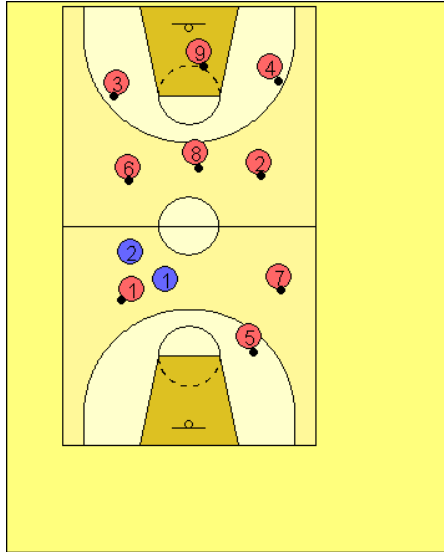


# Modified games

## Games to improve skills



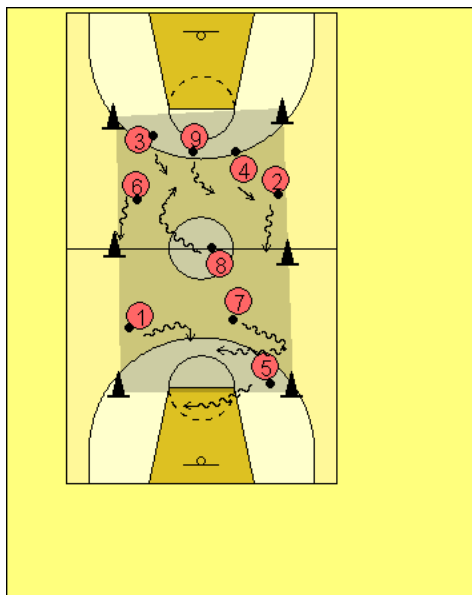
### Doubles tag

1

Everyone has a ball except two players. These two players must attempt to trap one player and tag him/her at the same time. This player now becomes the trapper along with his/her partner. To have more activity, have more than one pair of trappers.

A more advanced version is to have the players make the player pick up the ball. This is an excellent game to teach trapping skills and head up dribbling.

You could also add passing to the game. Each pair has one ball except the two player who are it. They must work to trap the ball or intercept the pass (deflection). They may decide that one player can pressure the ball and the other player denies the pass to the partner. The trappers must develop their own strategy.

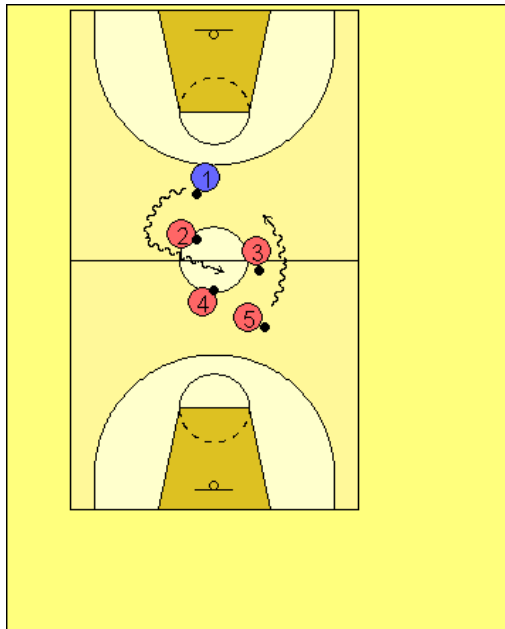


### Speed drill

2

The players dribble in a confined space keeping their heads up changing direction. It is a good time for the coach to work on scanning (have a coach stand at each side of the space giving signals, rim, right, left). On the whistle the players must sprint as fast as they can while dribbling to open space outside the area. When they reach here a second whistle they come to a stop and pivot back to face the middle. On the coaches command they speed dribble back into the area but come under control when faced with congestion.

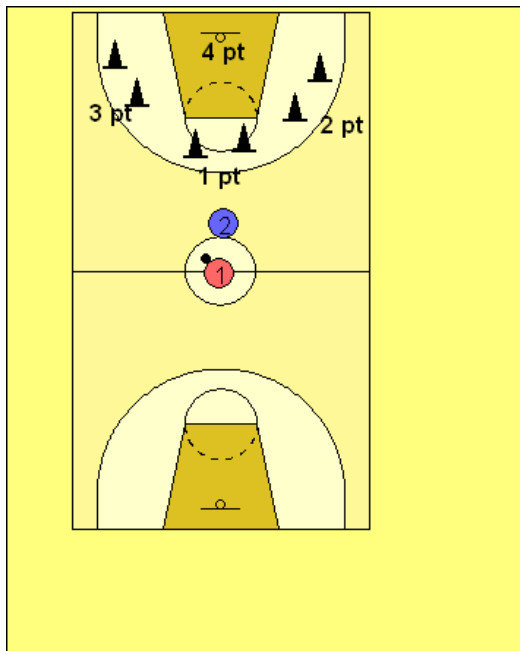
This teaches the idea of closed space vs. open space plus the idea of changing speeds.



### Circle Dribble tag

3

Three players form a circle (you could have more or less). These players have a ball and perform Maravich drills or stationary dribbling. Player #1 is attempting to tag player #5. #1 is allowed to go through the circle while #5 must stay on the perimeter. #5 can use the stationary players as picks.



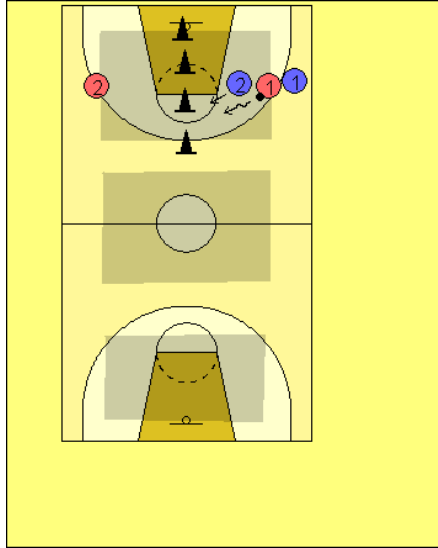
### Baseball

4

Set up three goals that the ball can be dribble through by the offensive player. The width depends on ability. The player with the ball can choose to go through any of the three goals. If successful he/she also attempts to score a basket for bonus points. The defense must prevent the dribbler from dribbling through one of the goals. The offense has three outs:

- ball being stolen
- picking up dribble
- not going through a base in the specified time limit

Keep score. These drill forces players to use dribble skills to specified areas. It begins to teach defense as well as strategy and tactics.

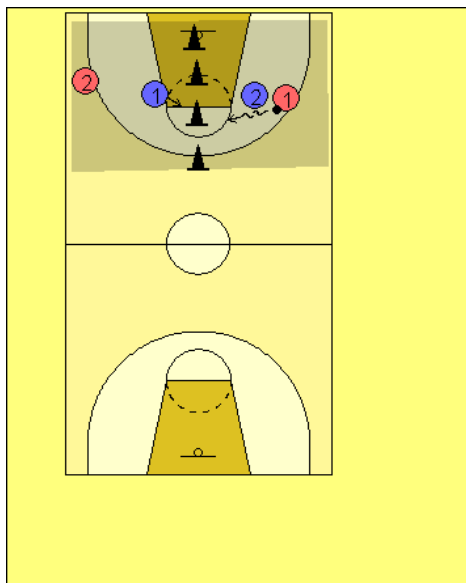


5

### 1 on 1 badminton court

Set up pylons across the centre of the badminton court. Spacing is determined by the skill level of the players. #1 on offense attempts to dribble the ball to the other end of the court going between the two middle pylons. The defense is attempting to make the player cross half to the outside. Give a point for defense for forcing the ball to the outside. A point for offense for crossing the middle. If the defense can make the ball go out of bounds or force the ball to be picked up a bonus. Also give the offense a time limit. Once the offense gets to the far end the ball is passed to the other defender (#2 red) and the offense becomes defense.

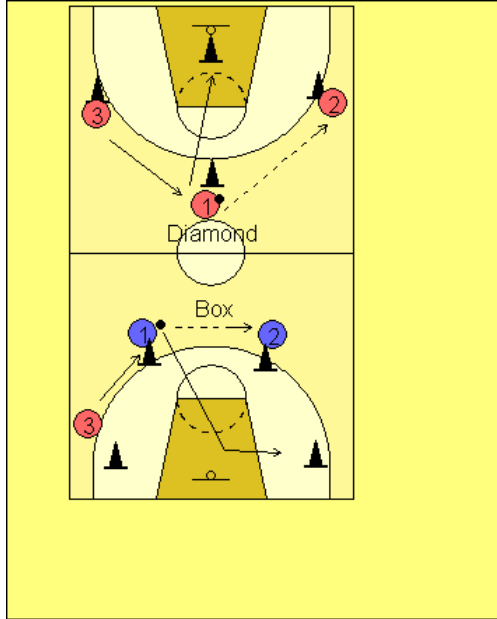
Option: If the offense feels he/she is not going to be successful the ball can be passed down court to the far player who is now on offense coming in the other direction. The player who passed now rushes up to play defense. No point is scored for either offense or defense but possession is lost. This teaches strategy.



6

### Next progression

In the second progression it is two on two. The two defenders try to prevent the ball crossing through the middle of the court. The defense can trap the ball. The offense can pass the ball to the other offensive player at the far end at anytime. That player now tries to get across half in the middle of the floor. Excellent drill for teaching strategy and attacking and applying pressure.



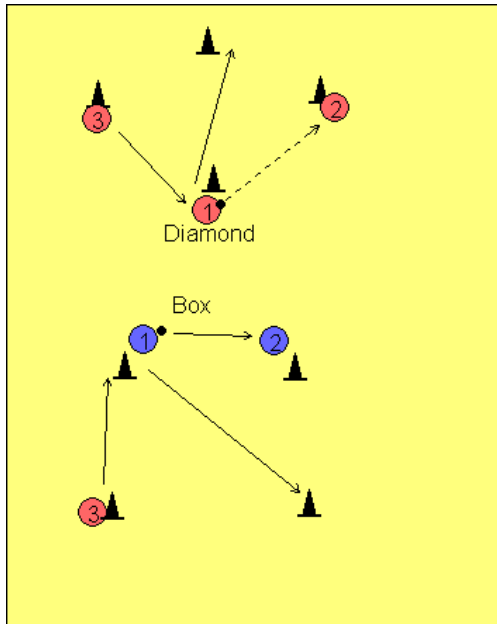
**Pass cut fill**

This concept is the beginning of most motion offenses. It is an important concept for young players to learn. I am going to present some different drills or games that are based on the pass, cut, fill concept.

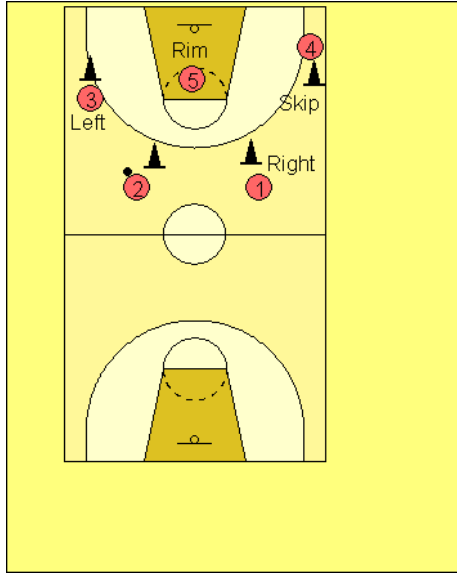
**Formation**

Diamond vs. Box

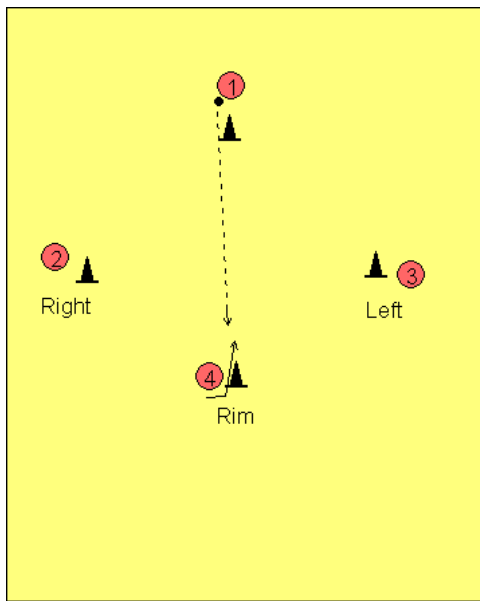
You can use either formation for these drills. You are simulating a one or two guard front.



The drills can be done on court or using pylons to form grids. Often it is best to show the whole first on the court. Then use the grids to teach the part. The grids allow you to have more players active if you only have the two baskets. Also you can shrink the space to work on the concept.



9  
For advanced players you can add the skip position.



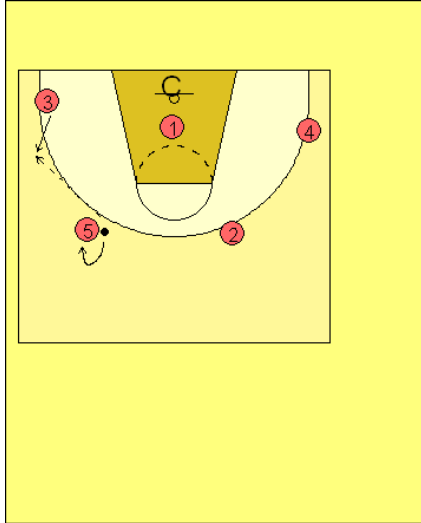
### Scanning

10

#### Rim - Right - left

The coach calls out one of the three words the player in that position and the passer must work in rhythm to receive the pass. The receiver must make a move before receiving the ball (a direct to indirect cut, a indirect to direct cut or some combination). You can specify to the passer what type of pass or add a fake first.

You now have a new passer ready to make the next pass. After a while let the person with the ball call the position or name of the person he/she is going to pass too.

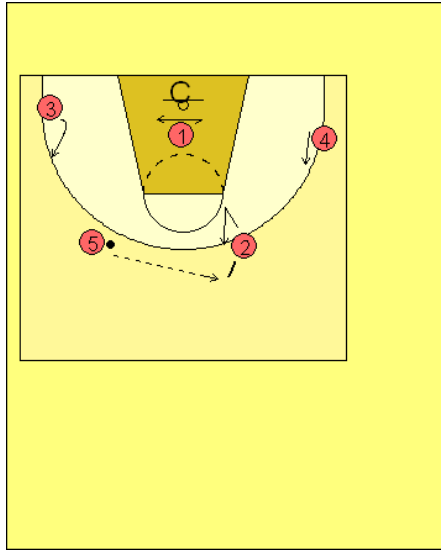


### Scanning

The ability to play with court vision is one of the biggest challenges we have as coaches. A often asked question is; should the player be able to see everything at one time or do they have to make a more sequential scan moving from one item to another? The answers yes to both? Ideally we would like the player to make a quick look and obtain all the information he/she requires to make an immediate decision. The problem fro most players is that they get blown away by distractions. There is too much information all at once and they lose the key pieces. By teaching a sequential scan players learn to break up the information into more manageable bits of information. As they progress this can happen in the blink of an eye.

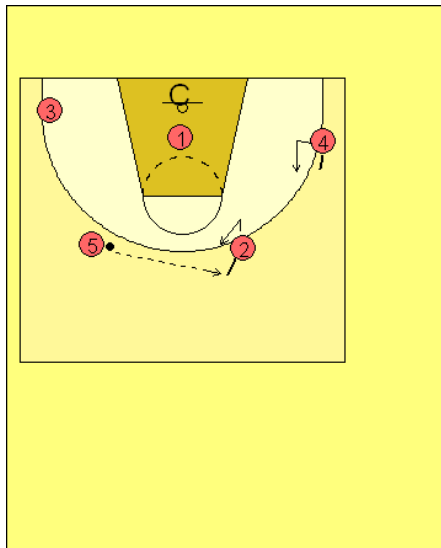
Five players are on the court with the coach under the basket. The player with the ball does a pivot away from the basket so he/she is blind to the coach. The coach signals one of the players (by pointing at him/her that he/she will be open when the player faces the basket. The player can signal by raising a hand or by making a move. Every one and a while have no one open and the player has to go to score.

This can be loaded in many ways.



12

Have more than one player move to get open, but only one shows a target hand. This forces the player to fine tune his/her focus.



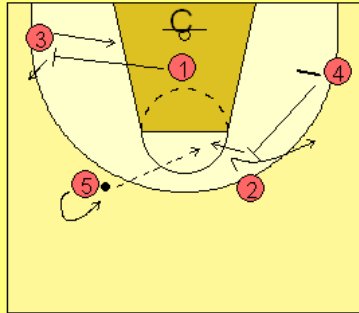
13

Have two players move with targets, but the players must know the sequence of the pass:

- rim - to score or to someone open at the basket
- right - ball side - does this person have a relay pass to the rim
- left (reversal)
- skip

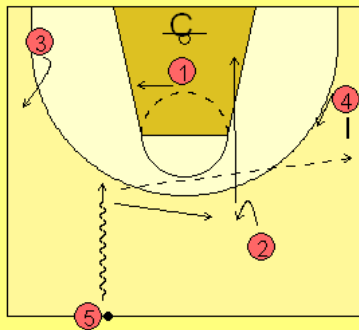
The coach can decide on the sequence he/ she wants for each position on the floor.

### Movement by the receivers



In this situation the offense starts with a screen action or cuts. Only one player will be showing a target hand. The offense must move in rhythm as the player with the ball is pivoting to scan.

This is an excellent way to start a scrimmage situation. Instead of saying we are going to work on the face up off the flare screen see if the player can read if that option is open.



Start by having the player with the ball do different actions to gain possession.

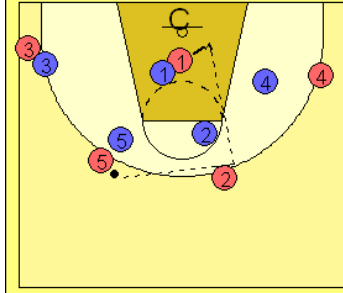
- pivot
- rip the ball pull it off the floor
- receive a pass
- dribble up

In this example the players jog in from half to run the half court offense. The coach signal the skip pass option. The guard turned and faced the other basket for a brief moment. The guard had to read that it was open.

This is a much better way to execute 5 on 0 offense.

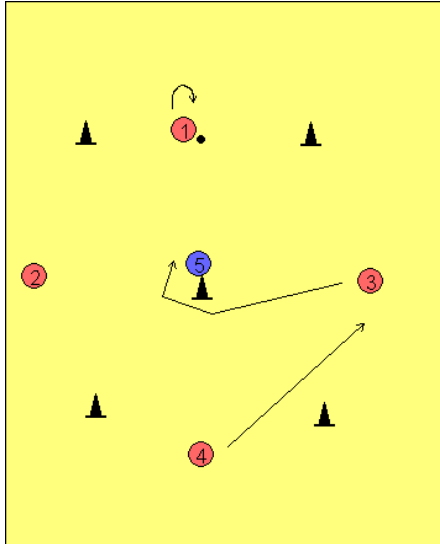


### Read relay passes



In this situation the #1 player signals that he/she is open. #5 must recognize that he/she does not have the best pass and must use a teammate to relay the ball to #1.

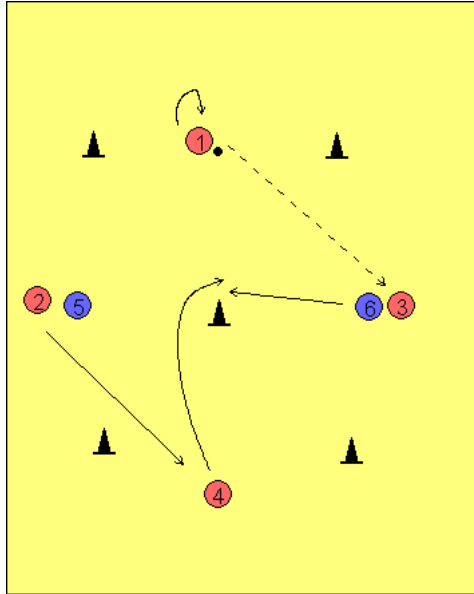
### Rim - Right - Left



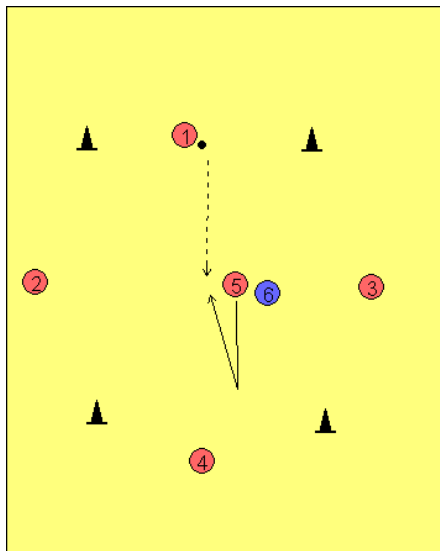
#1 starts with back to play and pivots as the coach calls out one of the three spots. With a defender

The player called goes into the middle and circles the pylon. The three remaining players must work to get the ball to that player. Notice that if one of the sides, left or right is called the rim player must fill.

After passing the players switch positions

**4 on 2**

#1 starts by pivoting. One player is not being guarded. That player must circle the pylon (in rhythm) the two defenders can defend in any way they want to prevent the ball going into the middle player. The smaller the space the more difficult the drill.

**Getting open**

Player #1 starts in the middle. Seeing that #1 has the ball #5 moves away from the ball to create space (misdirect or an indirect cut). At the appropriate time #5 cuts back to receive a pass from #1. #6 is playing live defense. When #5 receives the ball he/she pivots for 4 seconds and then passes to one of the other perimeter players. he/she must receive a pass from each player.

**Load the drill**

- You could have the other players use relay passes to work on passing angles
- use the actual key and have the players score. (Have the 4 perimeter players in the positions for a 4 out offense).