

18. Hula Hoop Drill

Purpose:

This is a fun dribbling drill that forces players to keep their head up and see the entire court in order to succeed. This drill also requires players to anticipate the movement of the other players on the floor.

Setup:

*Have all players get a hula-hoop and a ball, and spread out around the court, laying their hoops on the floor.

Execution:

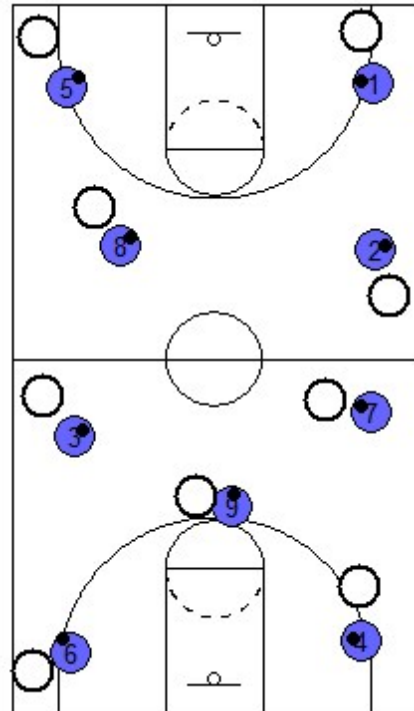
* On the whistle, the players are to begin to dribble around the court. While they are moving, the coach removes one of the hula hoops from the floor.

* On the next whistle, players are to speed dribble and get at least one foot inside of a hula-hoop.

* The player who is unable to get to a hula-hoop is out of the game.

* Continue removing hula-hoops until only two players remain.

* The last player standing in a hula-hoop upon the whistle is the winner.



Coaching Points:

* Encourage players to constantly be aware of where the other players are and to continue moving. Emphasize the importance of keeping their heads up, not looking at the ball, and making quick, decisive moves.

* The players who are knocked out can be the ones who run onto the court and remove hoops before the coach blows the whistle during the drill.

Variations:

- * Use music instead of a whistle
- * Allow only a certain type of dribble (left-handed only, dribbling in and out of hoops, etc.)
- * Allow more experienced players to try to knock the other players' balls away.