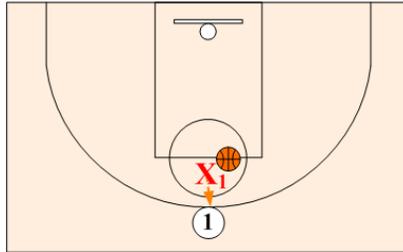


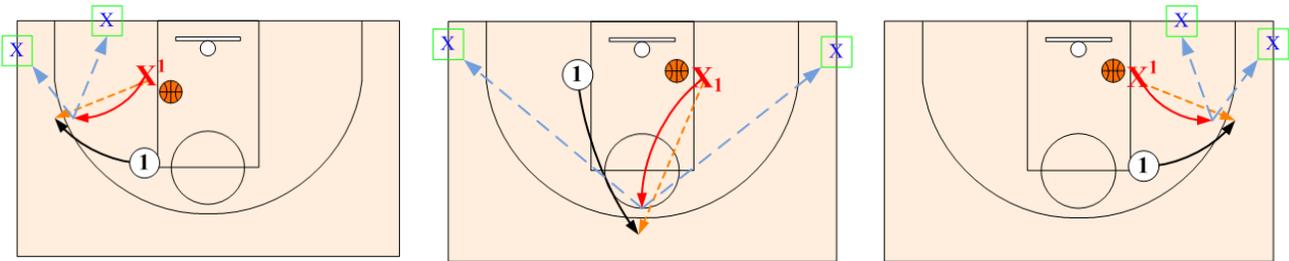
“One-on-One” – *On Ball Defense*

Live One-on-One (game speed) competition incorporates all of the basic “On Ball” defensive fundamentals. Defenders should be determined to defend dribble penetration with their legs protecting the “Blocks” and “Elbows.” Scoring: Keep games short, such as 4 to 6 points/win by two.

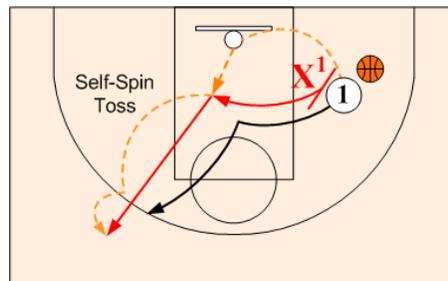
Ways to Initiate 1-on-1 Play



- 1. Defense Checks Ball-In Option.** After a made basket or change of possession the defense checks the ball-in.



- 2. Roll Ball Out Option.** This option incorporates closing out. Both players align on the opposite “free throw “Blocks.” The defender rolls ball out to three point line with medium speed. Having both the offensive and defensive players break to the ball also makes for a much more competitive drill. When starting from the wing or corner the defender starts on the block and the offensive player at the “Elbow.”



- 3. Self-Pass Option.** When a defender makes a defensive stop or the offensive player scores, they toss the ball out past the three point line using back spin and retrieves it (Note: the ball will bounce straight up because of the back spin). Once the toss is retrieved, play continues live 1-on-1.

Individual One-on-One Drill Variations

Alternating Ball Possession: Offensive and defensive roles change after either a made basket or defensive stop.

Defensive Stops: For defensive emphasis, play games using a predetermined number of defensive stops (such as 4 or 5 stops) Alternate ball possession after each stop. Player giving up the fewest points wins.

Make it Take It: Defender must make a defensive stop (defensive rebound or offensive turnover) to go to offense.

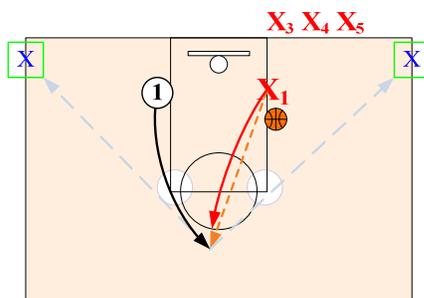
Make It/Take It Continuous: This variation incorporates the self-pass option.

Basic 1-on-1 Rules

1. To start the first games, one player shoots from the top of the circle. If the shot is made, that they get the first ball possession. If the shot is missed, the opponent gets ball.
2. “Back-in” dribbling is not allowed. Defender gets ball possession.
3. Play starts anew after all made baskets and defensive stops.
4. On jump balls, alternate possession. On the first jump ball, the defensive player gets possession.
5. Call your own fouls. Prevents “Ticky Tack” calls.
6. Closely guarded five (5) second rule is in effect.
7. No arguing. If any arguing does take place, both teams will be automatically be removed and go back to the first basket with all other teams moving up a basket. The main objective is repetition and practice of basketball skills, not winning.
8. If there is a dispute, alternating jump ball is in effect.

One-on-One Group/Team Variations

“Three Up”



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.

Scoring: When the defender makes a defensive stop (defensive rebound or offensive turnover), they are awarded one point. If the offensive player scores the defender loses lose a point. Once a defender gets to three points (3 Up), they go to offense a new game is started. If a defender gets to a minus three points, they are eliminated from the competition (offense goal is to sit out all the defenders) until a new game is started.

One-on-One Challenge Ladder

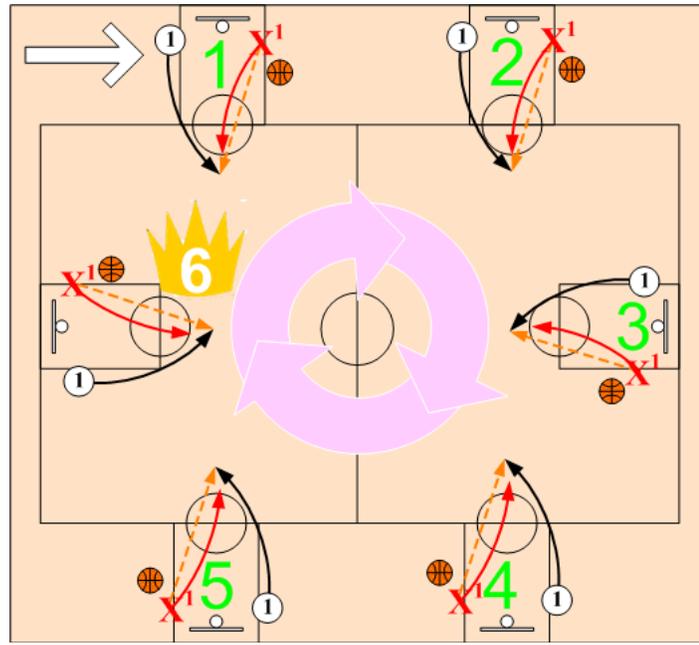
Players love the competition involved in a challenge ladder. Just like tennis programs use a ladder to determine the ranking of the players, a ladder can be used in basketball to determine “One-on-One” defensive rankings. Since this 1-on-1 competition can take place over a period of time, it is a great activity for preseason training. It is best used at the end of practice in order not to detract from what you want to accomplish during the practice. Alternate even and odd challenge days.

In addition in establishing defensive player rankings, coaches will learn what players are their best competitors.

One-on-One Double Elimination Tournament

One-on-One tournaments can be conducted in a single day. Normally, it takes 45-60 minutes for a team of 12-15 players. Similar to the challenge ladder, each player must make four defensive stops alternating ball possession on each stop. Player allowing fewest points wins and advances to the next round. No Back-In dribbling is allowed. You can also limit the number of dribbles.

“Ruler of the Court”



“Ruler of the Court” is a very competitive, series of 1-on-1 games. Players are paired up at each basket with a ball. Games are played from a pre-designated spot to a pre-determined number of made baskets, such as four (4) to six (6) depending on time available.

Rotation: The first player to make the pre-determined number of baskets wins and moves up a basket. The loser moves down a basket. The objective is to move up to and stay on the #6 championship basket.

Coaching Tips

- The designated starting location can be changed. To ensure that players get ample practice from various locations on the court, alternate starting locations on different days.
- Limit the number of dribbles.
- If a game goes long, once the majority of games have been completed, whatever team is ahead wins. If the game is tied, the next basket wins.
- When there is an odd player, the odd player has next game at the first basket with the player losing at that basket stepping off.