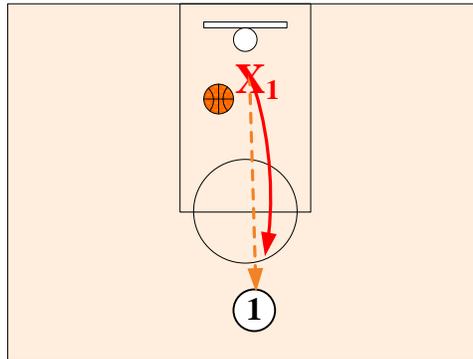


One-on-One Challenge Ladder

Similar to a Free Throw Ladder, a One-on-One Challenge Ladder can be used to determine “One-on-One” player rankings. Since this one-on-one competition can take place over a period of time, it is a great activity for preseason training. In addition to being a great One-on-One practice drill, a One-on-One Ladder is also an excellent means of determining your best defensive “Stoppers” which is of the utmost importance come game time.

It is best used at the end of practice in order not to detract from what you want to accomplish during the practice. Play to a predetermined number of baskets with players alternating offense and defense after every possession. Keep the number of baskets low (4 to 6) in order to put a premium on defensive stops and reduce the offensive advantage. Use a best two out of three or three out of five series to determine the Challenge winner.

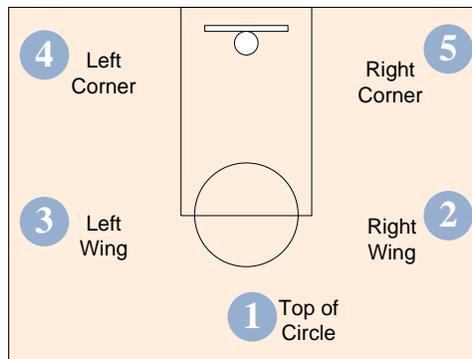


CAUTION: It is best to limit the number of dribbles and eliminate “Back-In” dribbling. Allowing “Back-In” dribbling provides the “Bigs” with an unfair advantage.

Alternate even and odd challenge days: On “Even” challenge days the players ranked with even numbers (2, 4, 6 etc.) challenge the odd number player above them. According to the results, players move up and down or retain their present ranking.

On “Odd” challenge” days, players with odd ranked numbers (1, 3, 5 etc.) challenge the even number player above them with the number one ranked player receiving a bye or have a “Rocky” challenge in which the lowest rank player gets to challenge the number one ranked player. If the low ranked player ranked wins, they move all the way up into the number one position, and the number one ranked player moves to the bottom of the ladder, having to work their way back to the top of the ladder.

Challenge Ladder Form: Print out and use the attached One-on-One Challenge Ladder.



Vary the starting angles to the basket. This can be done for each game within a series or on alternate days.

A Challenge Ladder will definitely improve players’ One-on-One skills both offensively and defensively. Players love the competition that is involved in challenge ladders. In addition you will also learn which players are your best competitors.

One-on-One Challenge Ladder

Week:

hootactics

Rank	Even Challenge	Odd Challenge	Rank																			
1																						16
2																						15
3																						14
4																						13
5																						12
6																						11
7																						10
8																						9
9																						8
10																						7
11																						6
12																						5
13																						4
14																						3
15																						2
16																						1