

19. The Chair Game

Purpose:

- * To practice passing the ball up the court.

Setup:

Split players into 2 teams. One on offense, one on defense. Sit one person on each team under each basket.

Execution:

- * Give the ball to one team and start them on the baseline. The other team plays defense.
- * The offensive team must pass the ball up the court without dribbling.
- * A team earns a point or goal when the ball is passed and caught by the “goalie” sitting in the chair.
- * Once a goal is made or attempted, the other team starts on the baseline and tries to get a goal going the other direction.
- * At the end of a designated time period determined by the coach, the team with the most goals WINS.

Coaching Points:

- * Encourage players to make strong cuts and give their hands as a target for the pass.
- * If a team dribbles, they can either lose their turn or start over, depending on the coaches discretion.
- * Encourage defense to stay low, slide, and try to intercept the pass.