

Drill

Drill: **Around the World**

Goal:	-Develop skills and understanding of shooting -Get athletes used to game-like scenarios - Get athletes' heart rate up (warm up)	Equipment/# players needed:	• 1 basketball per group.
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Sketch:

- Description:**
- Divide players into small groups, assigning each to a basket. One basketball per group.
 - Assign 7 spots from which players will shoot (e.g. 3 going up each side of the key, with 1 at the free-throw line).
 - All players initially start from the same spot nearest the hoop. Players take turns shooting.
 - When a player makes a shot, they move to the next spot and continue until they miss.
 - When a player misses a shot they may "Double Up" with an additional shot. If they make their "Double Up", they continue their turn as normal. If they miss their "Double Up", they must start again from the first spot at the beginning of their next turn. Players only get 1 "Double Up" per turn.
 - The goal of the game is to make it all the way around the world first.

Variations:

- Allow a "Double Up" for every missed shot.
- Adjust the number (and location) of spots to mix up the game and keep things challenging.
- Have players play around the world, AND BACK.

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s):

- Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win
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- Categorie(s):** Ball Handling Defense Dribbling Dynamic 1 on 1
 Footwork Fundamental Movements Passing Picks
 Principals/Actions Rebounding Screens Shooting
 Static 1 on 1
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- Phase(s):** A B C D
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