

“Walking the Block (Demo)”



Situation

You've won the ball in collect. Or the team you're playing is playing Rebound.

Mission

To get a good collect position, while keeping hold of the feed. Seconds should have this down.

Execution

Set-up:

A post for a Demo, with a shooter and someone defending you in collect. Another attacker to run it with you. And a defender for them if you choose it.

1. Get everyone round the post so they can all see and hear you, and so you can see them all without turning.
2. Question them about what you do once you've won a collect. Or how you would play against Rebound D. Stress the importance of holding onto the ball after winning the collect.
3. Bring in your defender and give someone the ball to take a shot. Win the collect. Deliberately stop, and consider your options. If your defender is out of the place you can pop the ball through the hoop, but if not, just stop.
4. Get someone to come stand next to you. Show them how they must walk slowly round you until they have a position tight up next to you.
5. Pass them the ball and walk round them, take the collect again. Let the feed pass out and get another shot so you can repeat.
6. If your defender doesn't follow you round (encourage them not to at some point) show how you can either take an easy shot, or fake the easy shot, pass back to your block buddy in feed and take the collect that way.

Progression:

This is for if you want to keep the same person in collect. Run it through with how you can walk round a feed to simply gain the collect yourself. Basically it's running step 6 without all the build-up. This can be done very quickly and efficiently if practiced.

Don't underestimate how important this move is. It's a simple way to keep taking decent shots with good collects.

Let players know they can take as much time as possible, and that slower is better. It can get very confusing so be patient and run it through with people individually if you need to.

Remember it's "walking" the block – running makes it harder and can lead to fouling.

In divisions, assign "**Block Buddies**" (a girl and a boy together) who will block each other when needed – avoids confusion.

If a player has run the block and gets collect, and his defender stays behind him, you can pass him the ball from feed after waiting a couple of seconds and they're allowed to shoot – it's no longer cutting. Good against weak teams.