

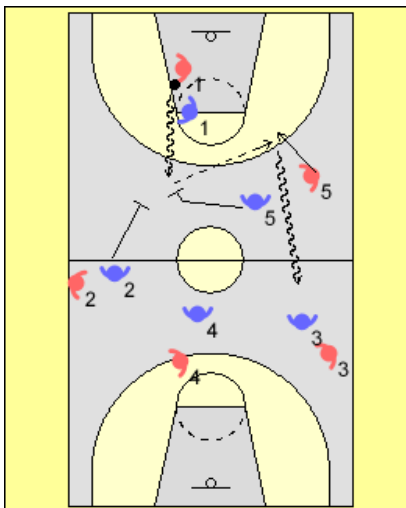
## Games Approach

I have been asked to give a description of some of the rule modifications I use to teach conceptual basketball. I must admit that many are invented spontaneously. When I see a skill that needs to be emphasized, I put in a rule that will make the player have to use that skill. For example:

- When the players are not spacing the floor by creeping into the middle, I make a rule that all passes must be made to someone outside the three-point line. Eventually I will allow passes to inside players in the key or in the appropriate spaces off penetration.
- If the players are forcing shots, we add in the rule about non-contested shots. We never want a shot vs. two defenders during the early or mid clock. Eventually we allow contested shots late in the clock.
- To make the players understand the pass pass concept we only allow three-point shots off the pass pass.
- To work on jump shots we only allow scoring inside the three-point line and not in the key.
- To emphasize post touches we say you cannot score until a post touch. To be very demanding it must occur with two feet in the key, not on the block.

Below are some games I use quite often to help players learn certain skills.

### Rugby

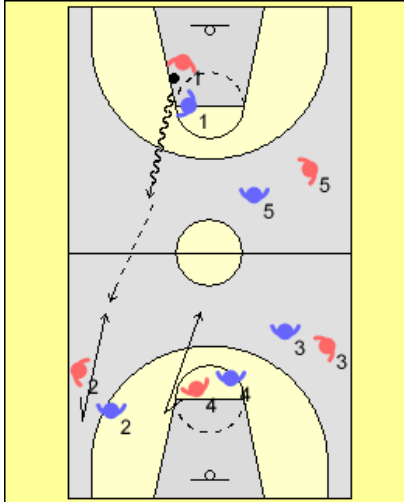


This is real basketball with one exception. When inbounds you may only pass the ball backwards until you get the ball inside the opponent's three-point line. When out of bounds you can pass forward.

Skills required:

- Throwing long from out of bounds
- Break out dribbles
- Attacking skills going north south

If the players just keep handling the ball backwards you eventually run out of room and get the 8 second count. Everyone must go north south upon receiving the ball.

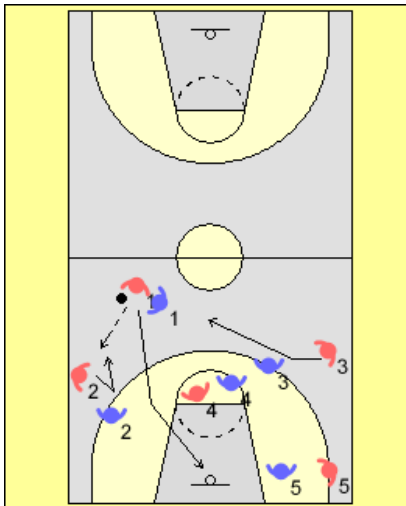


### Hockey

The ball cannot be dribbled, by a player, over the centre line. It must be passed. This forces the ball handler to push the ball with the pass. It also forces the players down the floor to cut back for a pressure release.

Skills required:

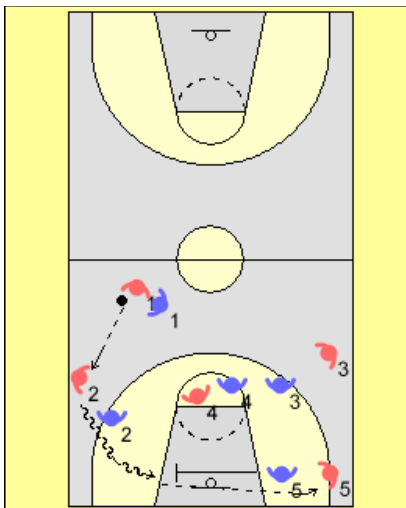
- Eyes up when dribbling
- Cutting back to the ball
- Moving without the ball



### Ultimate

Real basketball with no dribbles. It forces players to move without the ball. As the players get better I add in additional rules:

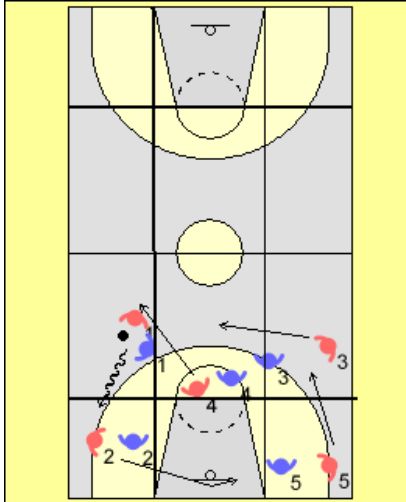
- Violation when you do not attack the basket with your eyes (square up)
- Violation when you statue with the ball. Hold the ball over your head with straight arms and legs.
- I also have minus points for the defence if they do not get ball pressure.



### One second basketball

In this game, you must dribble, pass or shoot within one second of receiving the ball. It will force players to anticipate. At first dribbling will dominate. The players will need to work on moving off penetration. As they improve, I add other rules:

- A five dribble maximum per team, per possession once they get inside the three-point line.
- No “pee dribbles” – This means a wasted dribble that goes nowhere. The dribble must be used productively not just to avoid the violation.
- Three point shots can only be taken off the pass pass.



### No two players in the same space

I use the grid to define twelve spaces on the floor. On offence no two players can occupy the same space except on rebounding. We do not allow screening or cutting behind off penetration in this game. We want the players to keep spacing.

Other examples I have used:

- We multiply the score by the number of sides the ball gets too. If you score on the first side, it is the normal score. If the ball were reversed, a two point shot would be worth four points. A three point shot would be worth six points. If fouled, a single foul shot is worth two points. If they get to the third side, the scores are tripled.
- **Score-stop-score**  
The team receives bonus points for every time they can string together a score-stop – score.
- **Bonus score**  
In this game we identify one player who if scores their points are doubled. Can the team work to get a score for this player? Can the defence stop him/her from scoring?