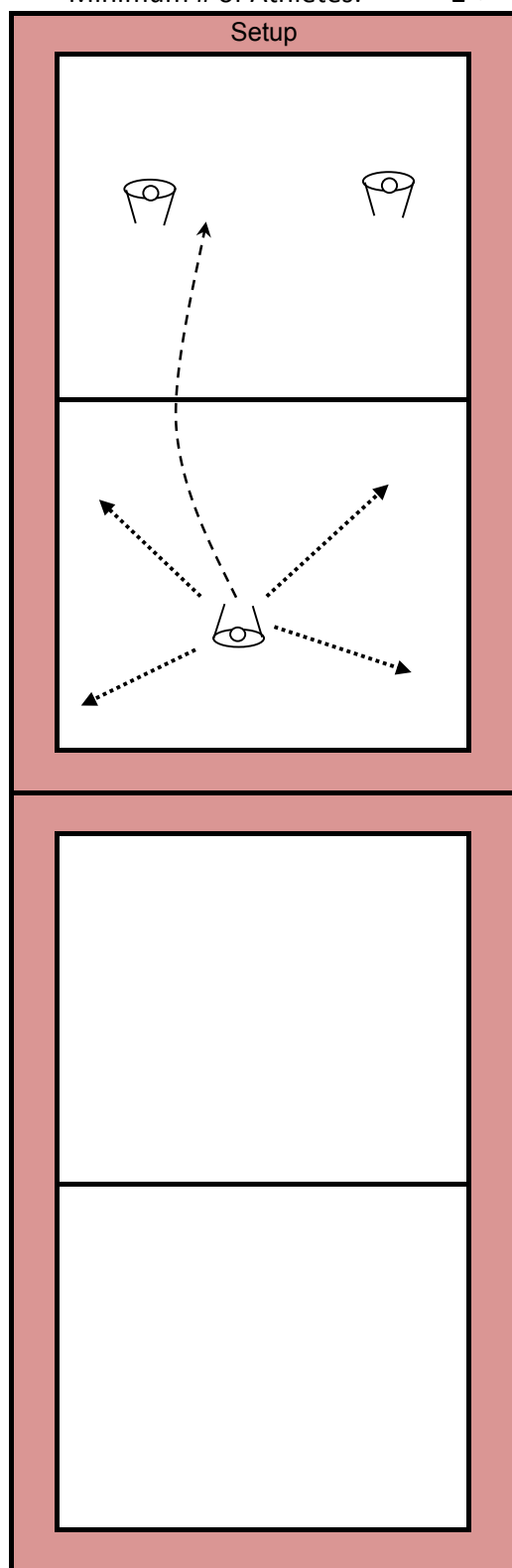


Minimum # of Athletes: 2 +



Court Vision

Set-up

Two athletes set up in defensive position on one side of the court with a coach or player and a ball on the opposite side.

Conditions:

Coach tosses a ball into the court and the team will transition and shoot the ball back directly to the coach. The coach will move around the court and the attacking players must work on finding him/her and rolling the ball back to them, then immediately preparing for the next

Purpose/Goal

Improve communication between partners and identification of where defenders are on the opposite side of the court.

Work on shot making and setting accuracy

Success criteria

Balls are picked up by partners and successfully returned directly to the arms of the coach

Reference Points

Always be aware of where the coach is on the court

Identify, call early and accurately the right shot for the attacker to make

Variations


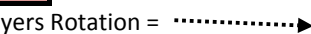
Make it an endurance drill where athletes continuously play the ball for "x" amount of time or until a ball is unsuccessfully returned to the coach.

Simplification

Have the coach talking to the players so they are able to hear and locate him/her more easily

More Difficult

Vary the difficulty of ball put in play by the coach, once freeballs are returned successfully, return the ball more quickly and in more difficult locations.

Legend: Ball's Route =  Players Rotation =  Players = 