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SMALL SIDED GAMES

by Tony Miller utilizing Dr. Dish



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SMALL SIDED GAMES

For years, basketball coaches have been modifying formats of play to recreate game-like scenarios. Whether it's through adjusting the number of players on the court (e.g., 3-on-3, 4-on-3, 2-on-2), the size of the court (e.g, half of half-court), or the rules of the game (no dribbling), these small-sided games (SSGs) help improve training environments for skill acquisition.

If you aren't already, here are just a few of the reasons why you should be incorporating SSGs into your basketball training:

- more space for exploration and development
- simplification of decision-making
- increased number of reps for players
- higher levels of engagement and fun



TABLE OF CONTENTS

1 v 1 Play

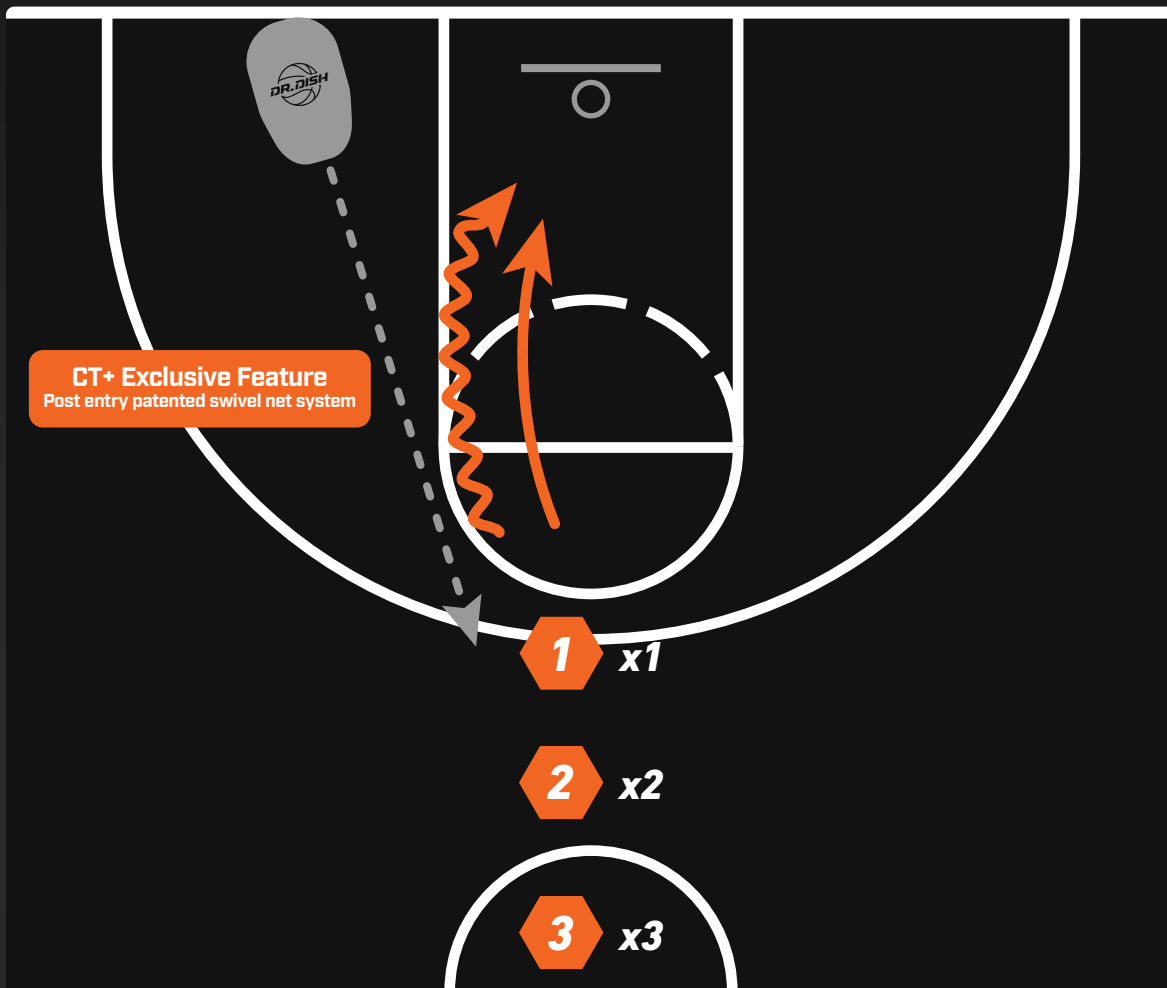
| | |
|-------------------------------|---|
| 1 v 1 Small Advantage | 3 |
| Post 1 v 1 | 4 |
| Shooting vs Stunt and Recover | 5 |

Shooting Games

| | |
|----------------------------------|----|
| Extra Pass Shooting | 6 |
| Contested Shooting | 7 |
| Contested Shooting | 8 |
| Zone Decision Making Shooting | 9 |
| Drive and Kick (Decision Making) | 10 |
| Quick Closeout | 11 |
| Snatch Jumpers | 12 |

1 V 1 SMALL ADVANTAGE

DRILLS



The defense begins on the side of the offense.
When the offense catches the ball, play is live.





















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