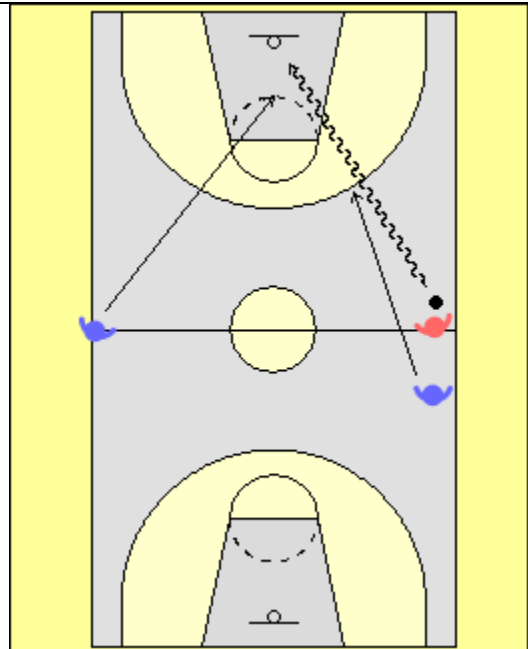


Mike MacKay - Manager of Coach Education and Development

1 on 2 to 2 on 1

This is a drill from Bruce Webber of Illinois. It is forces players to execute their skills at speed and then quickly change to another role.

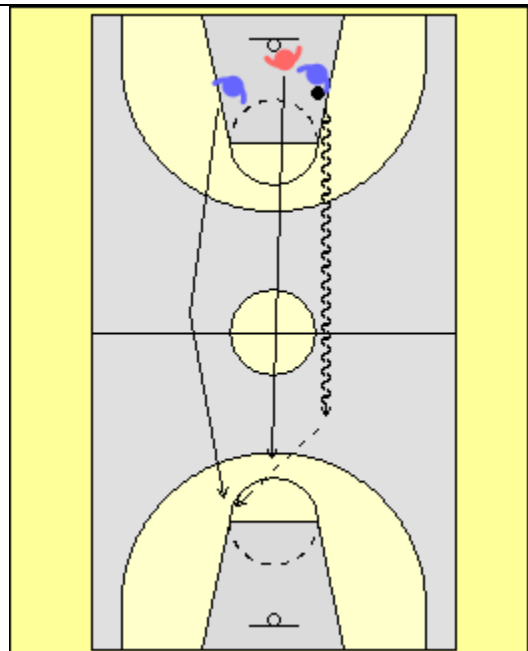


1 on 2

The offensive player starts at half with a ball. One defensive player is at half on the other side of the floor and the other is behind the offensive player. You may have to vary the distances based on the abilities of the players. On the first dribble by the offense the two defenders give chase.

This is an excellent drill to work on scoring speed lay ups. The defense can work on tipping the ball from behind or trying for the charge or block.

Remind the players of the safety concerns for their teammates. No undercutting or hard fouls.



2 on 1

As soon as the ball is scored or stolen the offensive player must now play defense going the other way. The two defenders attack the sole defender.