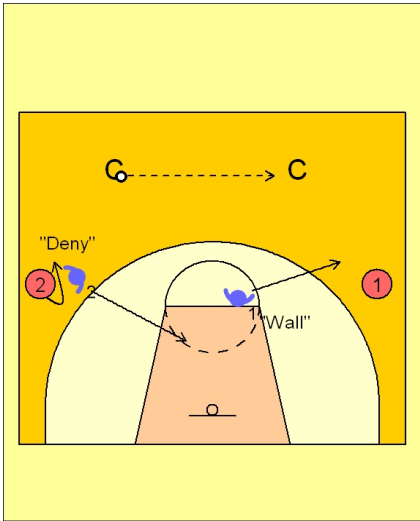
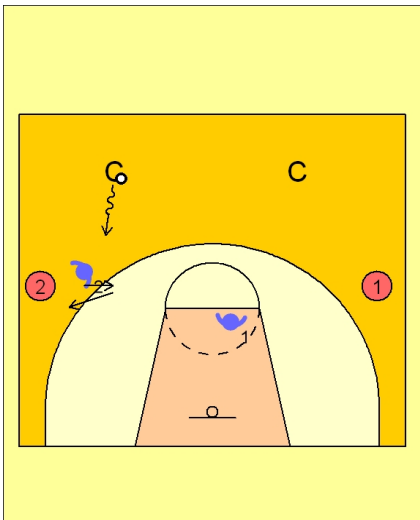


Ball-you -man defence



This drill teaches similar concepts to the "Shell" drill but in a simpler 2 on 2 format. Often reducing the number of players in a breakdown drill can give the athletes more reps while allowing the coach to concentrate more on correcting technique.

Players must sprint from "wall" to a "laning" stance while the ball is in the air.



At any time, the coach can dribble drive forcing the defense to play "FAT" defense -Fake And Threaten

It is important that the defense not commit to helping on this drive, as there is no rotation to a shooter on the wing or in the corner. This player is only to fake at the dribbler to try to get them to pick up the ball or slow the drive.