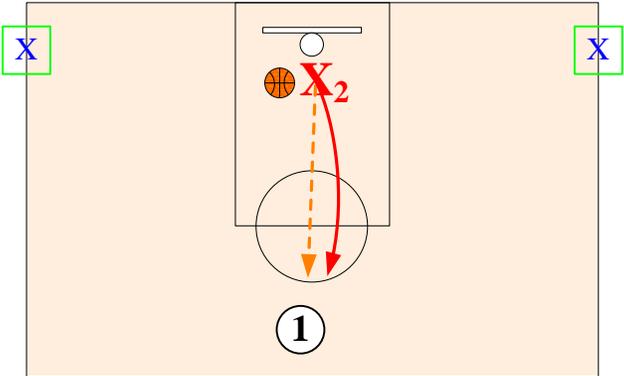


“Emperor of the Court” – 1-on-1 Competition

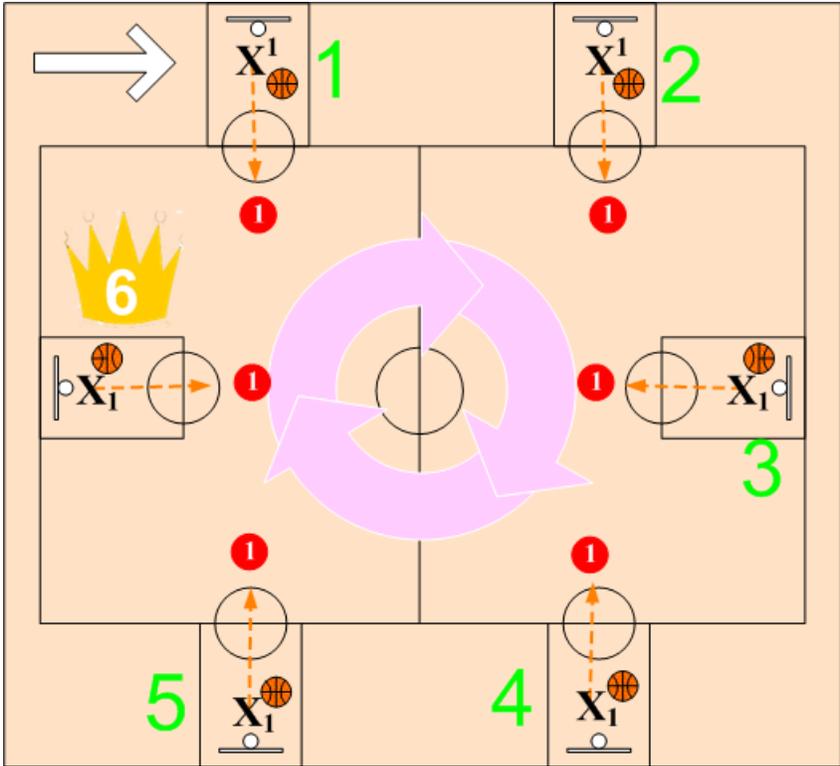
“Emperor of the Court” is a very competitive, series of 1-on-1 contests. Players are paired up at each basket with a ball. Games are played from a pre-designated spot to a pre-determined number of made baskets, such as four(4) to six (6) depending on time available.



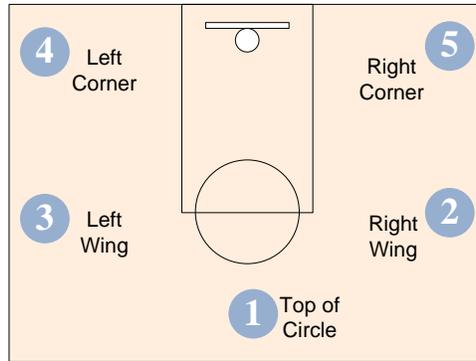
To begin with, an offensive player takes a position at the top of the circle and a defender with the ball starts out under the basket. The defender rolls the ball out to the offensive player with medium speed. The defender then quickly closes out to the offensive player. The offensive player picks up the ball and goes live 1-on-1 against the defender. Play continues until the offense scores or the defense gets the ball.

Rotation

The first player to make the pre-determined number of baskets wins and moves up a basket. The loser moves down a basket. The objective is to move up to and stay on the #6 championship basket.



Variations



The designated starting location can be changed. To ensure that players get ample practice from each location, alternate spots on different days.

Basic 1-on-1 Rules

1. To start the first games, one player shoots from the top of the circle. If the shot is made, that they get the first ball possession. If the shot is missed, the opponent gets ball. For the remainder of games, the winning player at each basket starts out with ball possession. On the championship court the winning player maintains ball possession.
2. “Back-in” dribbling is not allowed. Defender gets ball possession.
3. Make it take it. Defender must make a defensive stop to go offense.
4. Ball must be checked in by the defense after all made baskets.
5. On jump balls, alternate possession. On the first jump ball, the defensive player gets possession.
6. Call your own fouls. Prevents “TickyTack” calls.
7. Closely guarded five (5) second rule is in effect.
8. If there is a dispute, alternating jump ball is in effect.
9. No arguing. If any arguing does take place, both teams will be automatically be removed and go back to the first basket with all other teams moving up a basket. The main objective is repetition and practice of basketball skills, not winning.

Coaching Tips

If a game goes long, once the majority of games have been completed, whatever team is ahead moves up. If the game is tied, the next basket wins.

When there is an odd player, the odd player has next game at the first basket with the player losing at that basket stepping off.

For extremely large groups (more than 13 players), the losing players on basket #1 and basket #2 both step off and two new players step on at basketball #1.

Emperor of the court is not only an excellent for 1-on-1 practice and camps, but also is a great way to evaluate players.