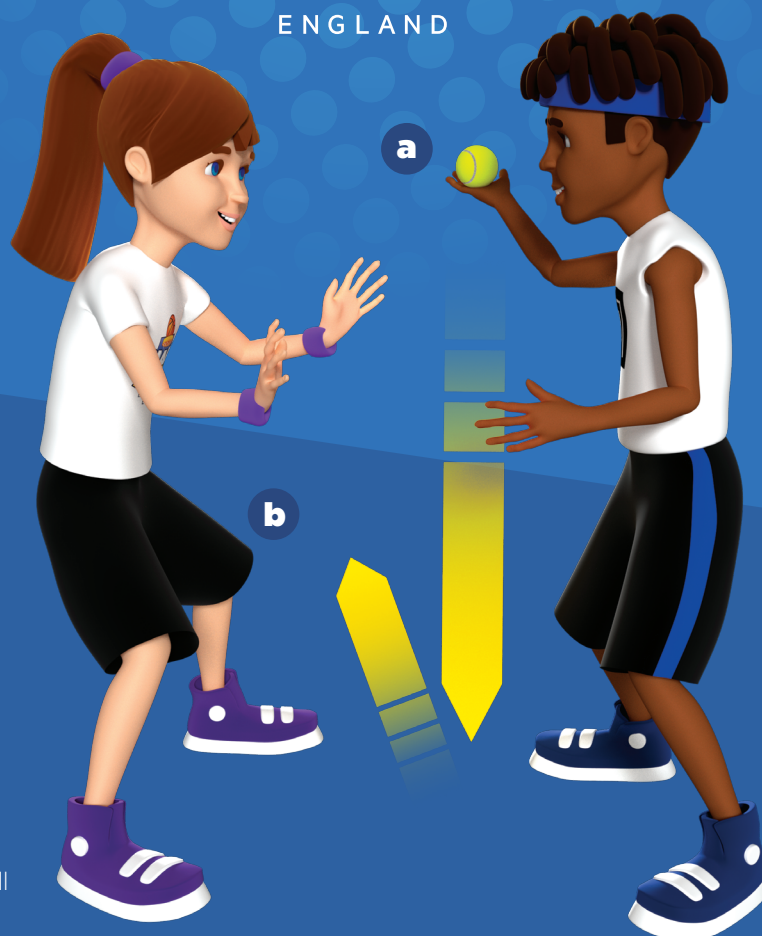


MOVEMENT DEVELOPMENT

Catch

15 MINS

EQUIPMENT



- a** Hold the ball in front of your partner.
- b** Partner has to catch the ball before it hits the ground.

Organisation

- **Hare & Hounds:** The activator organises the players into rows standing next to each other. One is labelled the 'hares' and the other is labelled the 'hounds.' The activator calls either 'hares' or 'hounds.' The called group turns and sprints away towards a line 5m away, while being chased by the other group. Repeat practice.
- **Catch:** In pairs, players stand opposite each other. One player holds a basketball or tennis ball and drops it and the player opposite must catch it before it hits the floor.

- **1 v 1:** In pairs, players stand facing each other. One player has a ball. For a set time period, one player aims to keep the ball by dribbling, while the other player aims to steal the ball.

Top Tips

- Challenge players to make a set number of successful catches.
- Reward players who demonstrate effort during practice.

GAME INTRODUCTION

Increase the Defence

15 MINS

EQUIPMENT



a Work as a team to pass defenders and score.

b After every go, another defender is added.

Organisation

- Split the group into teams of four or five.
- Each team will work towards one basket only. If there are more than two teams and only two baskets available, set up another court and allow other teams to pass the baseline to score.
- The game starts with one defender and the offensive team starts the attack on the mid-court line. The offensive team has 30 seconds to attack.
- After one attack, the offensive team returns to the mid-court line and another defender is added.
- Continue this cycle until the final offensive player attempts to score.
- Reset the game and play again, ensuring defenders start in the opposite order.

Question Corner

- How did you work together in defence to stop the attack?
- How did you work together in offence to score?
- Why is defence important in basketball?
- Did the practice make you feel out of breath? Why is this important?

Top Tips

- If some teams are playing to the baseline, ensure teams are rotated to provide shooting opportunities for all players.
- Depending upon the ability of the players, increase or decrease the speed of practice between attacks.

GAME DEVELOPMENT

Five Ball Attack

BASKETBALL
ENGLAND

30 MINS



EQUIPMENT



- a** Work as a team to go by defenders and score.
- b** After five goes, swap sides.

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www.basketballengland.co.uk

GAME DEVELOPMENT

Five Ball Attack

30 MINS

EQUIPMENT



- a** Work as a team to go by defenders and score.
- b** After five goes, swap sides.

Organisation

- Teams of three or four.
- Two teams will use one basket only. If there are more than four teams and only two baskets available, set up another court and allow teams to enter the baseline to score.
- One team attacks and one defends until the offensive team has had five attempts.

2 Individual Challenges

- Limit the transition time between balls.
- Challenge players not to travel. Restart the practice if challenged players travel.
- Challenge dominant players to assist other players.
- Challenge players with a time limit for possession.

1 Rules

- Offensive teams start on the centre court line and the activator passes them a ball to attack for one possession.
- When the possession is over (after scoring or when a defender steals the ball) the offensive team returns to the centre court line to start again.
- Repeat until the offensive team has had five opportunities to attack.
- The defending team then has an opportunity to attack.
- Ensure players take it in turns to start with the ball.

Question Corner

- What did you notice when you attacked quickly?
- What was the best way to defend? Why?
- What was the best way to attack? Why?