

# Game: Line and Length – 5 Point Measure

**Outline:** This a fundamental session to measure ability to play line and length. It involves all lengths of the court, and it has a precise scoring system

**Classification:** All classifications

## Equipment:

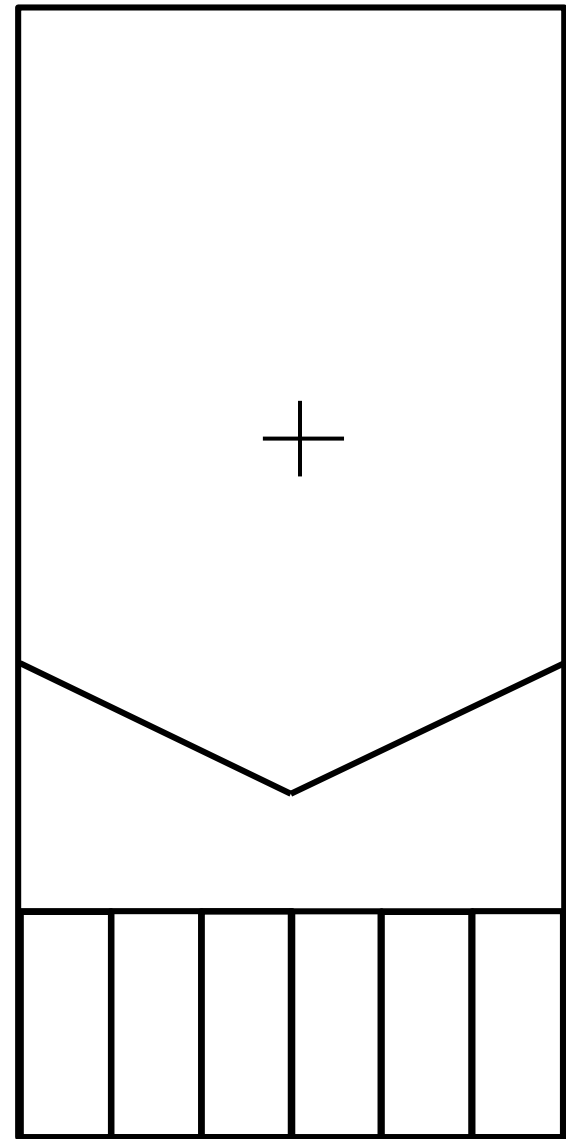
- Full Court area
- Playing equipment
- Measuring device – which can be as simple as just using three balls

## Specific aims:

- To be able to deliver ball accurately and consistently to all lengths of the court area
- To be able to measure skill development objectively

## Instructions/ Notes:

- The coach will select five points for placing the white: 2 short of the cross, one around the cross, and two past the cross. I.E. 1.5m, 3.5m, 5.4m, 7.7m and 9m. Each point will be tested in turn
- The athlete will play a set of 3 balls of their choice to the white, with each being measured
- Each ball is removed after being measured, and the score recorded. Less than 1 ball width = 0pts, >1bw = 1pts, >2bw = 2pts and >3bw or more = 3pts. The lower the score the better. The best score would be 0 after all balls played (3 balls x 5 lengths), the worse score would be 45.



# Game: Line and Length – 5 point drill Coaching Aids

## Suggested Modifications:

- Vary the ball set being used from red to blue, or using all 6 balls of one colour
- Vary the sequence of targets i.e. Long, middle then short
- Put some time pressure on the player i.e. All 3 balls played within 3 mins for a BC3 player
- Introduce some distractions or elements of chaos – balls within eye line
- Any ball that hits the white and therefore uses the white to reduce its speed is removed and not included

**Note:** If using this for testing purposes do not modify the conditions, or direct comparison with previous results is not possible

## Suggested questions:

- Question the athlete on the precise length to the white ball before playing the ball, then measure it after the ball is played.
- Ask whether the ball turned, and how to compensate for this for the next shot
- Discuss areas of strength or confidence, and areas of weakness or potential to develop I.E. A player scores a max of 9 points at 9m (3 balls x 3pts each) which would suggest time needs to be spent on this length
- If balls do not perform to expectations, ask about how this would effect shot selection in match play