

1-on-1 Mosquito Shooting

Intention = fun shooting activity with a distracting and annoying defender (mosquito) to be more representative of the game. All age group and change constraints as needed

Description

- mosquito can say and do whatever they want without touching shooter or the ball
- shoot continually from a different location and range each time
- mosquito rebounds and passes back to shooter when close enough

Constraints

Add = players can alternate each repetition or go in bursts (e.g. 3 shots or 15 seconds)

Add = constrain space (e.g. inside the key, above foul line, outside key, 3-pt range)

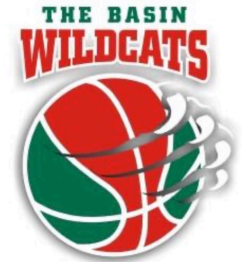
Add = different movements before receiving ball (e.g. lift from corner to wing, top to 45 etc)

Add = mosquito gives different passes from different angles each time (e.g. bounce pass, lob pass, and can intentionally throw 'bad' passes so shooter needs to recover the ball)

Add = 1, 2 or 3 dribbles only before a shot

Add = 3 seconds only to shoot

Add = mosquito wins with 3 misses in a row



1-on-1 Half-Court Tag

Intention = ball-handling warmup emphasising deception and advancing the ball to avoid backcourt violations

Description

- 1 tagger starts on foul line
- 1 dribbler starts anywhere on baseline
- next group starts as soon as first tagger goes
- count tags and continue to the centre-line
- recover and continue if ball is lost

Constraints

Add = 7 seconds to advance to half-way line

Add = 2-hand tags only (1-hand does not count)

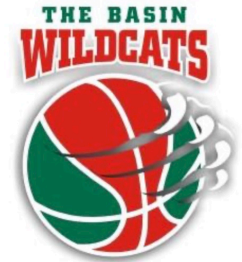
Add = allow tagger to dribble also and use 1-hand tag

Add = constrain space (e.g. left side, right side or middle areas only)

Add = add 2 taggers at the same time (depending on age group)

Add = allow tagger to try and steal ball

Add = coach can act as a moving object, so players need to look ahead and around



1-on-1 Around the Arc

Intention = enhance dribbling and finishing with deception, and defender working on recovery from disadvantage situation

Description

- 1 player in corner with ball and feet outside 3-pt line
- Offence dribbles around the 3-pt line and defender trails
- Offence can use deception and attack the ring at any time
- Defender can only go when offence has both feet inside 3pt line

Constraints

Add = must break the arc before the top of the circle, or before the 45

Add = gold medal shots only in the smile (+2points)

Add = +1 bonus point for deception

Add = +1 bonus point for 3 dribbles or less (depending on age-group)

Add = only defence can score points (+2 for a stop, +1 for a non-ROB shot)

Add = higher age groups specify type of shot (e.g. inside key, mid-range)

Add = change advantage as needed (e.g. defender dribbles ball also)

Add = shot clock 3 to 7 seconds depending on age group

Add = can use around arc start into any 2-on-2 or 3-on-3 activity



1-on-1 Blind Starts

Intention = explore creating and maintaining advantage against different defensive starting positions

Description

- Rotate to different start positions every repetition
- Change partners frequently
- Blind start- O has ball on X's back with X facing ring (blind with larger advantage)
- Hip start – O has ball on X's hip side by side (small advantage)
- Check ball start – chest to chest (neutral start position)

Constraints

Add = shot clock 3 to 7 seconds (depending on age group)

Add = change the depth of the start (e.g. near centreline)

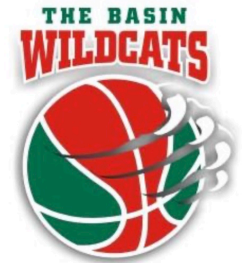
Add = manipulate constraints according to individual development needs of players

Add = only defense can score points (+2 for any steal or stop)

Add = defense only gets points if the shot misses and a defensive rebound

Add = add extra help defender (e.g. Most Import Guy-Girl MIG in the smile)

Add = can use the same start for any 2-on-2 or 3-on-3 activity



1-on-1 Shield Tag

Intention = ball handling, deception, ball protection

Description

- Groups of 3 players (offense, defense and a shield)
- Offense and defence are dribbling a ball.
- Shield does not have a ball and must protect the offense as best they can (be creative and explore solutions)
- Defender tries to tap or steal the ball

Constraints

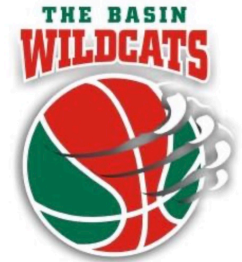
Add = small area to make it more challenging (e.g. inside centre circle, inside key etc)

Add = dribble only with non-preferred hand

Add = defender does not dribble to make it easier

Add = rotate roles after 15 seconds or on any tap or steal or a double dribble etc

Add = coach can be an additional obstacle



1-on-1 (+1) Curry Shooting

Intention = explore multiple shot opportunities such as off the catch, off the dribble, off a screen etc. Introduces 'boomerang' pass and a 'Get'

Description

- Groups of 3 players (offense, defense, additional player to help as passer or screener)
- O starts behind X on the block or inside key
- O can pass out to self or dribble out past 3-point line
- The +1 moves into space, then live 1-on-1

Constraints

Add = start with a pass to the +1 for a 'boomerang' pass straight back

Add = start with a pass to the +1 and go and get it back ('Get')

Add = on pass to +1, offense can cut to basket for a score (back cut or dive)

Add = O can score any time after the start (even before getting outside the 3-point line)

Add = O can drive to score

Add = higher age groups +1 can run a dribble hand off or set an on-ball pick

Add = higher age groups use a Nash dribble after dribble penetration



1-on-2 Gauntlet

Intention = explore 1-on-1 ball handling and on-ball defensive pressure

Description

- first gauntlet (1-on-1) is between baseline and the top of circle extended
- second gauntlet (1-on-1) is to the centreline
- offense dribbles and evades the defender and explores different solutions

Constraints

Add = constrain the space (e.g. left side, middle, right side) so 3 groups can go at once

Add = defender has no hands and must be behind their back (big advantage to offense)

Add = defender must hold a ball in 2 hands and can look to bump the ball handler

Add = defender must be within arm's length

Add = live (but no fouls)

Add = offense has 10 seconds to exit the backcourt

Add = depending on age group players may discover different solutions such as changing speed and direction, backup dribbles, crossovers, behind the back and between the legs

Add = if a full court is available extend to three gauntlets in each third of the court



3-on-2 Jungle shooting

Intention = shooting in a game representative scenario emphasising variability
(repetition without repetition)

Description

- Two balls and three offensive players can move anywhere and take any shot including finishes at the ring. Offense can drive, shoot and pass
- Two defenders can defend anywhere
- X's rebound and pass out to a free O player
- Stay in the roles for 1 minute then rotate
- On missed shots O and X can both rebound and continue playing

Constraints

Add = small space to ¼ court only

Add = O's can only stay still for 2 seconds maximum (must move)

Add = two defenders can surprise trap a player with the ball

Add = two dribbles max per catch

Add = higher age-groups players can use a Nash dribble to escape key after a drive

Add = can run as 4-on-3 with 3 balls (2 perimeter defenders and 1 interior defender)

Add = higher age –groups can run different triggers (e.g. gets etc)



3-on-2 Half Court Transition

Intention = half court transition with advantage. Can run as 2v1 to emphasise the shot/pass decision

Description

- Start 2O's near corners on baseline and 1X with ball in middle on baseline
- X passes to either side
- X sprints to get foot inside centre circle then gets back on defence
- O's dribble and sprint to half-way and come back on offence

Constraints

Add = no score if players too slow - players must 'bolt' (transition must be lag free)

Add = score within 4 seconds after turning from centre or does not count

Add = only gold medal shots

Add = add extra defender in MIG to allow for (mid-range) ROB shots

Add = no swarming around the ball (score counts only if players hold spacing)

Add = turnover if not 0-second decision (dominoes rule)



3-on-2 Half Court Advantage-Disadvantage

Intention = offence playing and converting advantages and defense stopping offence with a -1 disadvantage. Emphasise gold medal shots, introduce ghost cuts, and a spacing principle (floor is lava)

Description

- Two O's start anywhere
- Two X's start with the ball and pass out to any player
- Live 3-on-2 for a burst of 60 seconds then rotate
- On make or miss offense re-spaces to different locations and continue

Constraints

Add = basket finishes only (gold medals)

Add = O's can only score after a paint touch

Add = double points for any score off a 'ghost' cut (a cut from weak side behind the defence to an open area in the key or smile)

Add = each team must call out their score else it does not count

Add = defense gets +5 points for every stop or defensive rebound

Add = offense must escape space in 3 seconds after a drive-kick-pass (floor is lava)



3-on-3 Battleship

Intention = live 3-on-3 half-court with a score only counting after a specific principle of play that the coach emphasises

Description

- Start with a sideline or baseline inbounds for variability
- Players establish spacing and play live
- Play in dominoes after the trigger with a score = strike
- On any stop, defense becomes offense with an inbounds start

Constraints

Add = principles may include triggers such as blast cut, boomerang pass, get, DHO, screen away, PnR (depending on age group)

Add = any score not from a trigger does not count as a strike

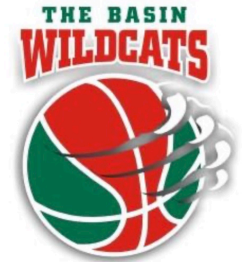
Add = three strikes to win and each from a different location

Add = example U10 get a strike from a Blast cut (e.g. from top, wing, corner)

Add = example U12 get a strike from a Get

Add = example U14 get a strike from a Dribble Hand Off (DHO) or a screen away

Add = example U16 get a strike from a Pick and Roll (e.g. wings, middle)



3-on-3 Hangman Rules

Intention = live 3-on-3 half-court (can be extended to full court if available)

Description

- Play for a set time (e.g. 5 minutes)
- Each team has 3 lives
- If a team loses all 3 lives, the other team automatically wins
- Start with just one way to lose a life
- Add more during the season or higher age-groups

Constraints

Add = defence loses a life if there is an open finish at the ring

Add = defence loses a life for an offensive rebound

Add = defence lose a life if a specific (target) player scores – can be anyone

Add = lose a life if the defense does not communicate

Add = lose a life if on-ball defender is more than arm's length away

Add = if full court lose a life for any violation of a transition defence principle of play

Add = add a rule (constraint) for losing a life when on offense too (e.g. over dribbling)