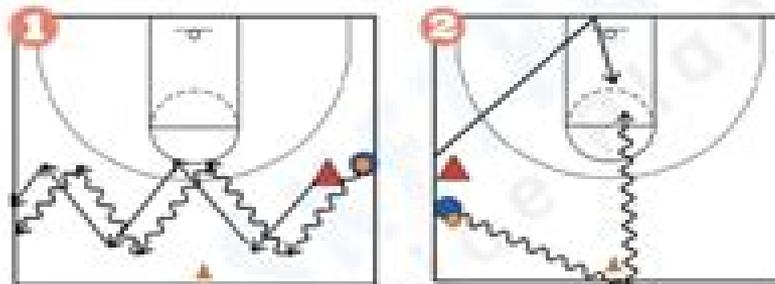


Defense

3 minutes	1 on 1 Zig Zag Defense Combo
	Good For:
	drill is to pressure the basketball by zig zagging
	<ul style="list-style-type: none"> - The defensive player should zig zag or turn the ball handler as many times as possible going from sideline to sideline. Try to stay between the top of the key and half court. - Once the two players have reached the opposite sideline, the defensive player sprints and touches the baseline and closes out on the ball handler who is sprint dribbling around a cone at half court and then attacking the basket.



Stage	Primary Skill
Teach	1:1 Defense
Progression	Secondary Skill
1v1	1:1 Moves
Constraint	Credit
Fastest time	Breakthrough Basketball
Key Teaching Points	

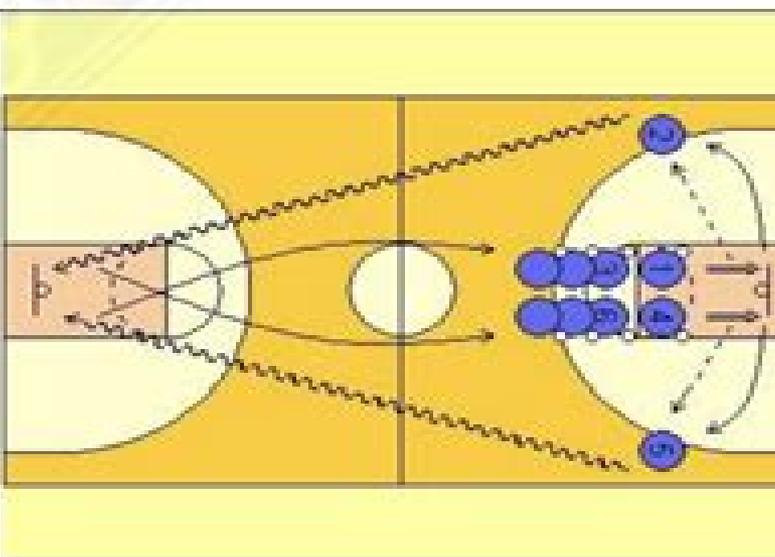
Be aggressive on the ball and turn the ball handler as many times as possible. Sprint to the closeout. Close out low, aggressive, balanced, and under control. Keep the ball in front of you and force the ball handler to take a shot outside of the lane. Box out to finish the drill.

5	Total
---	--------------

Transition to Offense

3 minutes	Rebound Outlet & Layup
	Good For:
	Rebounding & Outlet Passing
	<ul style="list-style-type: none"> - Form two lines at both elbows, facing the basket. All players in the lines get a ball. Two more players (without the ball) stand at both foul line extended. - The first players in each line (1 and 4 in the diagram) throw the ball off the board, get the rebound and make an outlet pass to the players at foul line extended (1 and 5). Players 1 and 4 move to foul line extended. - Players 2 and 5 catch the ball and dribble full court making a lay-up at the far basket. No more shooting attempts are allowed. They get their rebound and switches lines. - Players 3 and 6 repeat the same pattern passing the ball to 1 and 4 etc... - The drill continues for five minutes or until a given number of basket are made.
	Variations

Do left and right 2 minutes each side



Stage	Primary Skill
Teach	Passing
Progression	Secondary Skill
Constraint	Credit
	Breakthrough Basketball

Key Teaching Points

- Players must jump and catch the ball as high as they can. Their arms are fully extended. Timing and coordination are very important.
- Protect the ball by securing it under the chin with elbows spread.
- Pivot to the outside and make sharp outlet passes. The player in the outlet position should yell "outlet" (or "ball" or anything you like...) and show his hands as a target for the pass.

10	Total
----	--------------

Press Time Practice

David Kirk



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