

## **BALL HANDLING DRILLS - NO DRIBBLE**

Taking the charge is one of the most exciting plays in basketball and also one of the most difficult plays to pull off, as whether or not the charge will be called is entirely up to the referee's discretion. You will most often take a charge when an opponent drives into the lane and you allow them to run you over. In most cases, the rule boils down to whether or not the defense was 'set' (which means 'not moving') when the foul was committed, which means that in order to get the call, you have to simply let yourself get flattened. Taking a charge requires strength, bodily control, moderate acting skills, and, most importantly, guts.

### **Instructions:**

1. Establish position quickly while in a good defensive stance anticipating the path of the offensive player.
2. Plant your feet shoulder-width apart and keep them planted!
3. Keep your arms at your side - don't ever push outward or stick arms, elbows or hips out.
4. When you get "hit" you want to "recoil" and give a good grunt.
5. Keep your weight on your heels (this will help you prepare to go down easier).
6. Your "butt" should hit the floor first and chin tucked into chest preparing for contact with floor.
7. Put your hands out to cushion your fall.
8. If the whistle doesn't blow (no call), get up quickly and continue playing hard defense.

### **Notes:**

- A. Do not attempt this under the basket as the defender will rarely get the "charge" call.
- B. It takes a certain mental toughness, aggressiveness, and attitude to be able to take a charge.

Taking a charge during the game can be a real momentum changer. Always praise your teammate for taking the charge and help them up.

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