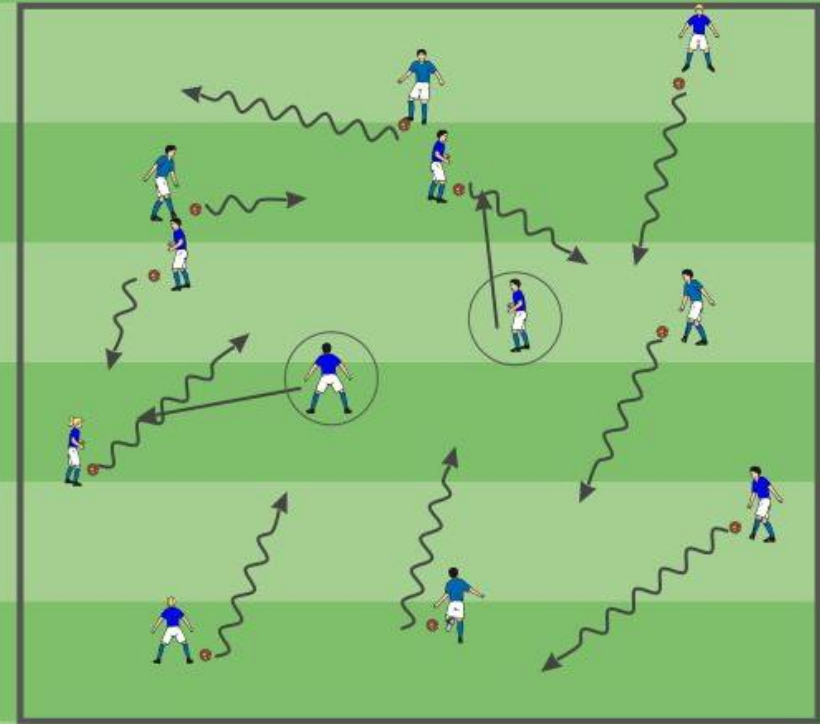


All Dribble - With Defenders

Set Up

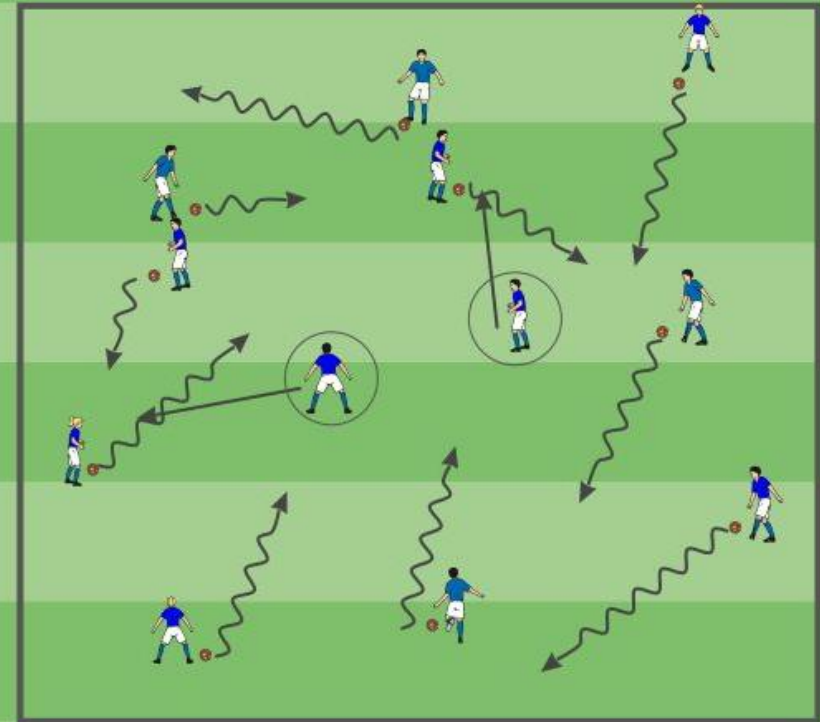
- Grid Size: Indoor: Size of available basketball court/Outdoor: 20 x 20 – 20 x 44 yards or about half of the penalty area to full penalty area. Divide area in to quarters
- **Rules:**
 1. Designate certain number of players to be defenders/# will depend on ability level and number of total players at practice
 2. Every other player has a ball
 3. Players continually dribble inside the area/Must stay within the designated area
 4. Dribblers attempt to keep possession of the ball
 5. Defenders attempt to steal ball (not just kick away, defenders must steal or win the ball) and keep possession
 6. If a dribbler loses possession of the ball to a defender, the defender now becomes the dribbler and the dribbler becomes the defender
- **Progressions:**
 1. Add more defenders depending on skill level/success rate. Can play with slightly more defenders than dribblers, so dribblers must keep possession from multiple defenders at once.



All Dribble - With Defenders

Activity Focus

- Technical: Dribbling to keep possession/Dribbling to penetrate/Shielding/Individual Defending
- Tactical: Decision making regarding spatial movement, which technique to use, when to implement the proper technique/Decision making regarding how to close space, when to close space, where to force, when to attempt to win the ball, how to attempt to win the ball
- Physical: Running/change of speed – acceleration & deceleration/change of direction – quickness
- Psycho – Social - Mental: Interaction with teammates/Competing against teammates/Meeting the Challenge: Increasing quality of play, increasing speed of play/Focus on learning new skill or improving known ones

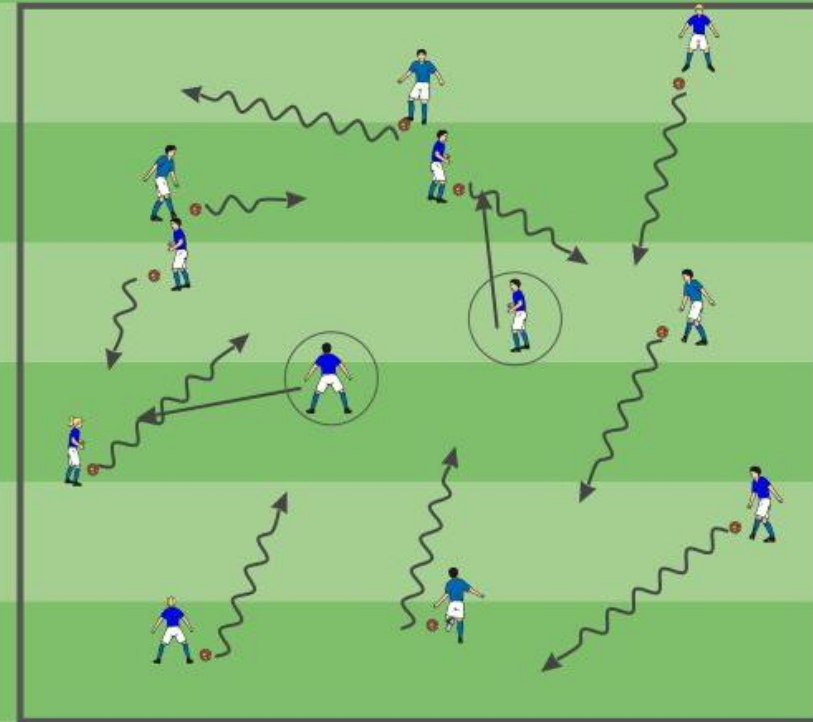


All Dribble - With Defenders

Coaching Points:

- All dribbling coaching points from previous activities apply here
- Body Position and technique to Shield: 1. Player must first put their body between the defender and the ball/2. Body must be turn side on, so shoulder is facing the defender and not their back/3. Player must lower their center of gravity by getting into a half squat position (bend their knees keep their torso upright)/4. Players must have a stance wider than shoulders. This positioning will make them harder to push around/5. Overall, a player must be side on, low and wide. Not straight, tall, and narrow
- Player should not just be dribbling backwards with pressure
- Very important that the ball is on the outside of the far foot from the defender so defender can't poke it away. Common mistake for the player to try to shield with the ball directly under them.
- Player must be close enough to the ball to role it to one side or the other as the defender tries to step in to win the ball/Player should not have one foot on top of the ball, trying to balance and shield on one leg
- If the defender steps to try to win the ball, player must spin in the opposite direction and accelerate away with the ball
- Defenders: Focus for this activity is to attempt to win the ball first and, if the ball cannot be won, to knock the ball away
- Defenders: 1. Take angle of approach to force onto weak foot/2. Keep your feet moving/3. when dribbler take big touch past you, attempt to step across their path to the ball (get in between them and the ball)/3. If you cannot step in between choose between a block tackle and poke tackle, then execute properly at correct time

Note: Please refer to curriculum for more complete coaching points on individual defender



All Dribble - With Defenders

Questions to Ask Players:

Attackers

- Where is the open space?
- Where are the defenders?
- What angle and speed is the defender closing at?
- What is the best way to go past the defender/protect the ball?
- How can you go past the defender (can you use deception and change of speed)/protect the ball?
- Can you demonstrate good shielding technique?

Defenders:

- Can you keep them in front of you/win the ball/tackle?
- Is the attacker in control of the ball/can they change direction or speed right now? If not, can you step in between them and the ball? If not, can you block or poke tackle?
- Is the attacker in control of the ball/can they change direction or speed right now? If yes, can you keep your feet moving and maintain a good distance to react to their next move and keep them in front of you
- Why did the attacker go past you? Were you flat-footed? Were you still closing too fast as they pushed it past you? Were you too close? Did your angle/body shape give them a path past you?

