



Phase Three: Repeat in Opposite Direction

Again once the defense gains ball possession or when a shot is made, O4, O5, and O6 switch to offense and push the ball up the court against defenders O1 and O3. Defender O2 enters the drill as the defensive trailer once the ball crosses half court. X1 and X2 switch to defense touching the center circle while X3 steps off the court into the defensive trailer line.