

Drill

Drill: **Knockout**

Goal: -Develop skills and understanding of shooting
-Get athletes used to game-like scenarios -
Get athletes' heart rate up (warm up)

Equipment/# • 1
players basketball
needed: per
person.

Sketch:

Description:

- This is essentially "Bump", without the actual bumping of balls.
- Players line up at a hoop at a specified line (e.g. the free-throw line).
- The first two players in line start with a ball.
- The first player shoots, and if they miss continue to shoot until they score a basket.
- Once the first player shoots, the second player takes their turn.
- As players score, they pass their ball to the next person in line and join the back of the line.
- If a player scores before the player in front of them, the player who shot first is "out".

Both players return their balls to the next players in line. The player who scored joins the back of the line.

Variations:

- For a never-ending game, have games going at multiple hoops. Assign each hoop a "level" (e.g. NBA, College, High School, and Elementary School). When a player knocks someone else out, they graduate up a level. When a player is knocked out, they graduate down a level (you can't get "knocked out" any lower than e.g. Elementary School). The goal is to be at the highest "level" (e.g. NBA) for as long as possible.

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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