

MOVEMENT DEVELOPMENT SHAPES

Target Pass



15 MINS

EQUIPMENT



- a** On balance. Ball in the pocket so the player can shoot, pass or dribble without moving the ball.
- b** Arms in front of body and bent knees.

Organisation

Set up an area so players can move around freely.

1 Triple Threat

In pairs, players are numbered one and two. Without a ball, number one moves around the area in the most creative way possible. Number two follows and copies the movement. On the blow of the whistle, players get into a triple threat position. Swap the leader every 30 seconds.

2 Control the Ball

In pairs, the players stand on a designated line. In a press up position, players take it in turns to move 5m away from their line and back, whilst controlling the ball with their hands. Challenge players to move forwards, backwards and sideways. Remove the ball if players are struggling to control it.

3 Animal Shapes

Players start on the court. On the activator's command, challenge players to move around like their favourite animal. If a player is demonstrating a creative shape, stop the group and ask them to observe. The group will then copy this shape. Continue this cycle.

Top Tips

- Encourage players to get into squat positions wherever possible.
- Balls can be removed or added to challenge players accordingly.
- Praise players who try to be creative and demonstrate a good triple threat position.



GAME INTRODUCTION

Duel

15 MINS

EQUIPMENT



a Try to run around defender to the baseline.

b Defenders use defensive position to help blocking.

Organisation

- Groups of three or four.
- Set up a suitable area with the available space.
- A defender stands in the middle of the channel in a defensive position.
- Attackers, without a ball, take it in turns to get past the defender in a 1v1. Use a 10 second time limit to speed up the practice.
- After each attacker has had two goes, swap the defender.
- Ensure waiting players are practicing skills (figure of eights, around the waist, around the head).



Question Corner

- What was your game plan?
- What advice did you share with others?
- Did the activities make you feel out of breath? What is good about that?

Top Tips

- Introduce dribbling to challenge attackers.
- Encourage the attackers to share ways of beating the defender.

GAME DEVELOPMENT

End Ball

BASKETBALL
ENGLAND

30 MINS



EQUIPMENT



a As a team, get the ball to the opposition's baseline.

b Defenders can work together to intercept the ball.

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GAME DEVELOPMENT

End Ball

30 MINS

EQUIPMENT



a As a team, get the ball to the opposition's baseline.

b Defenders can work together to intercept the ball.



Organisation

- Stay in the same groups from Duel (three or four).
- Using the same area from Duel, the groups now become teams.
- Two teams per area.
- After 5 minutes' play, move one team from each court anti-clockwise.
- Each team will play equal games.

1 Rules

- One team starts with the ball on their baseline.
- To score, they have to pass or dribble the ball to the opposition's baseline.
- Once a team have scored, they leave the ball and the non-scoring team have a go at attacking.
- Travelling is allowed as long as the attacker is attempting to dribble and invade space.
- Defenders can intercept or steal the ball.

- Ensure players take it in turns to start the attack.
- No lob passes - these are passes over the defender's head.

2 Individual Challenges

- Challenge players not to travel.
- Challenge players to score by only passing to a team-mate on the baseline.
- Reward teams with an extra point if they can make a set number of passes before scoring.

Question Corner

- Who did I challenge not to travel? How did it go?
- What do you need to work on for next time? Why?
- What is the best way to defend/attack? Why?
- What did you enjoy the most about today's session? Why?