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.
- Set personal targets for the players.

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.
**Dribblers and robbers**

### Equipment
- Vary the type of ball/sticks according to players’ abilities.

### 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.

### 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?