



Teach via SSGs



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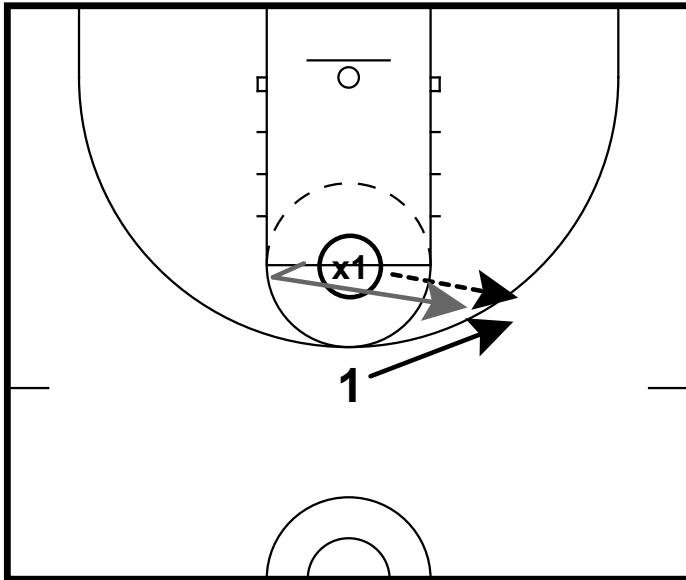
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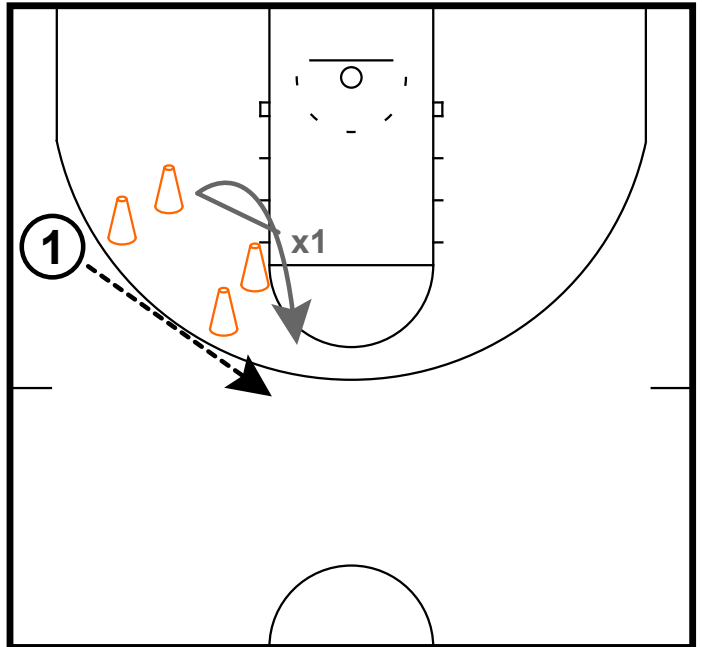
1 v 1

1 v 1 Toss Contest
Drills

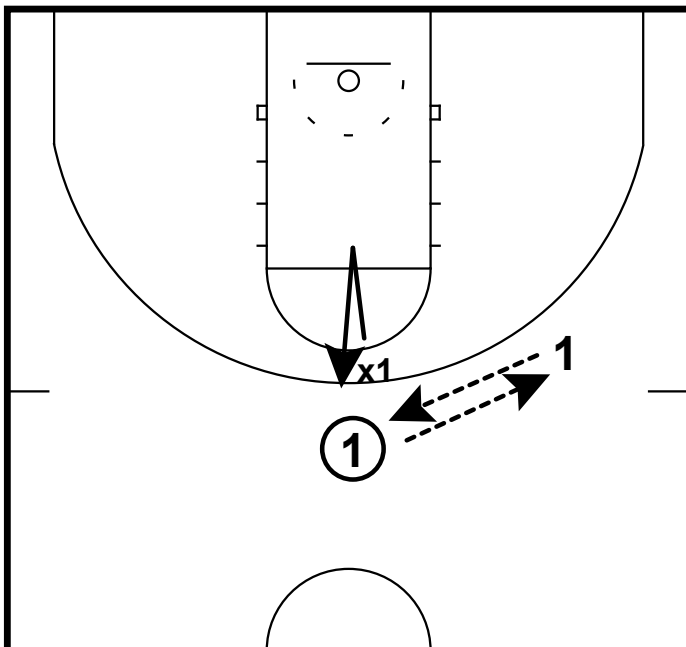


x1 starts with the basketball. He can toss it anywhere on the court. On the toss, he sprints to the opposite elbow, touches the elbow, then sprints to contest the shot from Player 1.

Contesting Shots (1 v 1)
Drills

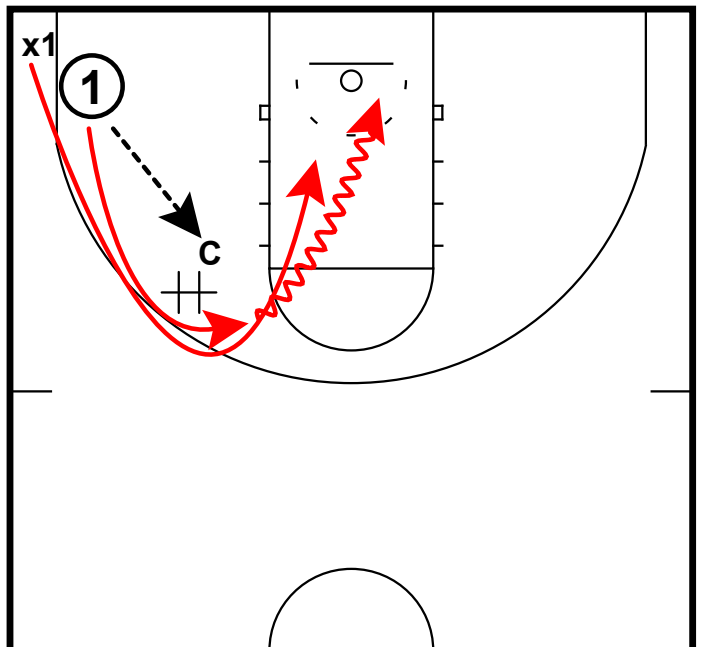


Contested Shooting (w/ Pass)
Drills



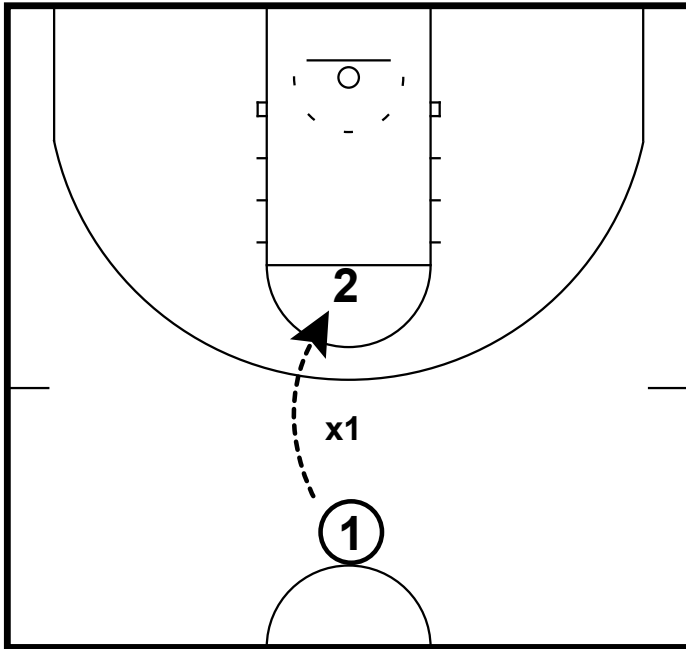
On the pass to the coach, the defender must go down and touch the free throw line then close out on the shooter.

Hand-Off Finishing
Drills

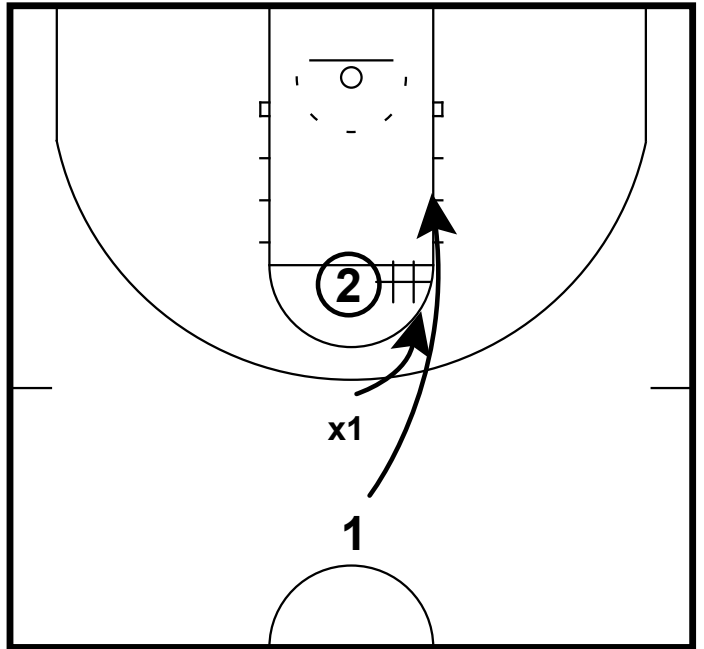


1 v 1

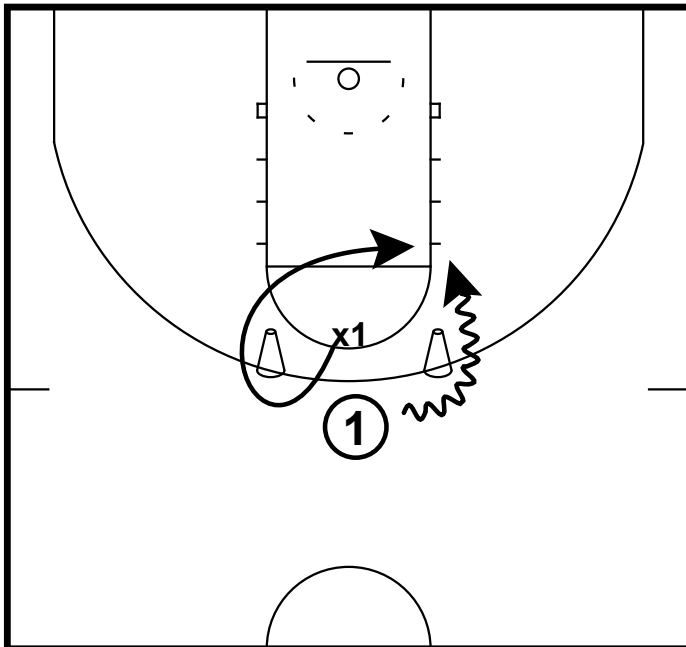
Keep the Advantage
Drills



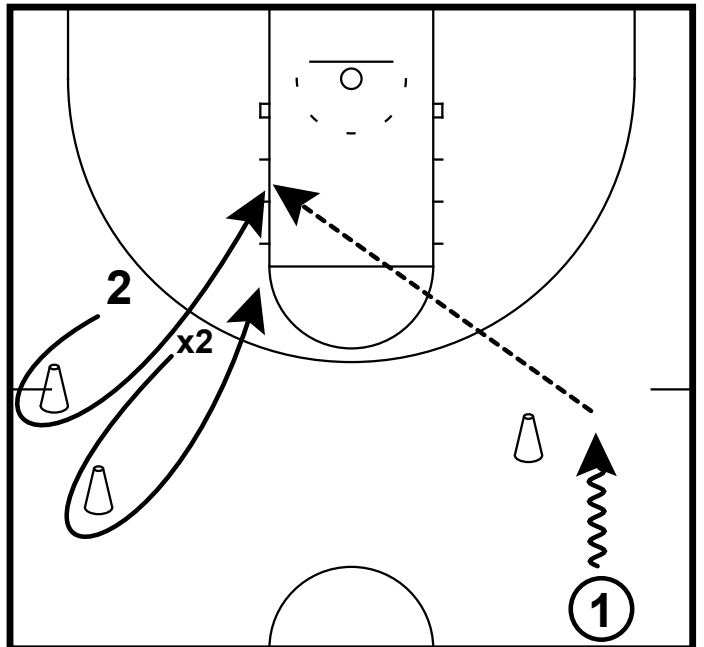
Keep the Advantage
Drills



Opposite 1 v 1
Drills



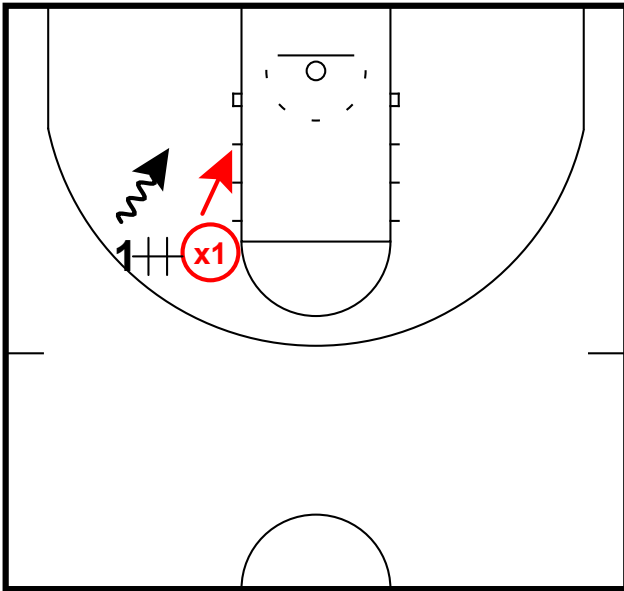
Pass Ahead Off the Bounce
Drills



Based on which way the offensive player goes, the defender must choose the opposite cone to run around

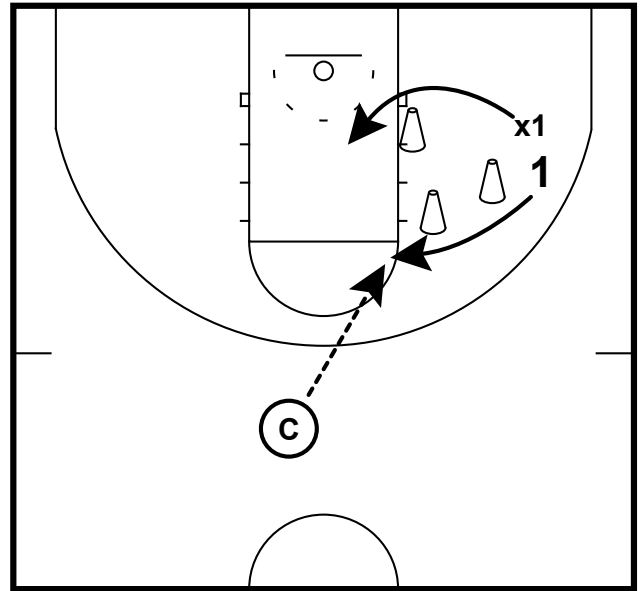
1 v 1

Snatch 1 v 1
Drills



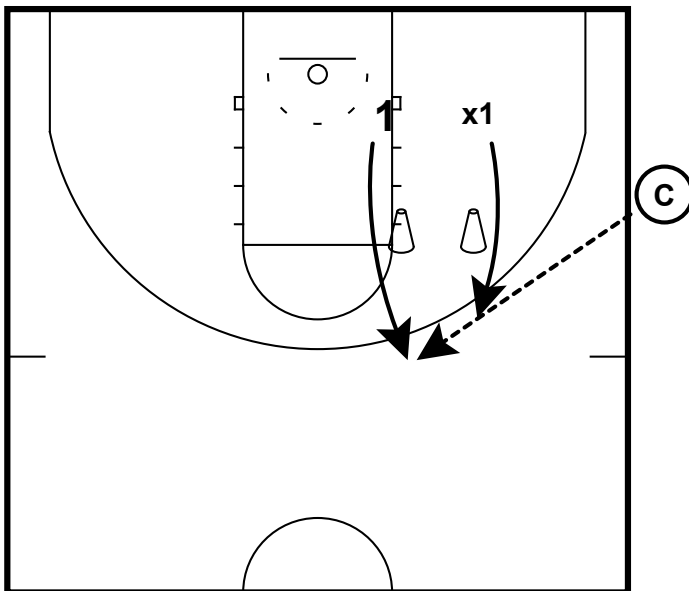
1 snatches ball out of x1's hand. x1 may not move until ball is taken out of his hands.

Triangle 1 v 1
Drills



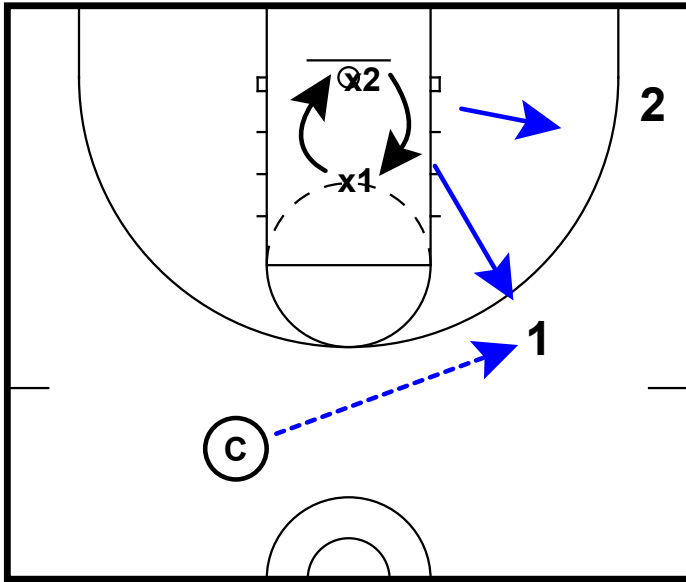
When player 1 moves, the drill is live. x1 must run around the top point of the triangle.

Zipper 1 v 1
Drills



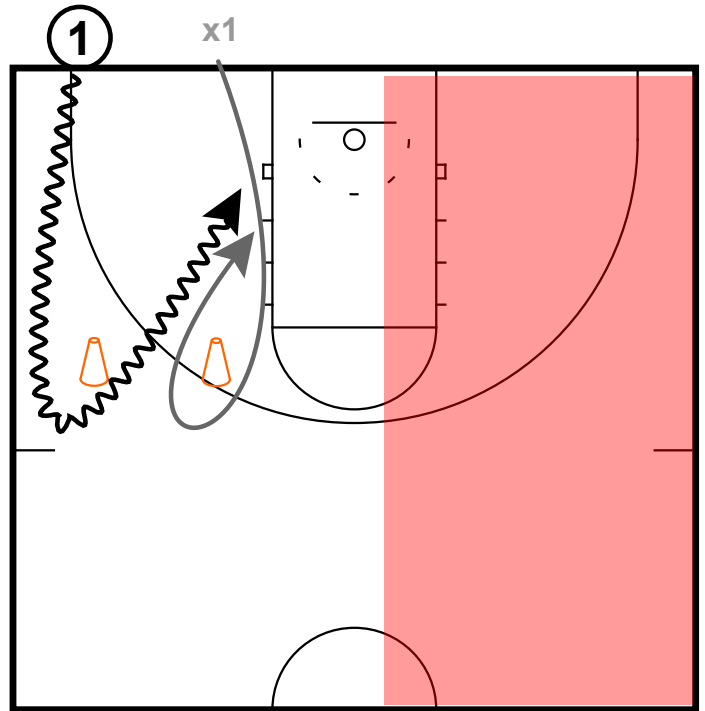
Evenly Matched Teams

2 v 2 Closout Drills

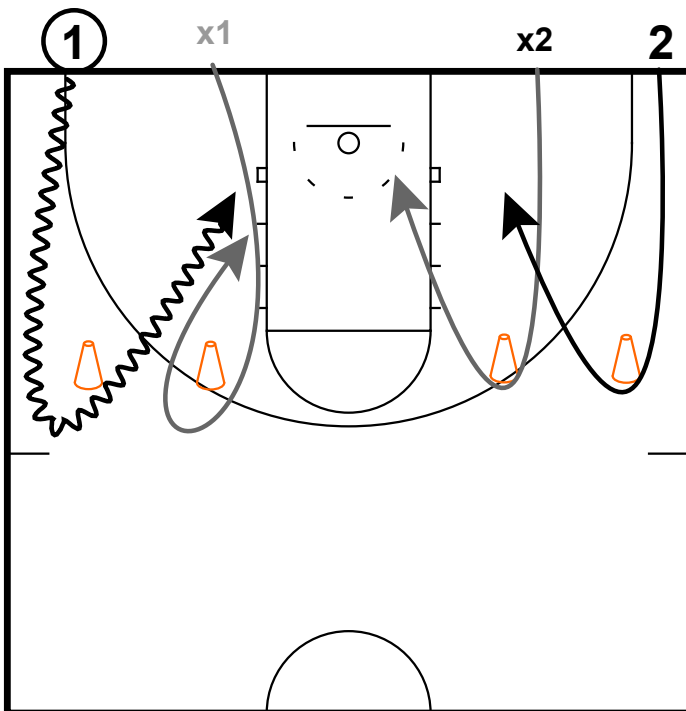


The coach starts with the basketball. x1 and x2 rotate. On the coach's pass, defenders closeout to the offensive players, and play is live.

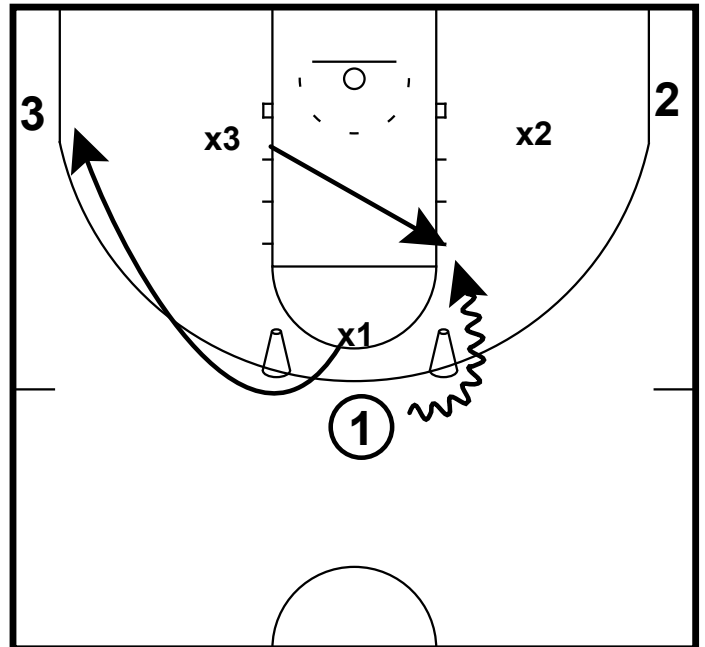
Cone Finishing Drills



Cone Finishing Drills



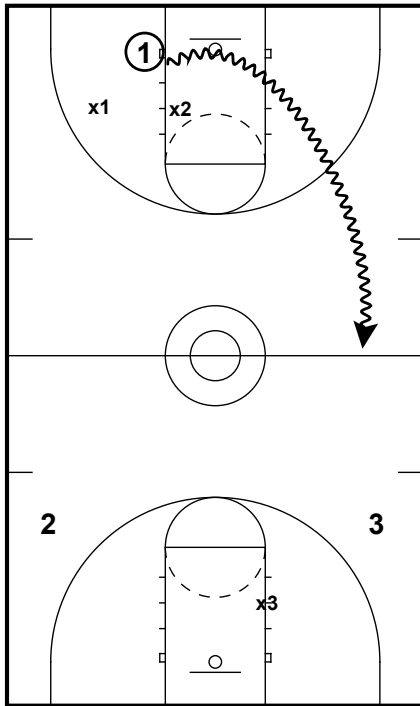
Opposite 3 v 3 Drills



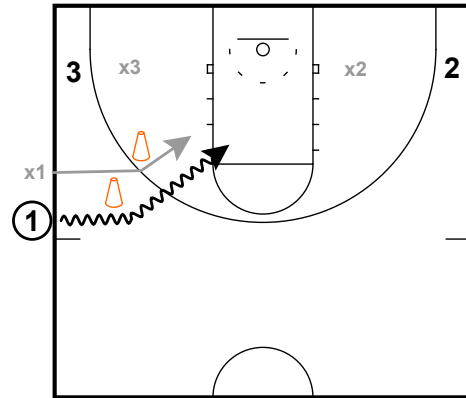
Based on which way the offensive player goes, the defender must choose the opposite cone to run around

Evenly Matched Teams

Ping Pong
Drills



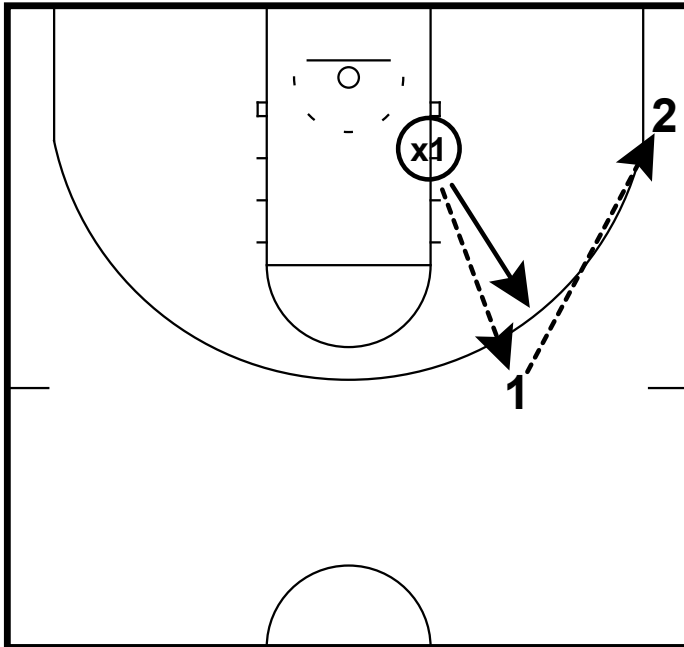
Wing Drive (3 v 3)
Drills



Play 1 v 2 in the backcourt with the defense at an advantage.
When the ball crosses half court, play goes live 3 v 3.

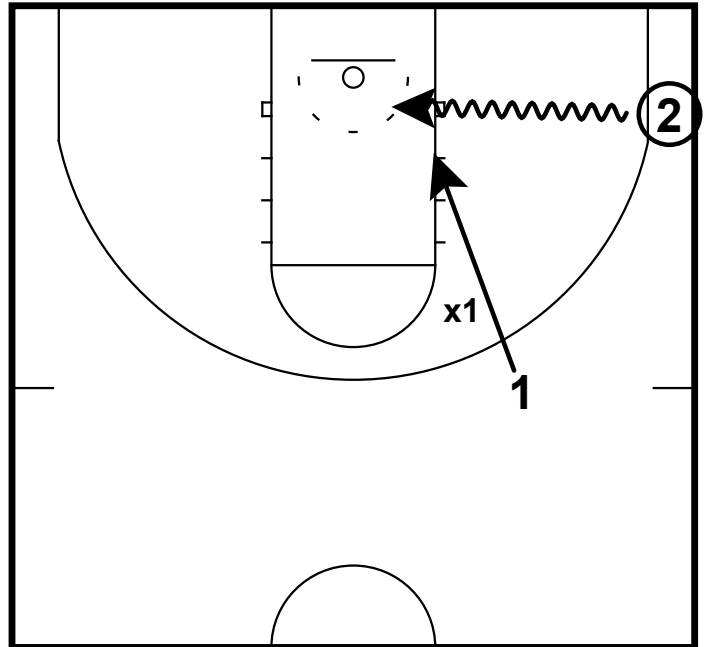
Mismatch

2 v 1 Driver
Drills



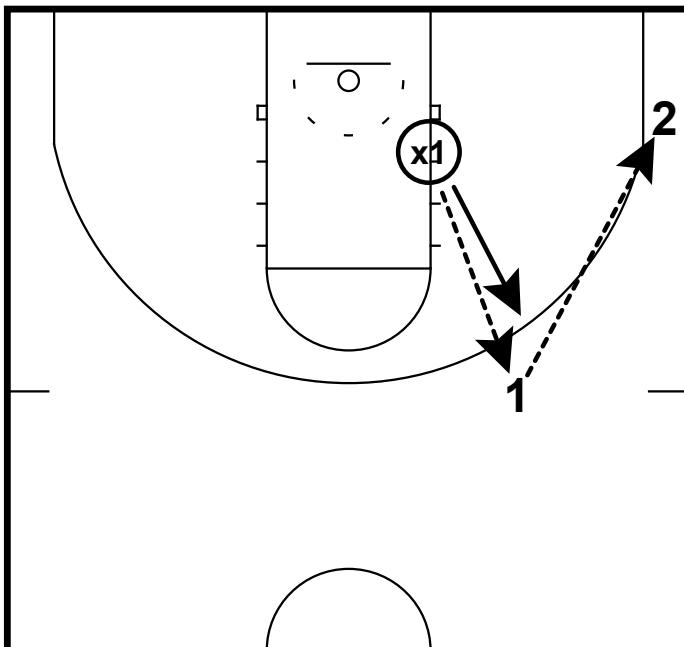
Defense passes to either Player 1 or 2 then play is live. On the pass, receiver is a driver.

2 v 1 Driver
Drills



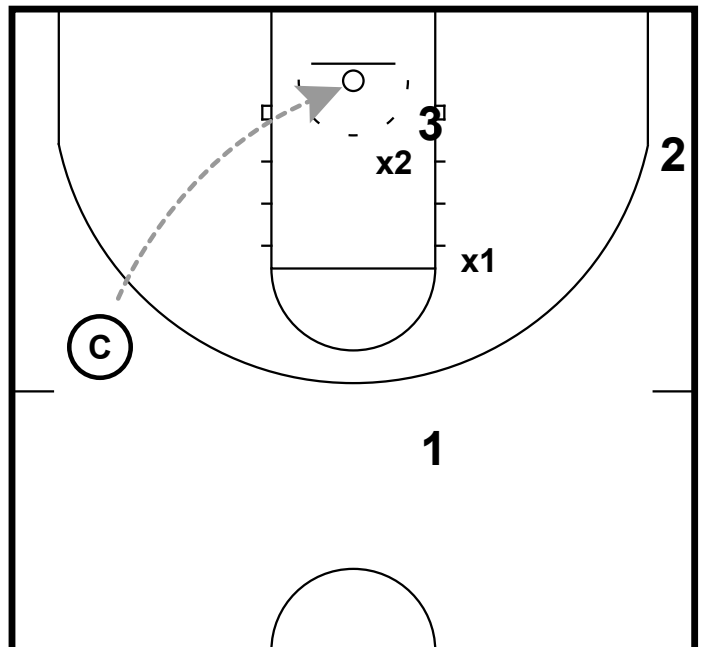
Passer (in this case, Player 1) becomes defender.

2 v 1 Shooting
Drills



Defense passes to either Player 1 or 2 then play is live (No need to drive or move. There's already an advantage.)

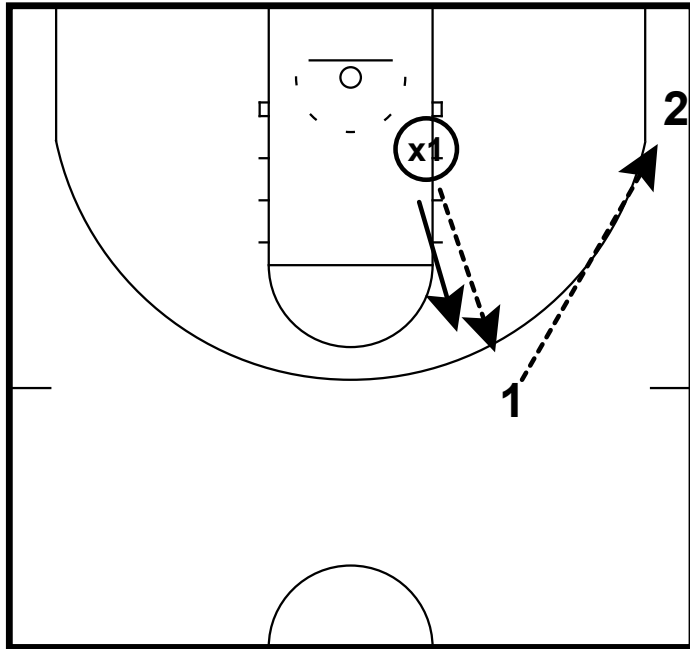
Dagger Rebounding 3 v 2
Drills



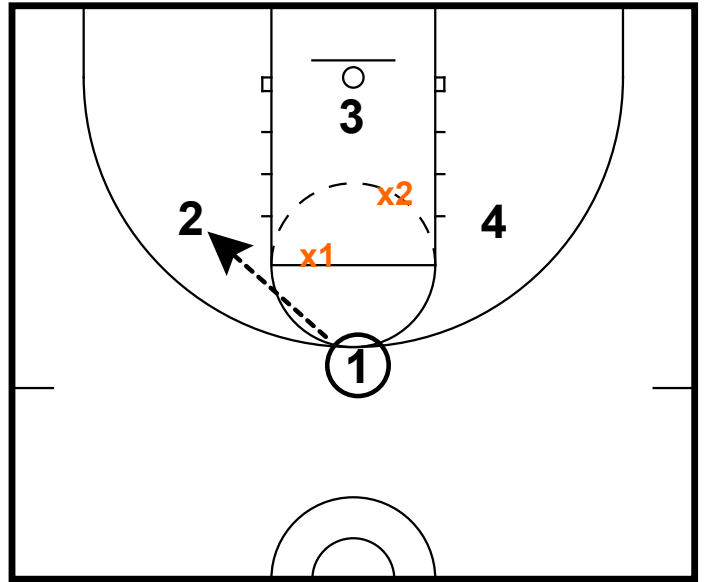
On the coaches shot, 3 creates space for the O-Reb. After rebounding, go "live."
- 3 total passes allowed

Mismatch

Find the Advantage
Drills



Keep Away Warmup
Drills



2 vs 4

Introduction drill for finding the advantage. Defender can close out to whomever and where he wants. Offense Constraint: Offense can't dribble or cut.

Keep Away Warmup
Drills

