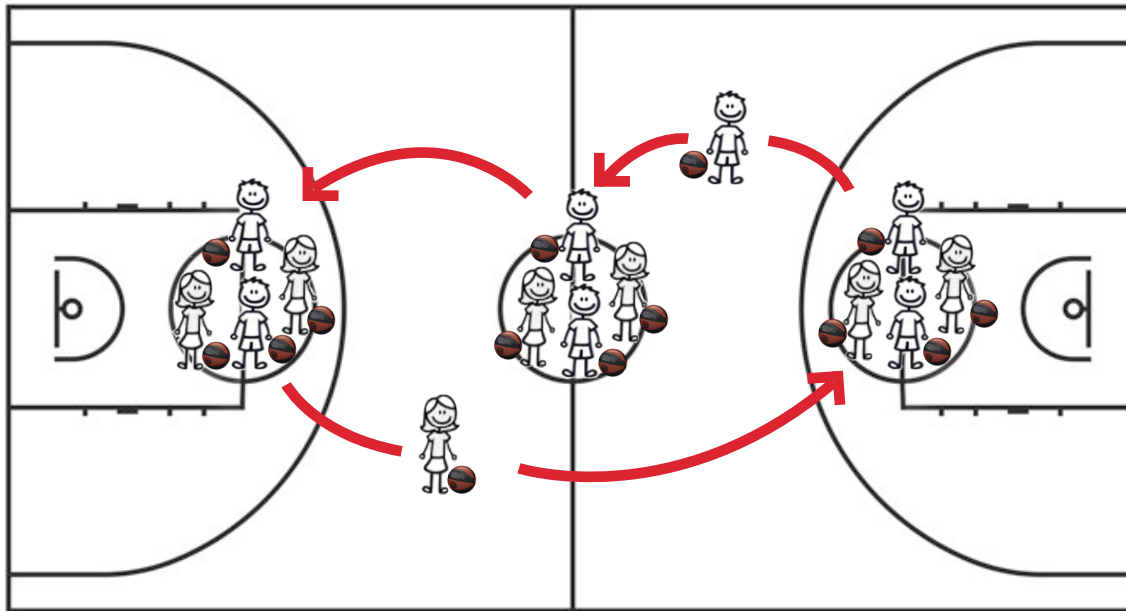


KING OF THE RING

KEY FOCUS: Protecting the ball when dribbling



EQUIPMENT/PLAYERS:

- Balls
- Full basketball court
- Minimum of 10 players
- Bibs

RULES TO INTRODUCE

1. **Use of the 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
2. **Contact** – players are not allowed to make contact when trying to knock another players ball out of the area

HOW TO PLAY:

- All players to start inside 1 of the 3 circles on the court
- All players to have a ball and dribble constantly inside the circle
- Aim of the game is to knock other players balls out of the area whilst continuing to dribble your own ball
- If your ball is knocked out, you collect your ball and move to the next circle to play again

DIFFERENTIATION (STEPS):

- **Space**
Change the size or use an alternative shape e.g. badminton court
- **Time/Task**
Give a time limit for the game or ask players to complete a task when their ball is knocked out e.g. score in a basket, star jumps
Use non dominant hand
- **Equipment**
Less players with balls or some with two balls
- **People**
Limit the number of players in each area
- **Speed**
Ask player to only walk whilst dribbling

OTHER IDEAS TO CHANGE THE GAME:

- Start walking and increase the speed
- Start with 2 players without balls in each area. Their role would be 'defenders' trying to steal balls
- Give players 10 lives and they lose one each time their ball is knocked out
- Play as a knockout game until you get a winner

LINKS TO THE PLAYER DEVELOPMENT FRAMEWORK CORE PRINCIPLES:

Fast paced, advantage based, individual offence and collective defence

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

COACHING POINTS:

- Dribble with fingertips
- Hand on the ball for as long as possible
- Head up whilst dribbling (scanning)
- Protect the ball with your body

REVIEW QUESTION 1:

What strategies can you use when trying to protect the ball from the other players in a small space?

REVIEW QUESTION 2:

What tactics could you use when entering an area to gain instant success?

