

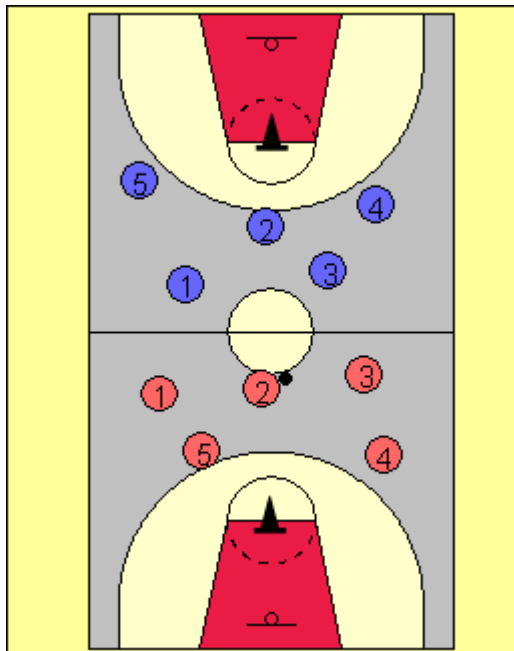
Games Approach to Post Play

It is often difficult for players to grasp the concept of passing the ball to player near the basket. Too often we teach this concept as a strategy without developing the basic decision making that goes along with the concept. What I am suggesting is to use an old PE game called Borden Ball, actually I called it murder ball, but I am not sure if that is appropriate.

Borden ball is an excellent game for teaching passing and moving.

Rules:

- score a point by knocking over the other teams pylon
- No dribbling (this rule can be modified to just be in the back court and eventually in the full court, I have also allowed one dribble, this give the player the chance to get by the defender to shoot for the pylon.)
- Fouls / violations / court dimensions are similar to basketball – start with a jump ball
- The pylon can be placed in the circle or use the entire key. No one is allowed to play defense on the pylon at first. This means that neither team can place players in the circle or key. As the game progress you can allow a goalie. Don't use a basketball in this case because they will throw the ball too hard at the goalie.

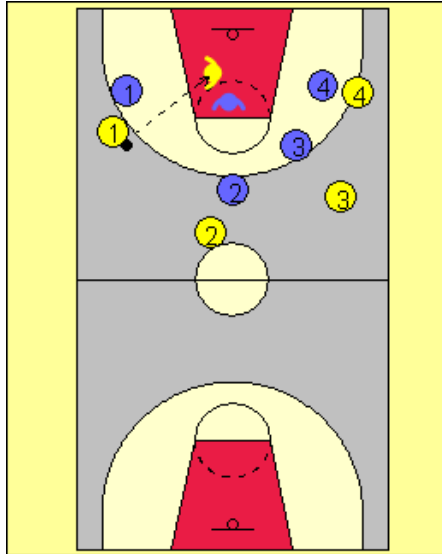


The players learn to:

- move with out the ball
- look to pass in the direction of the basket
- make relay passes to the person who is in a better position to score

Live

Now the game is played up and down the floor trying to pass to the player in the key. At first do not have a three second rule.



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- 3 second rule
- Designate a new post and post defender each time down the floor. The team that can get every player one catch in the post is the winner.
- Post gets a free shot at the basket upon the catch after the catch the ball must be passed back out. See how many times a team can get the ball inside.
- Post must catch - pass out now real basketball