

In this drill, player is confined to playing in the lanes of the court. One pair will play zig zag until the defense can turn the offence twice, while the other two pairs move up the court at the same pace. Encourage the players defending away from the ball to get in a good help stance and always:

1. Be in "Ball-You-Man" defensive position.
2. Keep a good low balanced defensive stance.
3. Jump the ball quickly on any pass.