

## MOVEMENT DEVELOPMENT

# Dribble Mania



15 MINS



EQUIPMENT



- a** Shield the ball using your body.
- b** Use your free hand to knock other balls away.

## Organisation

- Each player has a ball.
- Set up an area big enough to allow players to move around freely.
- Players dribble the ball around the area and try to avoid each other.
- Once players are comfortable with the practice, introduce 'steal.'
- 'Steal' allows a player to knock the other player's ball out of the court.

- Before returning to court, once a player's ball is knocked out of the area, players must perform a figure of eight.

## Top Tips

- Challenge players to use both hands to dribble.
- Challenge players to use their non-dominant hand only.
- Adjust the size of the area to challenge the players.

## GAME INTRODUCTION

# Piggy in the Middle

15 MINS

EQUIPMENT



a

Receiver moves into a space away from the defender.

## Organisation

- Groups of three, four or five (if a group of five, two players are in the middle).
- Groups can move anywhere around the court.
- Keeping the ball away from the defending player, players can pass how they like.
- The player in the middle is changed every 30 seconds.

## Question Corner

- What was the best pass to use and when? Why?
- How did you work together? Did you enjoy that?
- Did you find any creative ways to pass the ball? Show me.

## Top Tips

- Use selected passes only (chest, bounce, overhead).
- Challenge receivers to move into space.
- Ensure children are playing defence.

## GAME DEVELOPMENT

# Mat Ball

BASKETBALL  
ENGLAND

30 MINS



EQUIPMENT



- a** Pass or dribble the ball to the player on the mat.
- b** If intercepted or a point is scored, change teams over.

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[www.basketballengland.co.uk](http://www.basketballengland.co.uk)

## GAME DEVELOPMENT

## Mat Ball

30 MINS

EQUIPMENT



**a** Pass or dribble the ball to the player on the mat.

**b** If intercepted or score, change teams over.

## Organisation

- **Minimum:** Teams of 3. **Maximum:** Teams of five. (No substitutes)
- Create as many teams as possible. This may mean one team is on rest and teams may be uneven.
- Set out enough courts to allow all teams to play. Recommended court size: 5m wide and 10m long.
- One player from each team to stand on a mat on the baseline.

- Players can pass or dribble the ball through the court.
- Once a team has scored, they leave the ball and the non-scoring team has a go at attacking.
- Travelling is allowed as long as the offensive player is attempting to dribble and invade space.
- Defenders can intercept or steal the ball.
- Ensure players take it in turns to start the attack.

## 1 Rules

- A player stood on the mat starts with the ball.
- To score, the offensive team must pass the ball to the player on the mat.

## 2 Individual Challenges

- Challenge players not to travel.
- Reward teams with an extra point if they can make a set number of passes before scoring.
- Challenge players to make assists rather than score.

## 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?