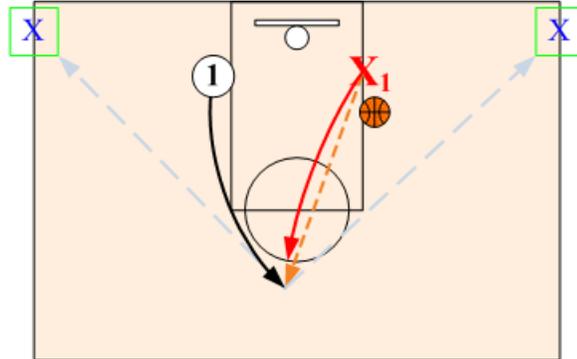


## “Ruler of the Court” – 1-on-1 Competition

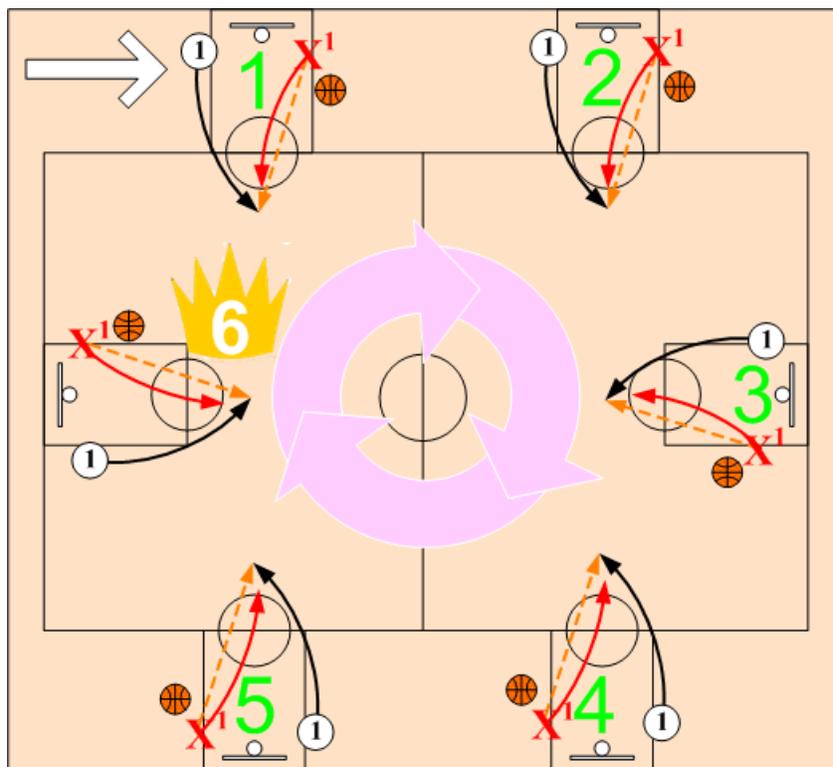
“Ruler of the Court” is a very competitive, series of 1-on-1 contests. Players are paired up at each basket with a ball. Games are played from a pre-designated spot to a pre-determined number of made baskets, such as four (4) to six (6) depending on time available.



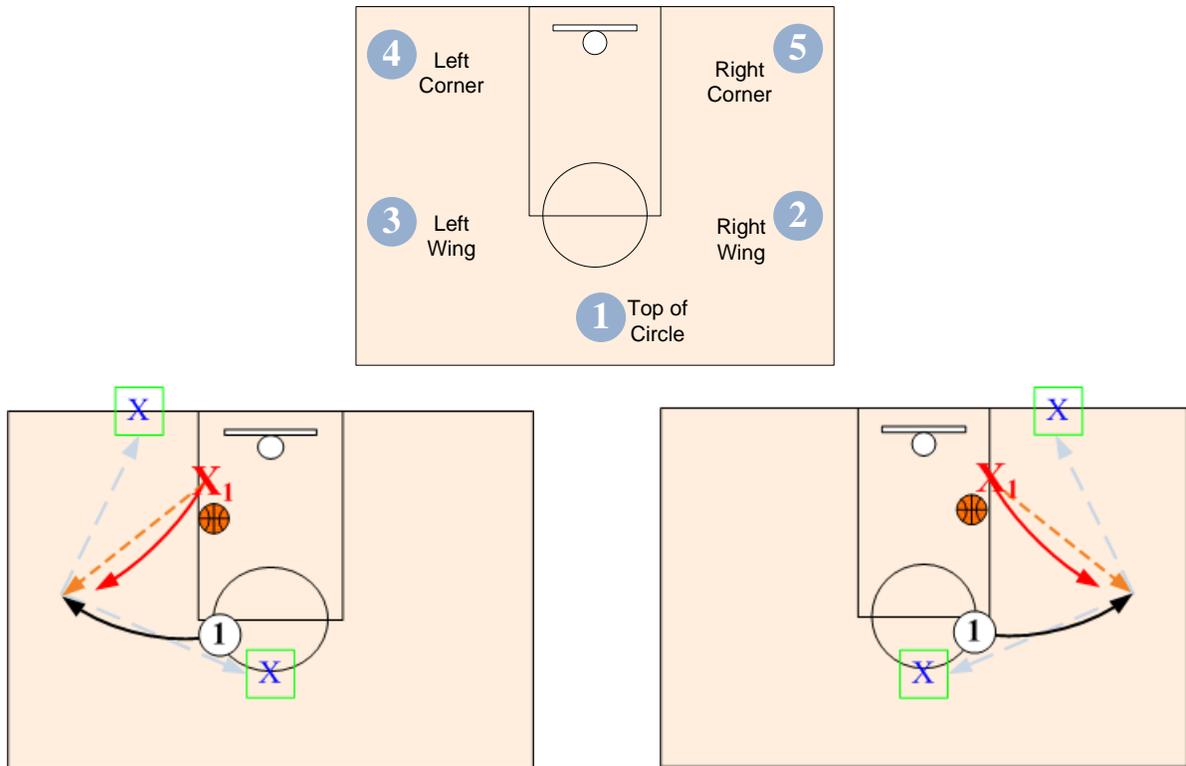
To begin with, a defender with the ball starts out on the right block and an offensive player on the left block. The defender rolls the ball out to the top of the circle and both players rush to the ball with the defender quickly closes out to the offensive player. The offensive player picks up the ball assuming a triple threat position and goes live 1-on-1 against the defender. The defender, assuming an On-Ball position forces the offensive player, to a corner PushPoint protecting the “Elbows” and keeping the offensive player out of the “Paint” (3 second area). Play continues until the offense scores or the defense makes a defensive stop.

### 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 starting locations on different days. When starting from the wing or corner the defender starts on the block and the offensive player at the “Elbow.”

## 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. Play starts anew after all made baskets and defensive stops.
5. On jump balls, alternate possession. On the first jump ball, the defensive player gets possession.
6. Call your own fouls. Prevents “Ticky Tack” 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.

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