

This report is a temporary version while we eagerly await John Helsdon's excellent reporting

Vision Training - dribbling for possession

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- ❖ Started with group randomly moving in a marked area each with ball. He observed that most of them were dribbling with head down. He asked them to dribble with head up, to touch and look around, use peripheral vision to see the ball
- ❖ He asked them to move quickly in to open space stay within comfort level and to keep the ball under control
- ❖ He now added the directive for player to look front and back before they changed direction and sprint into space
- ❖ Removed four players from the drill to become defenders and started by placing them around the circular grid. He then asked the rest to resume the dribbling with looking and sent the defender into the circle with the instructions to dispossess a player with a ball (not just whack it away). if the ball goes out of the area then the player who had the ball simply recovers the ball and returns to dribbling in the area. If the dribbler loses the ball, then they are to go get someone else's ball
- ❖ Holding drill - One ball to two players in a 10 yd. square grid. One of the players on attack and one will be the defender with low pressure. The attack starts in a shielding position, holds the ball while **looking around**. The attacker will then move away to another space in the grid, beating the defender. The defender restarts the drill by bringing the attacker under close pressure again.
- ❖ Modified the drill so the defender was at 100% and again reminded the defender to dispossess, not just knock the ball away.
- ❖ Next he modified the drill to add a move one way and spin back other way. He demonstrated the use of the other arm (swinging it around the defender) to block the defender when you roll around the defender with your back. He used the basketball player Shaq as a visual cue for the move.
- ❖ He encouraged the use of extending the arm to help shield off the defender.
- ❖ In the next drill he created a bigger area for players to knock it around in pairs with random movement. He observed a focus on the ball by both dribbler and partner. He encouraged them to both have their eyes scanning the entire area.
- ❖ To help with the observed problem (not looking as they received the ball and while moving around) he broke down into just the pairs inter passing with no movement and a look front and back as the ball is travelling to the receiver.
- ❖ He stated that we need to condition players to look and peak.
- ❖ Next he asked them to vary the pace of pass (weight) of the pass so that the receiver can vary amount of peak from none to lots.
- ❖ Modified the drill to return some movement of the players and same the same pace variation and looking emphasis.
- ❖ Next he moved to having a ball delivered in the air with the receiver making a glance behind and then to the receiver making a run and looking as the ball is played to space. He used a much bigger space for this drill.
- ❖ Back to pairs dribbling and passing in a more confined area. He encouraged the support player to move to a spot where the dribbler can get ball to him (i.e. not behind the dribbler).
- ❖ Converted the drill into it a game. He awarded 1 point for each successful pass (where the receiver looked before receiving) and after some time added keepers roaming the area to steal the ball with hands or feet. Keepers got a point for stealing a ball. He said "you must be moving, no stationary passing is allowed. And you *must* look!"
- ❖ Next he changed to groups of 3 and worked on 1v1 with a ball played in from about 15-20 yards from third player. Encouraged them to clear the defender to receive the ball (move away and check back to ball). The receiver was to bring the ball under control, hold it for a small period of time and then get around the defender to cross a marked end line. He started with the defender playing low pressure and then ran the drill for a period with full pressure from the defender

- ❖ He pointed out to the players their need to check on the diagonal and not straight back at the person with the ball. Additionally the checking player should be side on to the marking defender. This vastly improves the ability of the receiving player to see the entire area of the field they desire to attack.
- ❖ moved to a keep away game with points given on a pass with receiver taking a look around
- ❖ The next modification was rewarding one touch passes with a point. He told them not to force the one touch when it wasn't on, rather work to make them happen.
- ❖ He used the words "hide it" to describe holding or screening the ball.
- ❖ moved to a full field scrimmage carrying ideas from the session forward