

Drill

Drill: **Castle Battle**

Goal: -Improve passing and receiving skills -Get athletes used to game-like scenarios - Foster team spirit and unity -Get athletes' heart rate up (warm up)

Equipment/# players needed:

- A team set of basketballs.
- Coloured pinnies.

Sketch:

Description:

- Divide players into 4 teams, assigning each team a basket. If possible, have each team wear a different coloured pinnie.
- Place the balls in the middle of the gym. There should be approximately 1 ball for every 2 players.
- Players are not allowed to dribble with the ball; to move the ball around the gym, teams must pass with their teammates.
- The object of the game is to score on other team's baskets (castles) while protecting your own.
- Teams will come up with their own strategies to find a balance between offense and defense. All the regular offensive and defensive basketball rules apply.

Variations:

- Divide the balls evenly between teams to begin the game.
- Coaches may track baskets scored BY a team (having players who score run up to tell them when they have done so) to emphasize offensive principles.
- Coaches may track baskets scored AGAINST a team (noting when points are scored at each hoop) to emphasize defensive principles.

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

LTAD stage(s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

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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