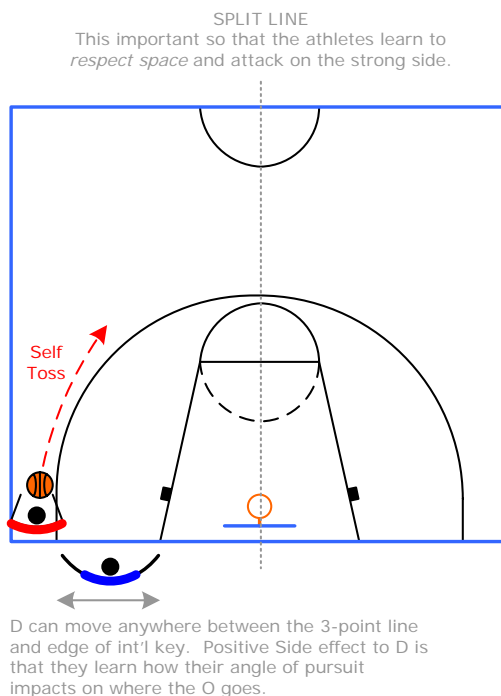




GAMES APPROACH TO TEACHING SCANNING (VISION)

PROGRESSION #1: BLAST FOOTBALL

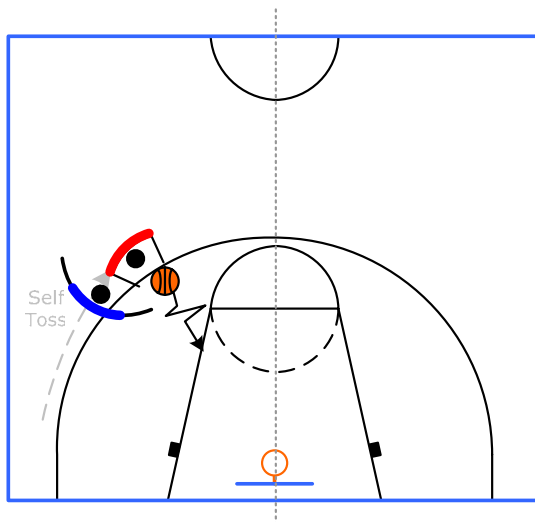
- The offense is trying to catch the ball off a self toss and then get away from the defender (or score a touch down in the end zone)
- RULES:
 - o Offense is not allowed to dribble (just like in football) and is attempting to clear the baseline without getting two hand touched by the defender
 - o Boundaries are half court, sideline, split line and baseline (end zone)
 - o Once ball is caught, the offense must head immediately attack toward the end zone; may not back up or retreat
 - o Defense must relentlessly pursue the offense; cannot zone up
- SET UP:
 - o The offense starts in-bounds outside of the three point line and one or two steps ahead (vary based on age of group) of the defense; too close is a great mental-load for younger aged athletes
 - o Game starts with a self toss above the foul line extended
 - o Defense cannot move until the offense sprints after self toss; no false starts or fakes are permitted
- * It's essential to debrief and the game an elicit through questions what it takes to be effective (Answer: they must see where the defender is to know which way to attack after the catch; just like in football, a receiver always scans to the defense in advance to know which way to attack)





PROGRESSION #2: BLAST FOOTBALL WITH BLITZ

- Same as previous, but now add a dribble by the offense
- RULES:
 - o Defense can now 'tackle' the offense... The tackle is a two hand bear hug while giving verbal "DEAD!"... it's important that the defender not be nice and allow the offense to get away without scanning... coaches must insist that the player be wrapped or tackled right away without getting the shot off... can't allow slippage in this area (positive side effect is that the kids – girls and boys alike – loved announcing to the entire gym that the offense failed to scan the D; ended up being an effective communication tool!)
 - o **IF** the offense fails to scan (read) the defender; (please note that this scan must occur while the athlete is blasting up toward the ball as the athletes will attempt to scan prior to even moving);
 - o **IF** the offense does 'read' the defender on-route to getting the ball, then they are *rewarded* with a 1-2 dribble pull-up jumper (or finishing move depending on the emphasis/progression)
 - In this case, the defender must continue to tail or shadow the offense on the hip or shoulder right through the jump shot giving verbal "SHOT!" (positive side effect was that the shooter gained confidence in shooting with a defender on their side)
 - o In each progression moving forward, you should hear two verbals each rep – 'dead' or 'shot'



PROGRESSION #3: BLAST FOOTBALL WITH "STEAMBOATS" (or "MISSISSIPPI'S" for our US coaches)

- Continuation of previous; now on the catch, the defense gets a two (2) 'STEAMBOAT' count
- Offense must get their shot off before the count expires; **IF** they do not, the defense gets to freeze out the point from the shot by putting two hands on the offensive player's waist (scored basket then would not count)
- OBSERVATIONS:
 - o Once again we found it important that if the offense did make the correct read (emphasis #1) and scan the defender, they be rewarded with a shot; as the emphasis on attacking with speed (emphasis #2) came into play, we still wanted to reward the offensive player with a shot even if they did not get the shot off in the time allotted... that's why we asked the defense to only put two hands on their waist... once again it gave reps where players were getting used to playing through contact and/or while being chased (emphasis #3)
 - o (positive side effect to the 'steamboat' count was that it really got the kids attacking with speed; and since we used this progression to get into finishing moves it was a perfect segue as kids who typically over think new footwork – e.g. wonky-legged finishes, runners, tear drops, etc. – had no choice to get it up quickly and performed the different footwork intuitively)



GAMES APPROACH, LOADING and FEEBACK:

- Progress to add creative finishes or multiple guided reads; for example, have the defender give hi side and lo side 'reads' (it's important that the offensive player get two feet outside the 3-point line – especially if encouraging penetration)
- Add a scoring system to the drill based on what is being emphasized (e.g. 1-point for scanning, 1-point for scored basket, etc.)
- Athlete-to-athlete feedback is key for accelerated learning; while athlete pairings are waiting for their next turn, the defender should be providing their teammate with feedback as to what they did well and what they could have improved