

Drill

Drill: Roller Derby

Goal: -Provide players the opportunity to improve their dribbling -Get athletes used to game-like scenarios -Get athletes' heart rate up (warm up)

Equipment/# players needed: • 4 cones. • A team set of basketballs. • Coloured pinnies.

Sketch:

- Description:**
- Set up 4 cones (or use lines in the gym) to represent a "track" taking up the bulk of the gym. Try to set up the cones equidistance apart, in the shape of a diamond.
 - Divide players into 2 or 4 teams. If possible, have each team wear a different coloured pinnie.
 - Assign each team to a corner of the track with a ball.
 - Be sure to give enough space from walls for players to dribble around the track safely. Also, have players that are not racing provide enough space on the sides of the track for players who are racing.
 - One player from each team will be dribbling around the track at a time. When they complete their lap, they pass off the ball to the next player from their team (as in a relay race).
 - The goal of the game is to pass as many other players as possible, while being the first team to complete the track.
 - 1 point is awarded for passing another player. 5 points is awarded for being the first team to complete the track.
 - After every round, switch the direction of the track.

Variations:

- Incorporate different dribbling skills into the race, such as dribbling with the non-dominant hand, or making crossover moves at each pylon.
 - Go for a period of time, continuing to rotate through players (instead of playing until one team is finished). The team with the most "passes" (and/or total laps) will win.
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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

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