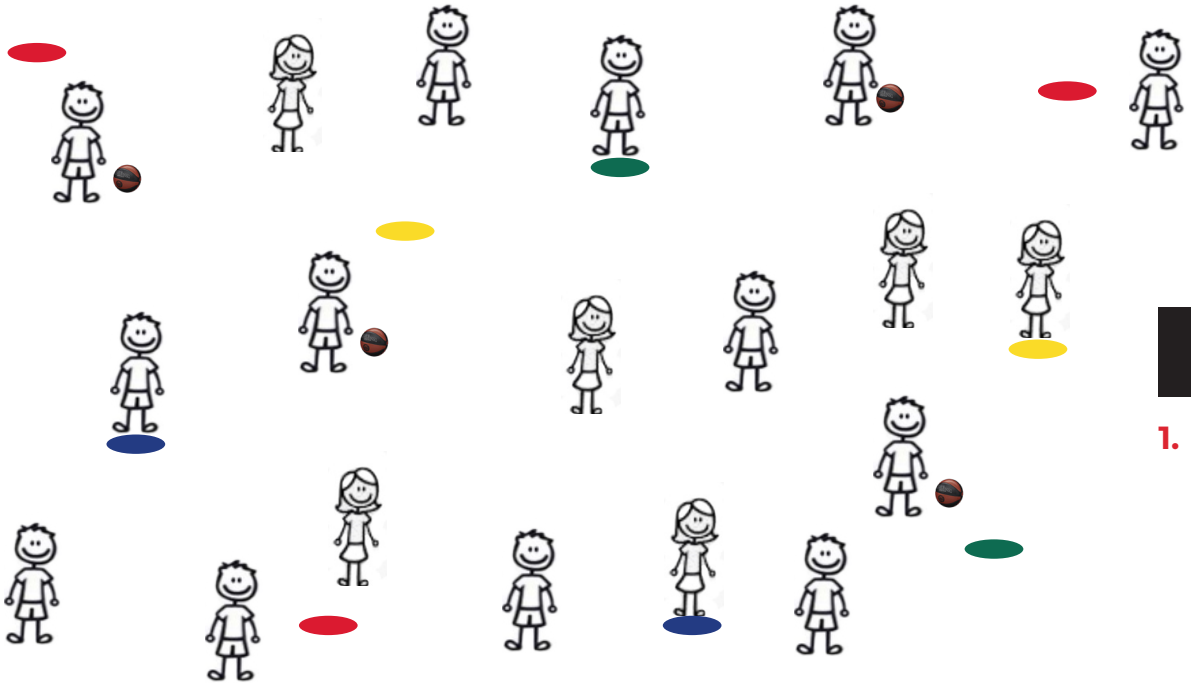
LUMPS & BUMPS

KEY FOCUS: Finding space and avoiding defenders



EQUIPMENT/PLAYERS:

- Spots
- Balls
- Minimum 6 players

RULE TO INTRODUCE

1. **Use of dribble (double dribble)** – players are not allowed to pick the ball up and start dribbling again or dribble with two hands at the same time

HOW TO PLAY:

- Choose a set number of players to be taggers
- Set an area and scatter spots across the area. These spots are called lumps
- If a player is on a lump, they are safe, but another player can stand beside them and say ‘bump’ to replace them on that spot
- When not on a lump, a player can be tagged by the taggers moving around the area
- Taggers are dribbling balls. When they tag a player, they swap roles

DIFFERENTIATION (STEPS):

- **Space**
  Change the size or shape of the area
- **Time/Task**
  Give a time limit for the game or players start with 10 lives and lose 1 each time they are tagged
- **Equipment**
  All players with a ball or certain players with a ball
- **People**
  Increase/decrease the number of taggers
- **Speed**
  Allow players to move at different speeds e.g. tagger running and everyone else walking

COACHING POINTS:

- Head up whilst moving (scanning)
- Knees bent and quick feet
- Change of speed and direction

REVIEW QUESTION 1:

What strategies can you use when trying to avoid being tagged?

REVIEW QUESTION 2:

What tactics could you adopt to work with other taggers to trap players?

OTHER IDEAS TO CHANGE THE GAME:

- Increase/decrease the number of spots
- Split the area and have a safe zone for those who are continually getting tagged
- Give all players a ball that they must dribble whilst trying to tag players
- Allow players a time out to discuss tactics
- Once a player is tagged, they become a tagger until all players are tagged
- Make player pivot when on a spot to develop basketball appropriate footwork
- Pair up and see if you can work together to avoid being tagged

LINKS TO THE PLAYER DEVELOPMENT FRAMEWORK CORE PRINCIPLES:

Fast paced, advantage based, individual offence

PERSONAL VALUES: Commitment, teamwork, respect, communication, adaptability