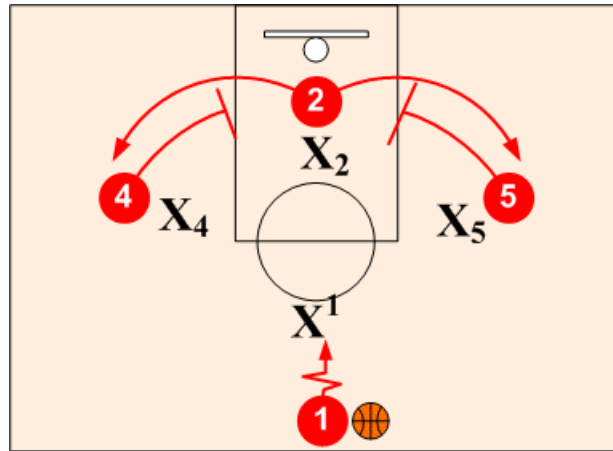
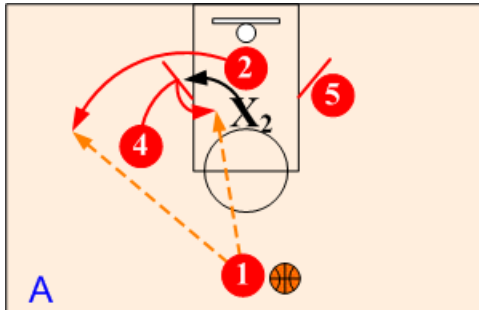


## Single/Double – 4-on-4 Breakdown Drill

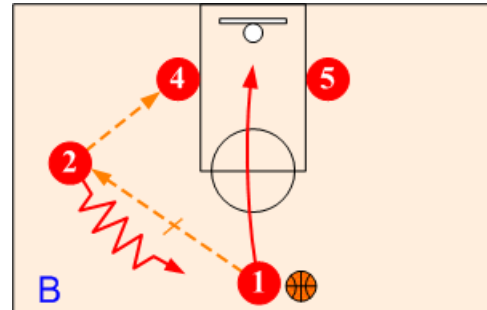


### Base Screens, Post Action, Basket Cuts, Side Screens

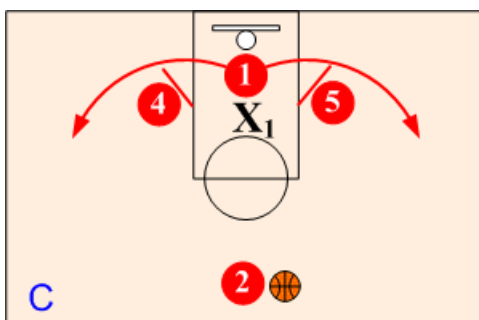
This four-on-four drill is an excellent for practicing and refining the various techniques use to successfully execute the Single/Double offensive action. The drill starts with the ballhandler O1 in the middle of the court. Screeners O4 and O5 start out on the wings and set down screens for O2. O2, in front of the rim, has the option of going off either down screen.



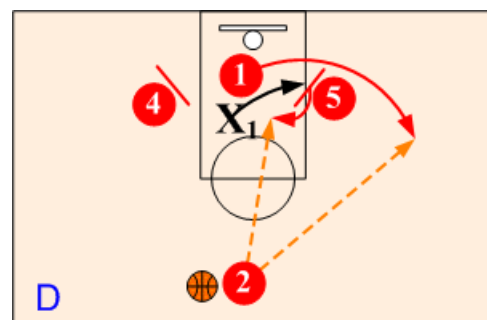
Ballhandler O1 looks to pass to O2 curling out off the down screen or to feed the screener posting up strong after the screen.



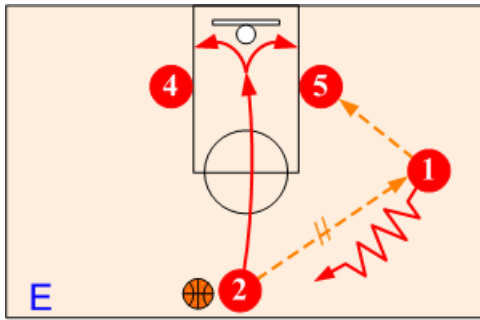
When a good shot is not available, O2 looks first to feed the post and then to pass to O1 making a basket cut to the rim. Otherwise, O2 dribbles out to the point.



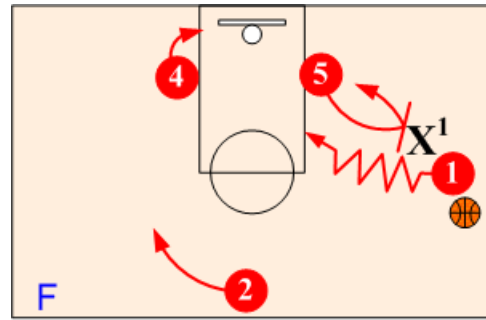
Drill action repeats with O1 curling off either base screen.



Ballhandler O2 looks to pass to O1 curling out off the down screen or to feed the screener posting up strong after the screen.



When a good shot is not available, O2 executes a basket cut and O1 dribbles out to the point repeating the drill continuity.



**Side Screen Option:** When the ball is on the wing, the post can also step out and set an On Ball screen initiating Side Screen action.

## Teaching Points

Demonstrate and explain drill. Walk players first through the offensive options and continuity. Then add defense. Be sure to explain and walk through the various reads and their counters of each defensive scenario being used. Go live against a specific defensive action as predetermined by the coach. Practice against just 1 or 2 defensive scenarios at a time. However, players will need a working knowledge of all the reads and counters.

**Caution: Introduce new things at the beginning of practice when players are fresh and alert. Always introduce something in one practice, work on execution in the next. Do not try to introduce and refine something in the same practice.**

NOTE: During a game, most opponents will deploy only one or two techniques to combat screens. Therefore, scouting reports are very valuable in preparing a team for a game. If a scouting report is not possible, then it's up to the coaches to observe the opponent's defensive tactics during the game and make the necessary adjustments to combat them.

Like all breakdown drills, this 4-on-4 drill can be used for refining both offensive and defensive skills and techniques.