

AVCSS Basketball, LLC

Blocking Shields – How they can help your players!

When attempting to work on and demonstrate “boxing out, post drills, fronting” and other “contact” related skill work it can sometimes prove very difficult being aggressive with the younger players (especially younger players). It’s easy to tell an 11 year old girl to box out and be aggressive, but difficult to teach without physical contact. How can this player “block out” and be “physical” in the game if they can’t practice being physical at practices? Yes, they can “softly” box out their team mates, but it’s not the same as playing against someone your not used to. How can you remedy this? Get a some Blocking Shields (also called Blocking Pads). Just like the ones they use in football. I purchased a couple of blocking shields for my youth basketball team, and ended up using them quite frequently at practices.

A lot of “game like” conditions can be worked on and simulated at practice. The blocking shield can tell a coach many things - because now players don’t have to hold back and be as aggressive as they need to be (or can be?). You will easily find out which players are going to be physical and aggressive, and which players are not! There are no more excuses.

Blocking shields are great for bumping post players in the paint (while they are working on post moves, shots, etc), and bumping players during lay up drills (I don’t mean knock them down, just get players used to a little physical contact). Use blocking shields during defensive drills, 2-line lay up drills, and any other drills that require “contact” and / or aggressiveness.

The cost of a blocking shield is around \$40-\$75 each. The cost of watching your players box out, secure more rebounds, and aggressively “front” the other teams best post player is PRICELESS! Blocking shields are well worth the investment.

Visit our website at www.avcssbasketball.com for the most comprehensive youth basketball drills on the web!