



COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

Drill Name: Hula Hoop Offensive formation drill

Skills Practiced and introduction:

- Settled offense
- Finding and creating space

Suggested Equipment: 6 hula hoops or something to designate players' positions in a settled offense

Space needed: 1/2 field

Players needed: at least 6 players

Set – up and execution:

- Set up your hula hoops in whatever settled offense your team uses (2-2-2, 1-4-1, 1-3-2 etc).
- Put one offensive player in each of the hula hoops – these are places for players to stand when there is a dead ball. The only time the players are allowed in the hula hoops is before the ball is in play.
- Once the whistle blows, the magical areas are the spaces between the hoops. Players must learn to **find space** in between the man and the open lane to the ball.

Coaching tips:

- Work with players to understand that they should use dodging and getting a step on their defender as a way to turn a settled offense into a transition offense where the offense has the man advantage.

Variations/Progression:

As you players improve their skills incorporate the following:

- Take away the hula hoops as players learn their positions and how to find space.

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