



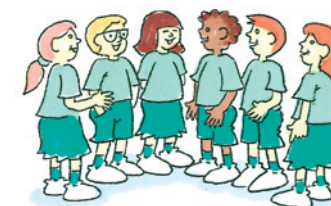
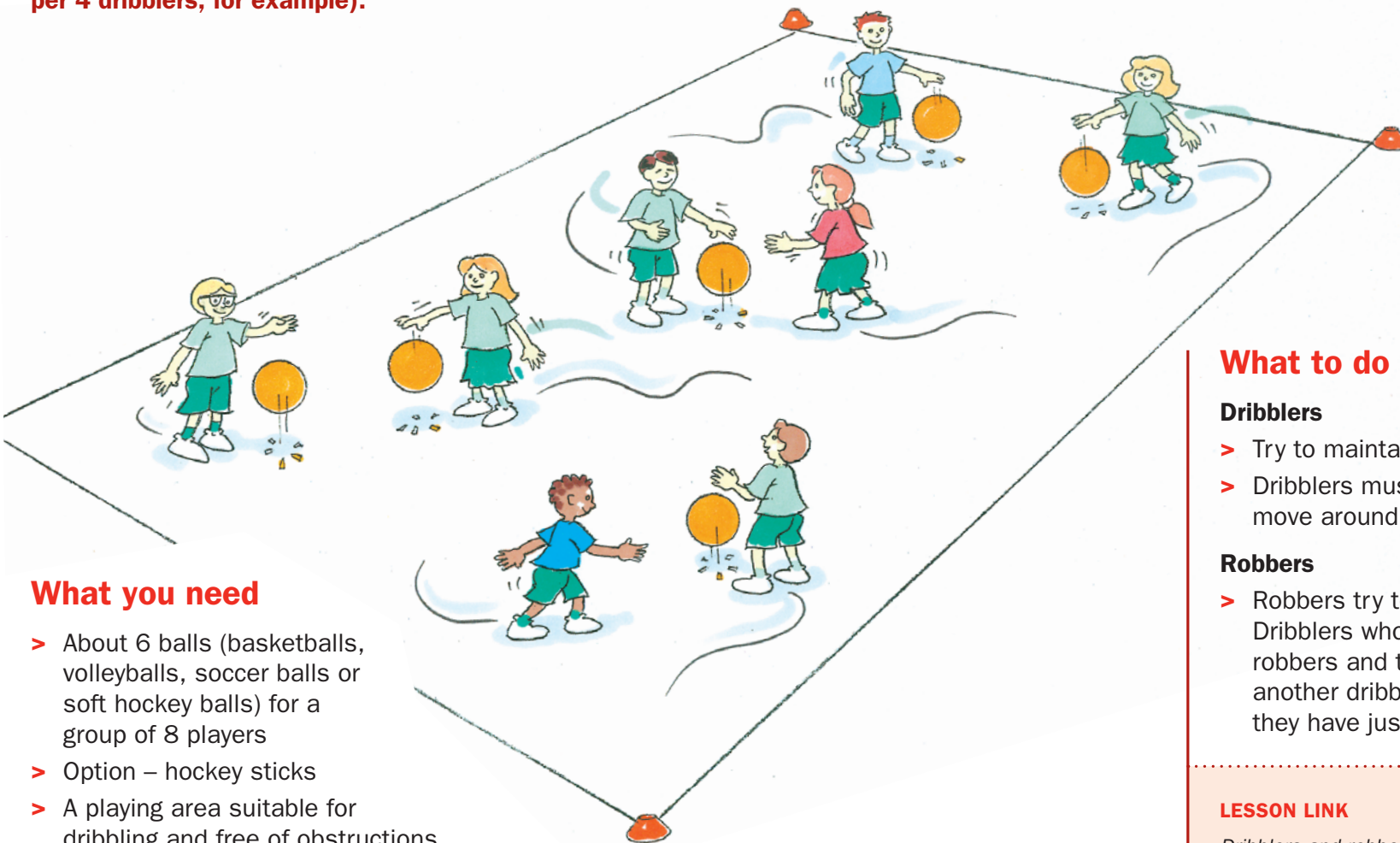
Australian Government  
Australian Sports Commission

EASY MED HARD



# 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

- > About 6 balls (basketballs, volleyballs, soccer balls or soft hockey balls) for a group of 8 players
- > Option – hockey sticks
- > A playing area suitable for dribbling and free of obstructions
- > 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.

### LESSON LINK

*Dribblers and robbers* is an invasion game where ball-handling skills and defensive play work hand-in-hand. Interceptors ('robbers') learn how to 'get in close' within the rules of the game.

SESSION PLANS

Combo > Start out INV 06 + Get into it INV 04 + Start out WC 06

# Dribblers and robbers

Skills > Interception, close marking · Space – finding & closing · Defending the ball · Decision-making

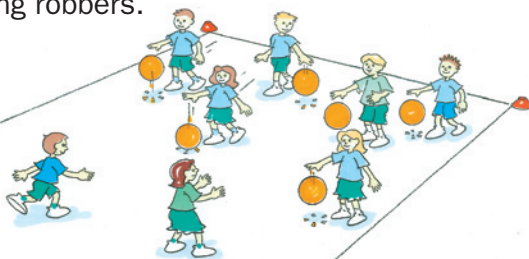
## change it...

### Coaching

- > The kicking and hockey dribbling options can be used with groups who have some familiarity with these methods.
- > Set personal targets for the players.

### 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** – e.g. 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

#### Dribblers

- > ‘How can you make sure you keep the ball?’
- > ‘Can you move from one side to the other without being intercepted?’
- > ‘How long can you maintain possession?’

#### Robbers

- > ‘When is a good time to steal the ball?’
- > ‘How quickly can you steal a ball?’
- > In the dribbling’ variation – ‘If you don’t have the ball, how can you encourage your team-mate to pass it to you?’