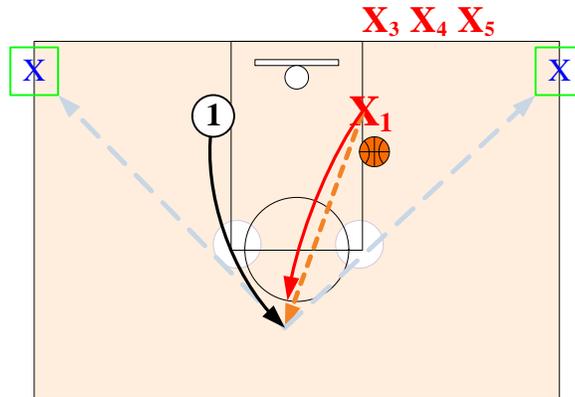


## “Three Up” – 1-on-1 Live

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. Both the offensive player and defensive player with the ball align on opposite “blocks.” The defender initiates the competition by rolling the ball out to the top of the circle player with medium speed. Both the defender and offensive player break to the ball with the defender closes out to an “On-Ball” position and the offensive player picking up the ball and assuming a “Triple Threat” position. Players go live one-on-one. Play continues until the offense scores or the defensive player makes a defensive stop.



### Scoring:

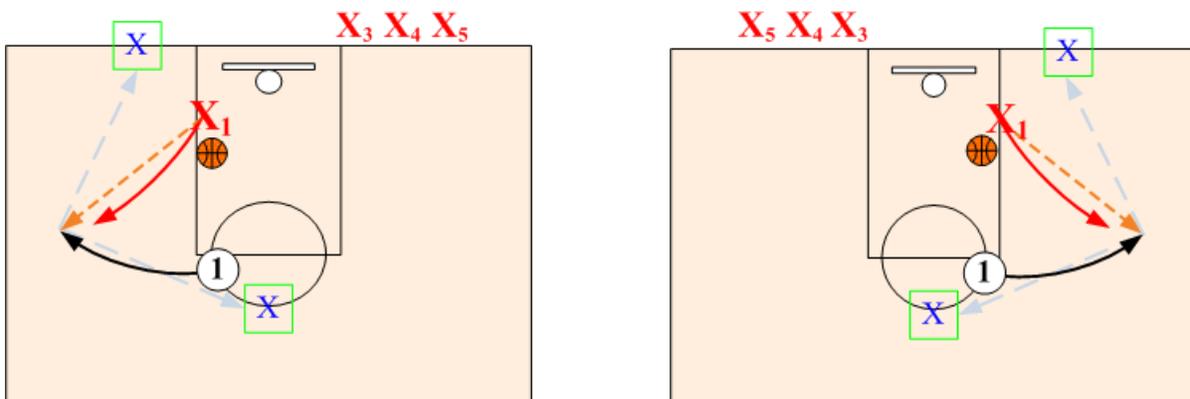
If the defender makes a defensive stop they get a point. If the offensive player scores, a point is taken away from the defender. A cumulative score is kept by each individual defender by adding or subtracting points according to whether the offense scores or not. When a defender gets to plus three points 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.

### Rotation:

The offensive player remains on offense and a new defender steps on the court until a defensive player gets “Three Up.” In which case the defender goes to offense and a new game is started.

### Variation:

Start the drill on a wing with the offensive player aligned on the “Elbow” and the defender on the “Block”.



Defender 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.

**NOTE:** Having both the offensive and defensive players break to the ball makes for a much more competitive drill.