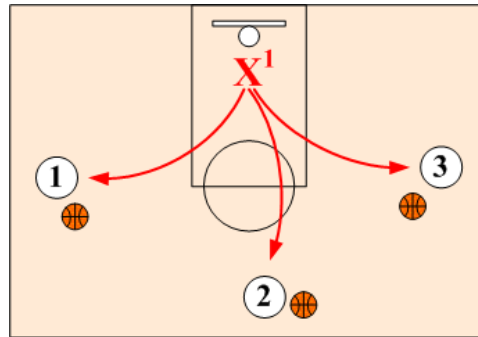
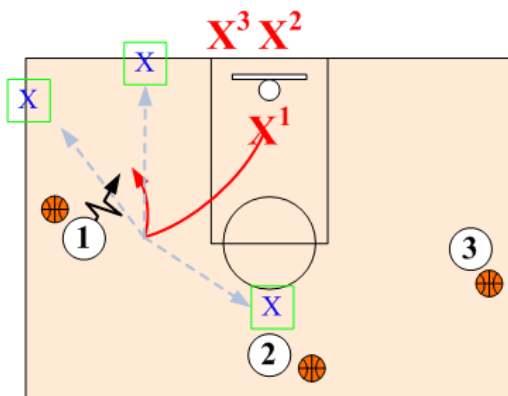


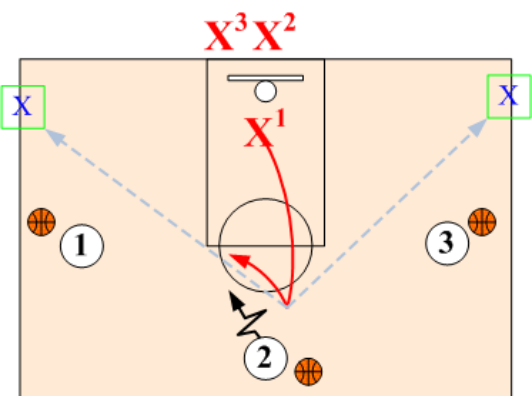
“Three Stops” – Live 1-on-1



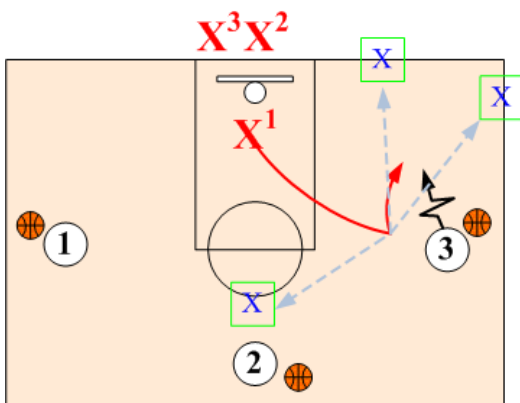
This is a live (game speed) one-on-one drill. It is a very competitive drill that incorporates all of the basic “On-Ball” defensive fundamentals. The defender plays 1-on-1 against three different offensive players from three different locations. The goal is for the defender to make three (3) consecutive stops (defensive rebound or offensive turnover or picked up dribble). Play resets on defensive fouls and out of bounds when the offensive player retains possession.



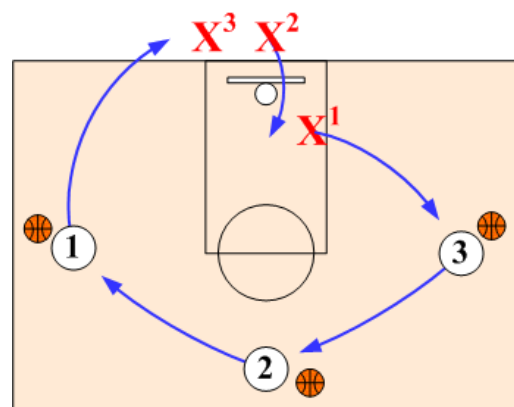
Defender X1 starts out playing offensive player O1 One-on-One on left wing.



Once defender X1 makes a defensive stop or the offensive player scores, they immediately move to the next offensive player O2 in the middle of the court.



When defender X1 makes a defensive stop or offensive player O2 scores, defender X1 then plays offensive player O3 1-on1 on the right wing.

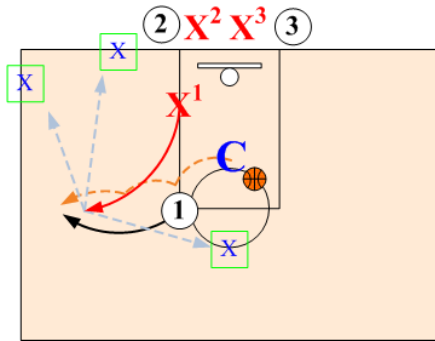


Rotation

Once the defender has played all three offensive players, a new defender (X2) steps in and the drill is repeated with defender X1 moving to offense on right wing, O3 moves to the middle and O2 moves to left wing.

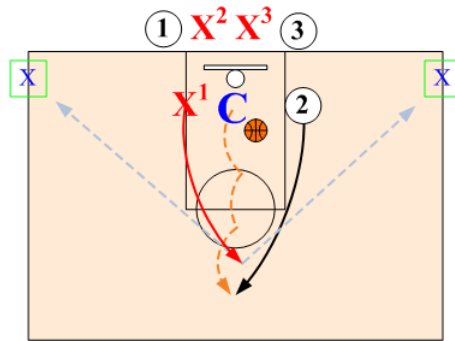
Alternate Method 1

Coach rolls ball out to begin drill. This eliminates the offense of having the advantage of being set prior to the defense closing out.



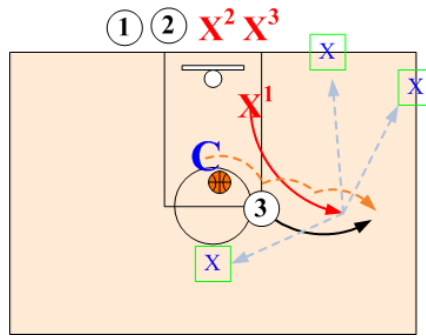
Left Wing

Defender Starts on left block and offensive play on the left "Elbow."



Middle

Defender starts on block and the offensive play on the other.

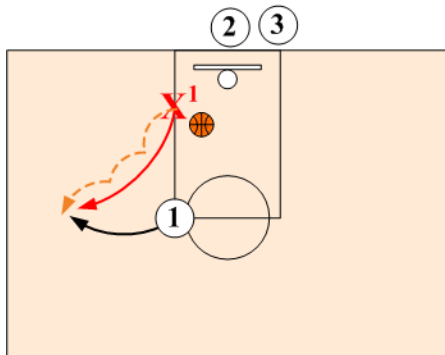


Right Wing

Defender starts out on the right "Block" and the offensive player on the right "Elbow."

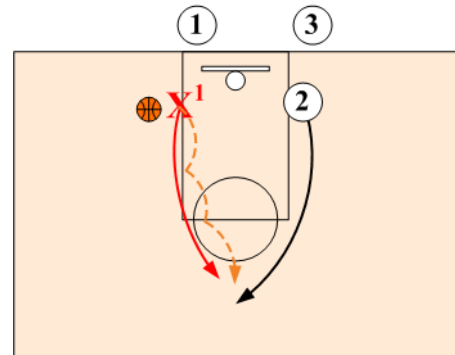
Alternate Method 2

Defender rolls ball out to begin drill. This eliminates the offense of having the advantage of being set prior to the defense closing out. Players can use this method when playing 1-1-on-1 on their own.



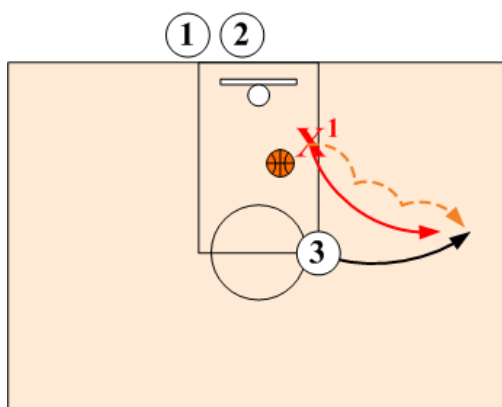
Left Wing

Defender Starts on left block and offensive play on the left "Elbow."



Middle

Defender starts on block and the offensive play on the other.



Right Wing

Defender starts out on the right "Block" and the offensive player on the right "Elbow."

Defensive Skills Required:

1. Defending the player with the ball. *"Basic Three" Drill:*
<http://www.hooptactics.net/premium/coach/PDF/drills/drilldefbasic3.pdf>
2. Closing out on balance. *"Three Up" Drill:*
<http://www.hooptactics.net/premium/coach/PDF/drills/Drill-3up1on1b.pdf>
3. Defending against dribble penetration. *"Three Up" Drill*
Defending entirely with legs, keeping both hands up to disrupt the shot or pass

Three Teaching Points

Stress the importance of being able to defend 1-on-1. (A vital component to the success of all team defenses.

Acting rather than reacting. Aggressively attacking the player with the ball using active hands and feet.

The importance of staying down (*"Nose on Chest"*) protecting the "Elbows" and "Blocks"