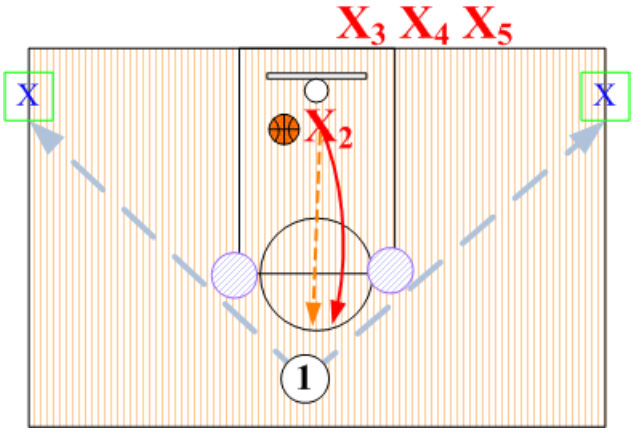
“Three Up” – *1-on-1 Live*

This is a live (game speed) one on one drill. It is a very competitive drill that incorporates all of the on ball defensive fundamentals. To begin with, an offensive player takes a position at the top of the circle and a defender with the ball starts out under the basket. Other defenders line up along the baseline. The defender rolls the ball out to the offensive player with medium speed. The defender then quickly closes out to the offensive player. The offensive player picks up the ball and goes live one on one against the defender. Play continues until the offense scores or the defense gets the ball at which time the offensive player remains and a new defender steps on the court.

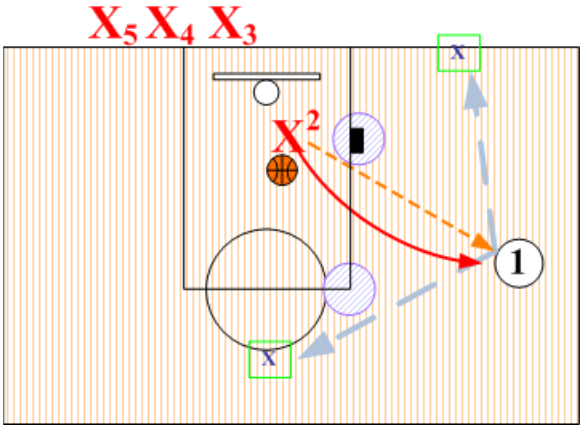


In addition to deploying and practicing all of the on ball defensive fundamentals, the defender must close out quickly on balance. If the defender closes out to the ball handler too fast, the offensive player can just pump fake and easily drive to the basket. When the defender closes out too slowly, it will result in an open shot

Scoring

If the defender makes a defensive stop they get a point. If the offensive player scores, a point is taken away from the defender. A cumulative score is kept by each individual defender by adding or subtracting points according to whether the offense scores or not. When a defender gets to plus three points or "Three Up", they get to go to offense and a new game is started. However, if a defender gets to a minus three points or "Three Down" they are out of the competition. The objective of the offensive player is to eliminate all of the defenders.

Variation: Play “Four Up” This will make it more difficult to get to offense.



Drill Variations: Station the offensive player to start the drill on a wing. Defenders must close out taking away the middle influencing the offensive player to a corner or baseline pushpoint. Defenders should be determined and work hard to protect both the block and elbow. Be sure to use both sides of the court.