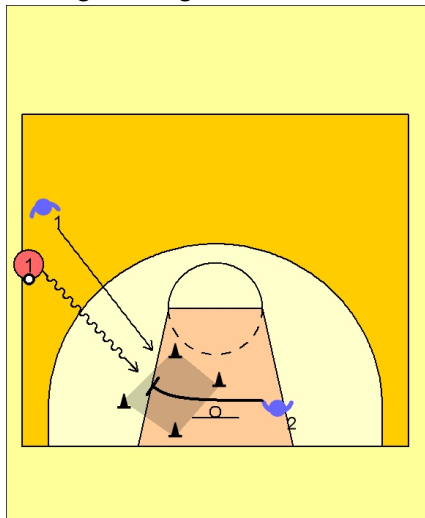


Taking a charge



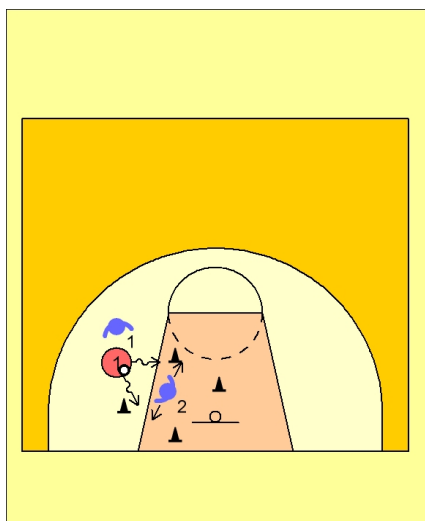
Standing in to take a charge can change momentum in a game, and bring the team and the crowd to their feet while often taking away a sure score. In this drill, players learn to overcome their fear of standing in to take a charge while learning the technique of rotating to help a driver.

Flat pylons are used to create a square on the floor as shown. This will designate the only area that the offence can score.

The offensive player starts with the ball on the wing and a defender behind them chasing the play.

A second, help defender, is in "pistols" stance just outside the key on the other side.

When the offence begins their drive the play is live, one defender chasing and the other rotating.



Defenders often make the mistake of being statues committing to a spot on the floor and allowing the offence to drive around them.

Players who are unwilling to stand in and take contact often do not square their body to the drive and allow the offence to drive at the hoop, hoping to block a shot at the last second. Unless they are Bill Russell, this is usually bad defence.

The help defender needs to quickly get to a good help area, near the edge of the key and stop moving forward. (this is a foul) Once in this area, the goal is to get to a spot where they can receive the contact in the middle of their chest. The defence can adjust by sliding laterally as the offence approaches. If the defence is still sliding laterally while the contact happens this is usually called a foul as well. (It is legal to move directly backward after position has been established)

The late defender makes the pull up jump shot difficult for the offence.

Note: Players should be taught how to take the contact and fall safely.

If they know the contact is going to happen, it is a good idea to raise their toes off the ground, as this will allow them to fall backwards easily. We are not teaching flopping but rather how to take a hit, if you are hit. After the contact, players should bend at the knees and push off with their legs as they hit the ground to absorb the force of the fall better.

Once they are successful in taking a charge without getting hurt, they will have the confidence to do it in the game.