



Week 4 Dribbling and Defending

EQUIPMENT

Balls
Cones
Bibs
Target for Goals

Warm Up: Keep the Ball

In groups of 2 or 3 depending on the number of balls that you have available, and 2 or 3 groups with no ball.

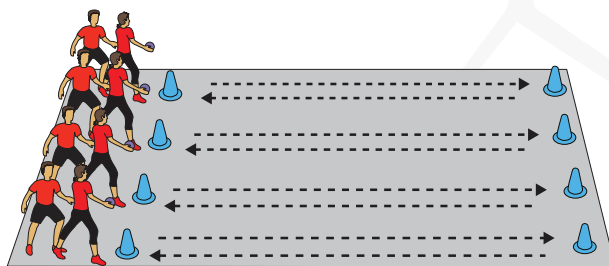
The aim of the game is for the groups without a ball to win the ball back from another group by intercepting a pass or forcing a rule violation by marking up and stopping a passing opportunity.

The groups with a ball can move freely within the hall, the players with the ball can move using their 3 steps and have a maximum of 3 seconds when standing still before making a pass.

Skill Session 1: Dribbling the Ball

Split the group into teams, behind a cone. Each group with 1 ball. One at a time dribbling the ball up and back down – focus initially is on technique and controlling the ball.

- » Free to use any hand.
- » Right hand only.
- » Left hand only.
- » Left hand on way up and Right hand on way back down.



Next Step: Choose 1 or 2 of the exercises above and do them as a race looking at increasing the speed of the dribbling.

Skill Session 2: 10 Passes Game

Same set up as the 10 passes game in week 2, however the focus should be on the 1-to-1 defence. Starting off by pairing up the players with someone in the opposite team, when their team does not have the ball then this is the player that they are responsible for defending.

Next Step: When the team are not in possession they should mark the player nearest to them (no 2 players marking the same attacker).



Game(s): Hit the Bench

Playing games across court – 5 v 5 (smaller teams are ok, max of 5v5 to ensure maximum participation in the games) - ideally with 2 or 3 games happening at the same time for larger classes.

