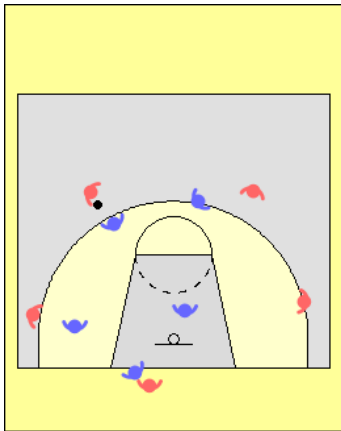


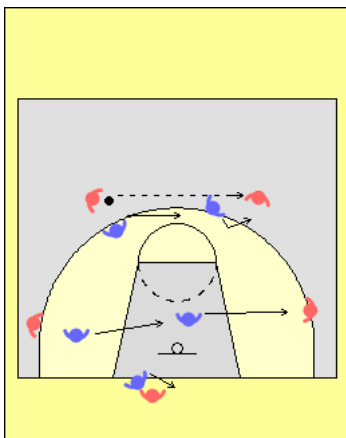


Maximizing learning

When working with the NEDA boys team yesterday we only had nine players who were able to practice and one who was able to do limited activity. We were working on the basic shell drill for defensive positioning. The problem was maximizing the learning for all of the players.

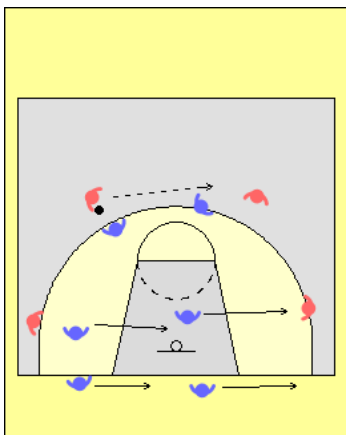


I quickly devised two activities for the two players sitting off. The first was to have the players work on defensive positioning when guarding the post. This was done off the court and they went at a slower pace than the players did on the court (remember one player was limited in his movement). This did not interfere with the other eight players and the head coach could focus on their leanings.



As the ball was moved, the defender had to be in the proper position. I also had the defender call out his action. i.e. front. Please note; this is not done just for post players. All players need to learn this positioning.

One thing we have found is that when we do a lot of teaching from shell we often do not work on post defensive positioning.



The second activity I had the subs do was pretend they were guarding a wing player only do the actions on the baseline. They could again go at a slower pace and work on important footwork.