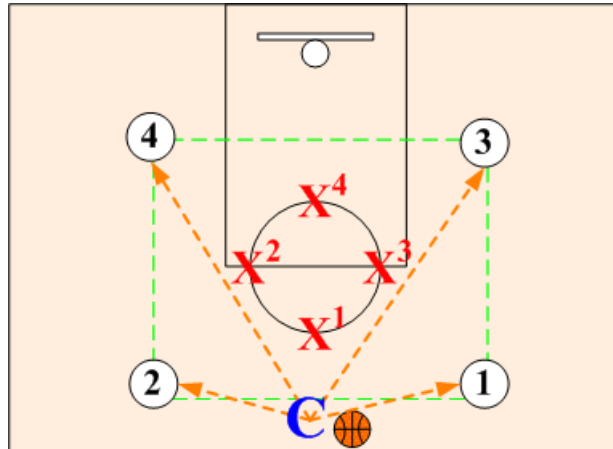
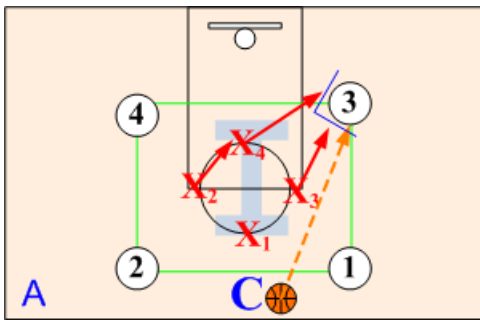


Double Teaming – Four-on-Four Breakdown

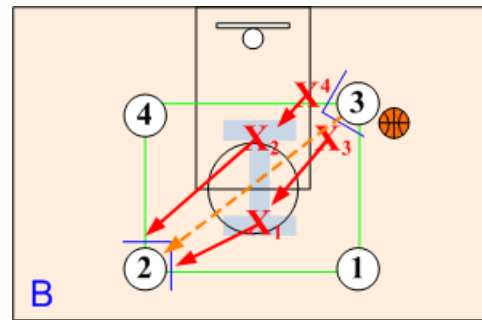
In today's game, defensive double teams and traps are common place. Therefore, the importance of working against double teams cannot be overemphasized. Coaches cannot assume players know how to attack, avoid, and pass out of traps or double teams. They must be taught and refined on every level of the game. This four-on-four breakdown drill is an excellent for practicing and working against double teams.



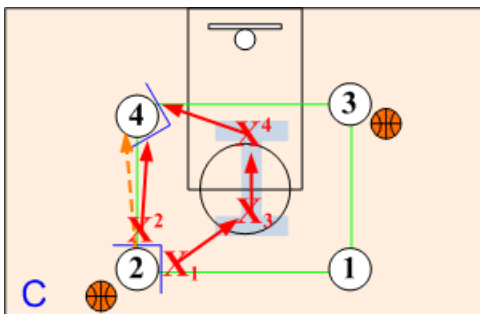
For this drill, four offensive players are spaced in a square 18 feet apart and four defenders in a diamond alignment. The offensive players must move the ball against continual double teams avoiding turnovers, interceptions or five second counts. The drill begins with coach passing to one of the offensive players. Offensive players cannot move from their spot. The defense must make a set number of defensive stops (normally 5) before going to offense. Defensive stops consist of interceptions, bad passes, and five second counts. Drill resets on deflections.



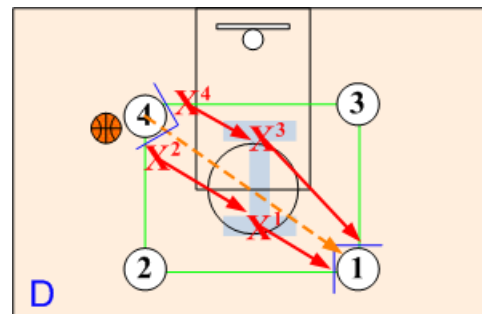
If coach passes to O3, defenders X4 and X3 double team O3. Defenders X1 and X2 become interceptors anticipating O3's pass out of the double team.



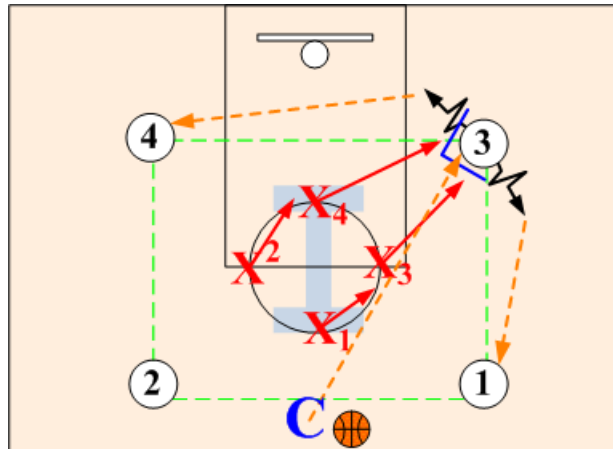
When O3 passes to O2, defenders X1 and X2 double team O2 with X3 and X4 assuming interceptor positions anticipating O2's pass out of the double team.



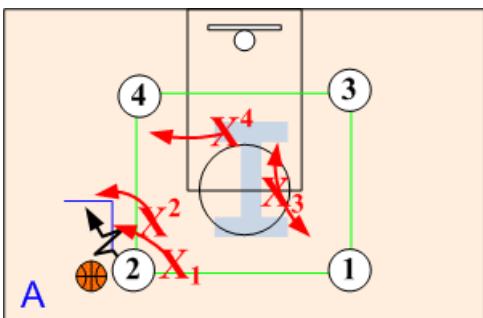
If O2 passes to O4, defenders X2 and X4 double team O4 with X1 and X3 rotating into interceptor positions anticipating O4's pass out of the trap.



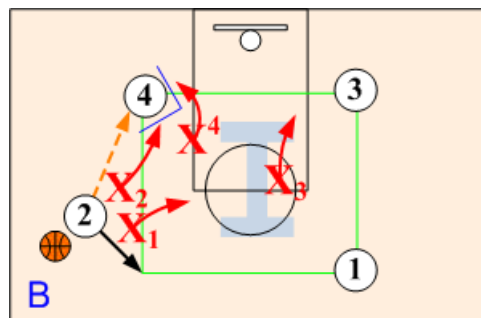
When O4 passes out of the trap to O1, defenders X1 and X3 trap O1. Defenders X2 and X4 assume interceptor positions.



Once players become adept and confident in successfully in combating double teams, allow the offense one escape dribble.



Upon receiving the ball, if needed, the offensive player can take one escape dribble.



After making a pass, they must return to their designated spot.

Rotation: Once the defense makes five (defensive) stops, they switch to offense, and the drill continues.