

Drill

Drill: Chuck the Chicken

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: • 1 basketball.

Sketch:

Description:

- Split the players into 2 even teams. Have one team line up along the length of the gym, with players standing one behind the other with the line reaching from one baseline to the other.
- Give the basketball to the player at the end of this line. Tell all players in the line that they have lost their dribble; therefore, all they can do is pivot.
- Have the other team start with their hands all touching the SAME wall of the gym (it can be any ONE of the 4 walls).
- On the coach's whistle, the player with the basketball passes to the next person in line. Once this player catches the ball, they can pivot and pass to the next person in line, and so on.
- While one team passes the basketball in this manner, the other team - operating as a unit - must run to touch as many walls as they can before the basketball reaches the other end of that line.
- The team running to touch the walls can only leave a wall and move on to the next once ALL of their team members have BOTH HANDS on that wall.
- Each time a team touches a wall, that team gets a point.
- The team touching the walls must contact all 4 walls before they can return to the first wall that they touched.
- When the team passing the ball gets the ball to the front of the line, the player in the front yells "Chuck the Chicken!" and tosses the ball wherever they want in the gym - being careful not to throw it at the players racing to touch the walls.

- At this point, the teams switch roles. The team that had been passing the ball starts to touch the walls to gather points. The team that had been touching the walls runs over to the ball, forms a line, and starts passing the ball from one baseline to the other.
- Coaches may wish to monitor the running team, blowing a whistle to signify each point scored (by each wall touched).
- Play to a predetermined number of points, and mix the teams up with each new round to keep the dynamic fresh, fast and fun!

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

Phase(s): A B C D