJECTIVE: To recognize and react to single gaps, double gaps, mismatches and backs.

Setup: Teams set up for 3 on 3, 4 on 4, or 5 on 5 and assign checks.

Instructions:

1. To start, the attackers go to a marker on the floor. A player who is not their check guards them. (Figure 1)
2. On 'Go', players read the situation, and the coach passes the ball to one of the players. (Figure 2)
3. The possession is played out.
4. Reset at the end of the possession. Attackers must go to a different marker than last time with a different person guarding them. From here on it can be their check.
5. After 5 possessions, switch attack and defense.

Activity Rules / Games Approach:

- Attackers must go to a different marker each set.
- There should be more markers than players on a side.
- Coach can pass the ball at any time once live action has commenced.
- Coach should give the players a moment to look around at the start.

Coaches Key Points:

- All players must look for double gaps, single gaps, mismatches, poor chair position and exposed backs.
- All players must be aware of what their teammates are doing and respond accordingly.
- Attackers and defenders must communicate their actions.

Variations/Loading:

- If the attackers score, they can stay on attack, otherwise they must switch.
- Play out a sequence of Score/Stop/Score or Stop/Score/Stop.
- Play to 2 baskets.

Mental:

- Use broad external focus to determine the situation.
- Communicate intentions.
- Take a deep breath between each repetition.