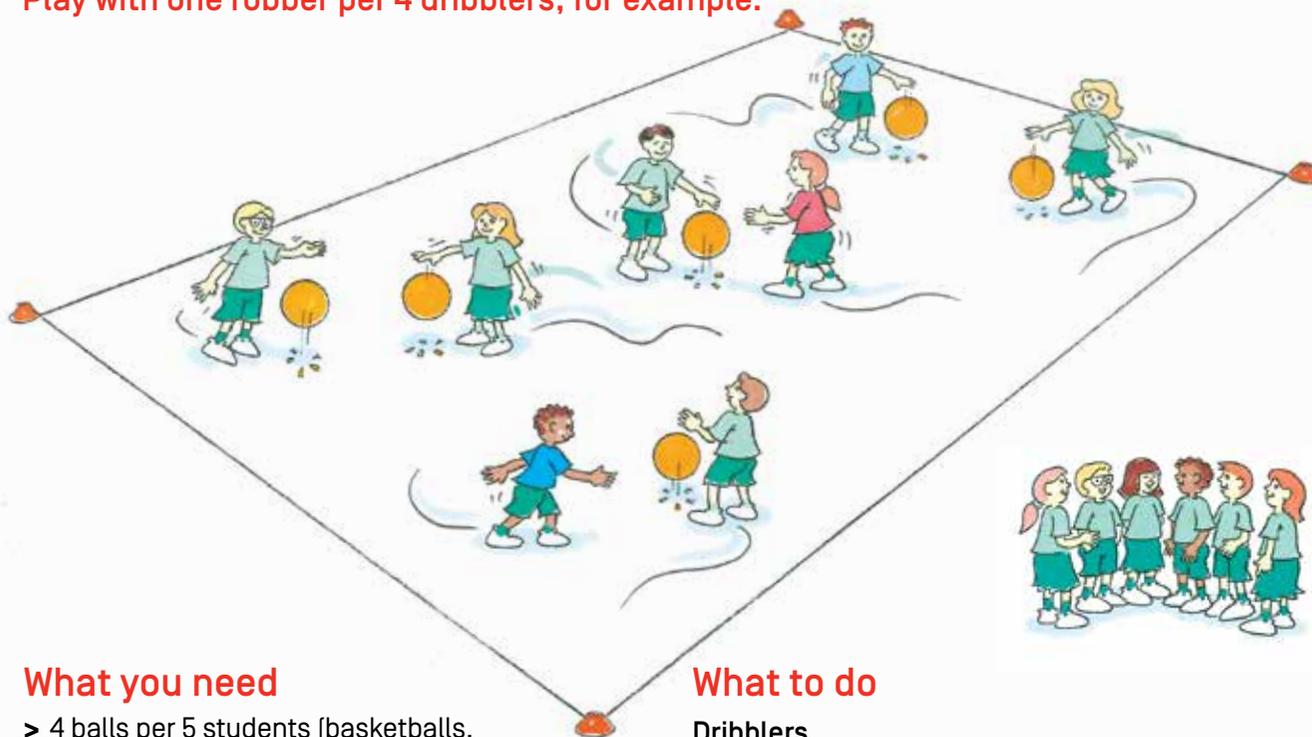


# Dribblers and robbers

Players [dribblers] with a ball move around the court dribbling. One or 2 players are robbers and they attempt to intercept dribblers' balls without making body contact. Play with one robber per 4 dribblers, for example.



## What you need

- > 4 balls per 5 students (basketballs, volleyballs, soccer balls or soft hockey balls)
- > A playing area suitable for dribbling and free of obstructions for 5-6 groups of 5 students.
- > Sufficient space between games
- > Markers

## What to do

### Dribblers

- > Try to maintain possession.
- > Dribblers must dribble the ball as they move around the court.

### Robbers

- > Robbers try to win possession of a ball. Dribblers who lose possession become robbers and try to gain possession of another dribbler's ball – but not the ball they have just lost.

## Coaching

- > The kicking and hockey dribbling options can be used with groups who have some familiarity with these methods.
- > Ask players to set personal targets.

## Teaching Tips

- > When dribbling the ball always keep the ball close to you to protect it from the robbers.
- > Use short kicks, low bounces when dribbling to avoid the ball getting too far out of reach.
- > Practising changing directions while dribbling so that you can avoid running towards robbers who might steal your ball.

## LEARNING INTENTION

*Dribblers and robbers* is an invasion game where ball-control skills and accurate dribbling are developed. Robbers practise defensive techniques required to regain possession of the ball.

change it...

# Dribblers and robbers

## Game rules

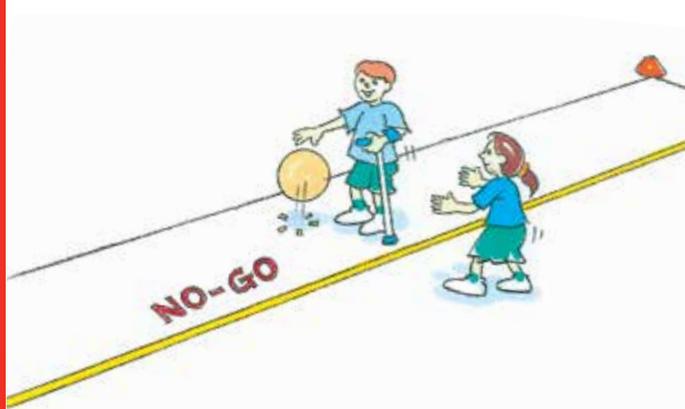
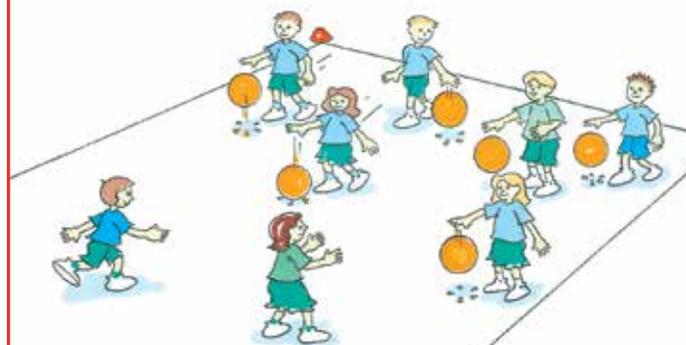
- > **Dribbling rule** – relax the 'dribble when travelling' rule. Allow a combination of running and dribbling (e.g. dribble every third or fourth step. Be prepared for some liberal interpretations of the rule!)
- > Vary this rule according to ability.
- > If using a basketball or volleyball, the ball is dribbled by bouncing.
- > **Fewer balls** – use one ball per pair of dribblers. Allow dribblers to pass the ball as well as dribble.
- > **End to end** – all dribblers start at one end and have to get to the other end while avoiding robbers.
- > Robbers – vary the number.
- > Provide a 'no-go' zone for a player if their ability level makes this necessary. Robbers are not permitted into the 'no-go' zone.

## Equipment

- > Vary the type of ball/sticks according to players' abilities.

## Playing area

- > Change the dimensions of the playing area according to the ability of the group.



## Safety

- > Ensure adequate space for the number of players.
- > Encourage players to be aware of others around them – i.e. keep an eye on the ball while looking around.
- > Body contact is not permitted.
- > Hockey sticks must not be raised above waist height.



## Ask the players

- > Which part of the foot did you use to dribble the soccer ball in order to maintain control?
- > Where did you bounce the ball when dribbling the basketball in order to maintain control?
- > What technique did you use to prevent the robbers from stealing your ball?
- > When you were a robber how did you try to 'get in close' so that you could steal the ball?
- > How did you know where to run in the space in order to avoid the robbers?