Players (dribblers) with a ball move around the court dribbling. One or 2 players are robbers and they attempt to intercept dribblers’ balls without making body contact. (Play with one robber per 4 dribblers, for example).

**What to do**

**Dribblers**
- Try to maintain possession.
- Dribblers must dribble the ball as they move around the court.

**Robbers**
- Robbers try to win possession of a ball. Dribblers who lose possession become robbers and try to gain possession of another dribbler’s ball – but not the ball they have just lost.

**What you need**
- About 6 balls (basketballs, volleyballs, soccer balls or soft hockey balls) for a group of 8 players
- Option – hockey sticks
- A playing area suitable for dribbling and free of obstructions
- Sufficient space between games
- Markers

**Lesson Link**
*Dribblers and robbers* is an invasion game where ball-handling skills and defensive play work hand-in-hand. Interceptors (‘robbers’) learn how to ‘get in close’ within the rules of the game.
Dribblers and robbers

Skills > Interception, close marking · Space – finding & closing · Defending the ball · Decision-making

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**Dribblers**

> ‘How can you make sure you keep the ball?’
> ‘Can you move from one side to the other without being intercepted?’
> ‘How long can you maintain possession?’

**Robbers**

> ‘When is a good time to steal the ball?’
> ‘How quickly can you steal a ball?’
> In the dribbling variation – ‘If you don’t have the ball, how can you encourage your team-mate to pass it to you?’

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**Coaching**

> The kicking and hockey dribbling options can be used with groups who have some familiarity with these methods.
> Set personal targets for the players.

**Game rules**

> Dribbling rule – relax the ‘dribble when travelling’ rule. Allow a combination of running and dribbling, e.g. dribble every third or fourth step. Be prepared for some liberal interpretations of the rule!
> Vary this rule according to ability.
> If using a basketball or volleyball, the ball is dribbled by bouncing.
> Fewer balls – e.g. one ball per pair of dribblers. Allow dribblers to pass the ball as well as dribble.
> End to end – all dribblers start at one end and have to get to the other end while avoiding robbers.

**Equipment**

> Vary the type of ball/sticks according to players’ abilities.

**Playing area**

> Change the dimensions of the playing area according to the ability of the group.

**Safety**

> Ensure adequate space for the number of players.
> Encourage players to be aware of others around them – i.e. keep an eye on the ball while looking around.
> Body contact is not permitted.
> Hockey sticks must not be raised above waist height.