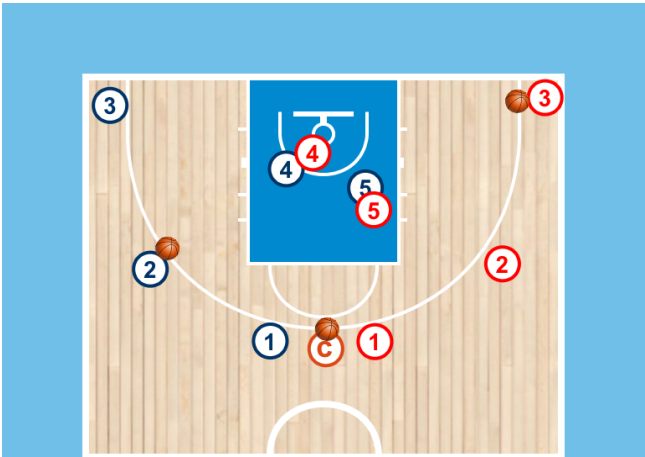


<b>DRILL NAME</b>		SPARTA						
<b>AUTHOR</b>		Julian Landaluce Machuca			<b>CONTENT</b>		Rebounding, contesting shots, extra pass	
<b>STAGE OF APPLICATION</b>		All ages						
<b>PHYSICAL LOAD*:<math>\Sigma</math></b>	228	<i>TASK TIME</i>	<i>DEGREE OF OPPOSITION</i>	<i>DENSITY OF THE TASK</i>	<i>NUMBER OF PLAYERS</i>	<i>COMPETITIVE LOAD</i>	<i>SPACES</i>	<i>COGNITIVE LOAD</i>
		10 - 15 min	4	4	4	3	2	2
<b>OBJECTIVES</b>	1. Box out and fight every ball							
	2. Catch and shoot, extra pass							
<b>GRAPHS</b>								
								
<b>DRILL DESCRIPTION</b>		<p>2 rebounders, 3 shooters, 3 balls. Rebounders has to fight every ball and kick it out, shooters shoot. First team to get 21 wins.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>• Rebounders can putback after a rebound</li> <li>• Rebounders can also contest/block shots</li> <li>• Perimeter players can extra pass or pass inside</li> </ul>						
<b>PROBABLE MISTAKES</b>		<ol style="list-style-type: none"> <li>1. Lack of effort</li> <li>2. Lack of aim</li> </ol>						

**CORRECTIONS**

1. We punish the loser team
2. We shoot closer