

Drill Outline – Channelling & Containment

Drill Name: Channelling & Containing	
<i>Purpose</i>	Drill works on limiting options for an offensive receiver
	Drill starts with X ₁ shooting a foul shot, player 1 in a rebounding position and player 2 in the point position.
	X ₁ shoots the ball, once the ball has been shot they then become defense and pick up player 2 who is moving to receive the inbounds pass, from player 1 who has rebounded the ball and is looking for the inbounds pass
	When player 2 receives the ball they are trying to get to ½ way, while at the same time X ₁ is trying to clamp and contain player 2 in the corner.
<i>Transition and rebounding element</i>	Transition between offence and defense. Rebounding from foul shot situation.

<i>Scoring and timing system</i>	<p>5 points to defence if offence receives inbound pass below the block on outside lane. 2 points to defence if offence receives inbound pass below foul line 1 point to defence for turnover or steal 5 points to offence if they get the ball to half way in 4 dribbles.</p> <p>Drill is over when defence get a stop or offence get the ball to ½ way</p>								
<i>Coaching Cues & Key Teaching Points:</i>	<table border="0"> <tr> <td>'back foot'</td> <td>deny foot closest to the middle to force to corner</td> </tr> <tr> <td>'foot race'</td> <td>beat the offensive player to ½ way if they get passed</td> </tr> <tr> <td>'contain'</td> <td>keep space between the ball</td> </tr> <tr> <td>'clamp'</td> <td>use sideline to clamp the ball</td> </tr> </table>	'back foot'	deny foot closest to the middle to force to corner	'foot race'	beat the offensive player to ½ way if they get passed	'contain'	keep space between the ball	'clamp'	use sideline to clamp the ball
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Submitted by Helen Richardson