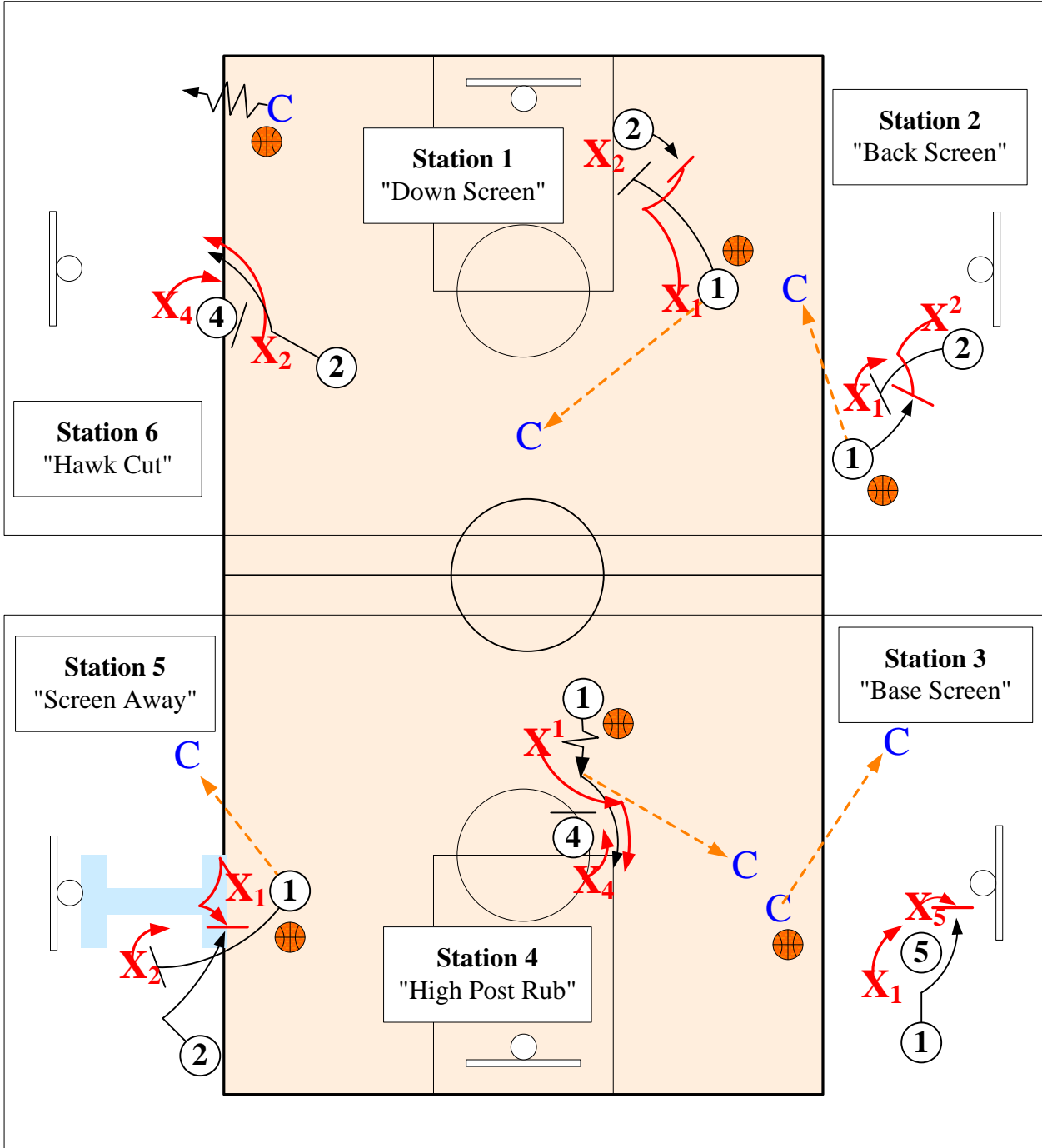


Circuit Training – “Off” Ball Screens

Two-on-two disrupting off ball screen drills. Deploy contact switching, chasing over, show & recover techniques as desired. Use both sides of basket.



Total “Off” Ball Screens Fundamentals Sample