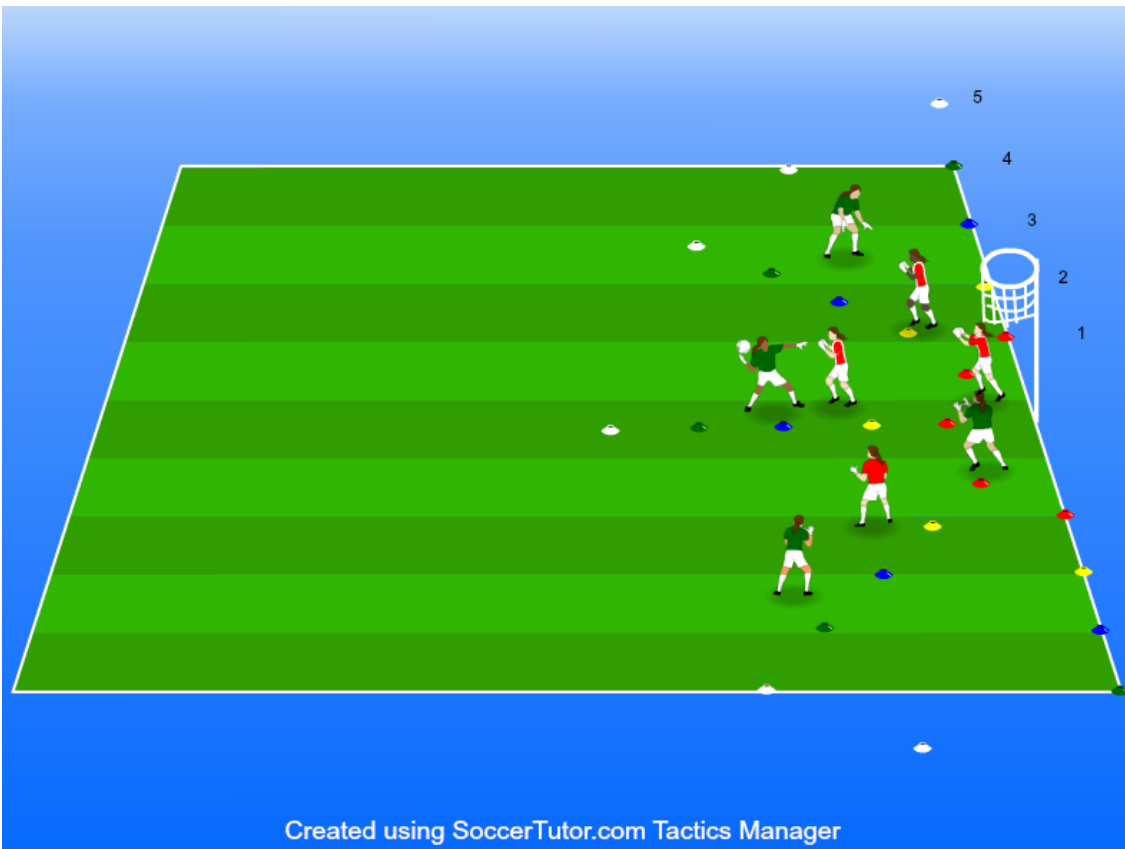




114) Shooting Speed vs Accuracy



Date:	17/Aug/2019	Measurement:	10 x 10
Time:	N/A:N/A	Players:	7
Duration:	N/A	Level:	

Objective:

Description:

One of the players starts with the 30 second timer in their pocket. They start the game. 4v4. Teams alternate who is the attacking and who the defending team. The team in possession aims to score as high a basket as possible within the 30 seconds. The points score correlates to the zone the player shooting is in. Only one score counts within the 30 seconds. However, the highest score is the one that counts. The defenders defend the attackers. If they intercept the ball, they must pass it immediately to any attacker.

Coaching Points:

If the attackers don't score any baskets, they score nothing. At the end of the 30 seconds, possession is transferred to the other team. At the end of each 30 seconds, the highest score is counted and a running total of each teams score is taken.

Progression:

Extension: For higher ability, once a team scores a basket, that score is counted, the timer resets and possession transfers to the opposition.