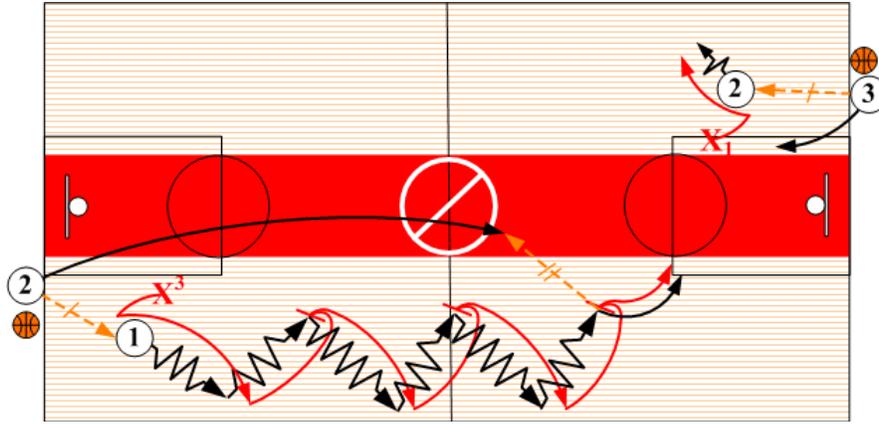


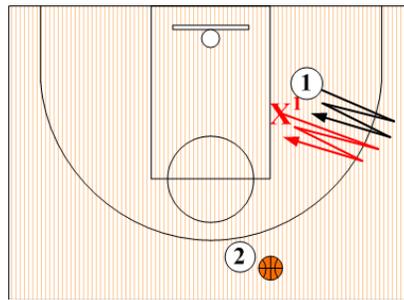
One-on-One with Trail – On Ball Defense

This 1-on-1 full court drill is excellent for introducing and refining both On-Ball and strong first denial concepts and techniques. Players are divided up in groups of three (Passer/Trail, Ballhandler & Defender) at both ends of the court.



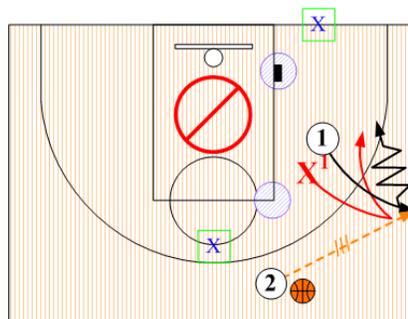
Phase 1. “One-on-one with trail” starts out with O2 inbound the ball. Defender X3 assumes a pass denial position against O1 challenging inbounds pass. Once O1 receives the ball, X3 assumes a low PUSH position forcing O1 to sideline pushpoints. Anytime O1 tries to dribble into the middle, X3 sprint releases and physically blocks O1’s middle penetration. O2 after making an inbounds pass trails the play. O1 tries to drive to basket.

Phase 2. Pass Denial



Anytime O1 cannot drive to the basket, O1 passes back out to trail O2, defender X3 then assumes an aggressive pass denial position against O1. X3 attempts to deny O1 the ball for five seconds. If successful, drill is over. Note: Trail O2 can only feed.

Phase 3. One-on-One Live.



When trail O2 passes to O1, X3 assumes an On Ball defensive position and influencing O1 toward the closest pushpoint. If O1 does not have a good shot, O1 passes the ball back out to trail O2 and creating a new lead with defender X3 assuming a strong pass denial. Drill continues until O1 scores or X3 makes a defensive stop or executes a strong pass denial for 5 seconds.

Players rotate from offense to defense to trail for return trip down the court.