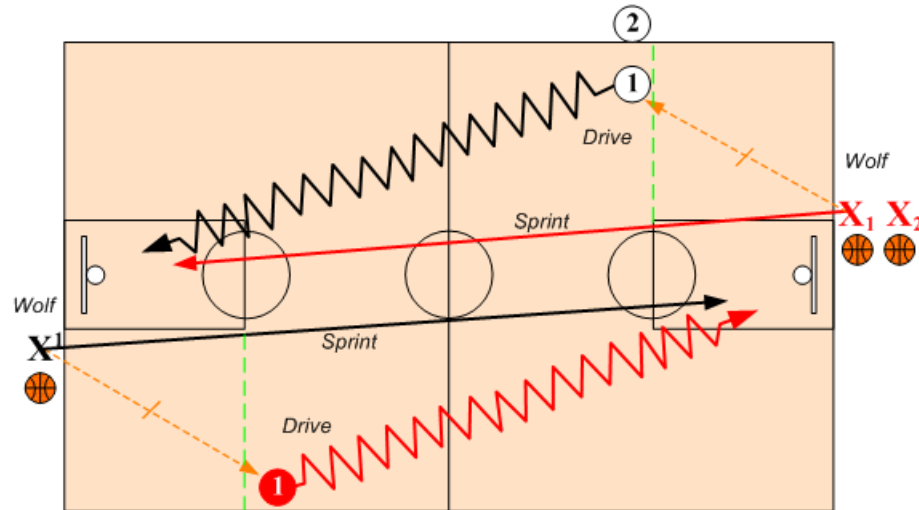


“Wolf” - One-on-One Full Court Drill

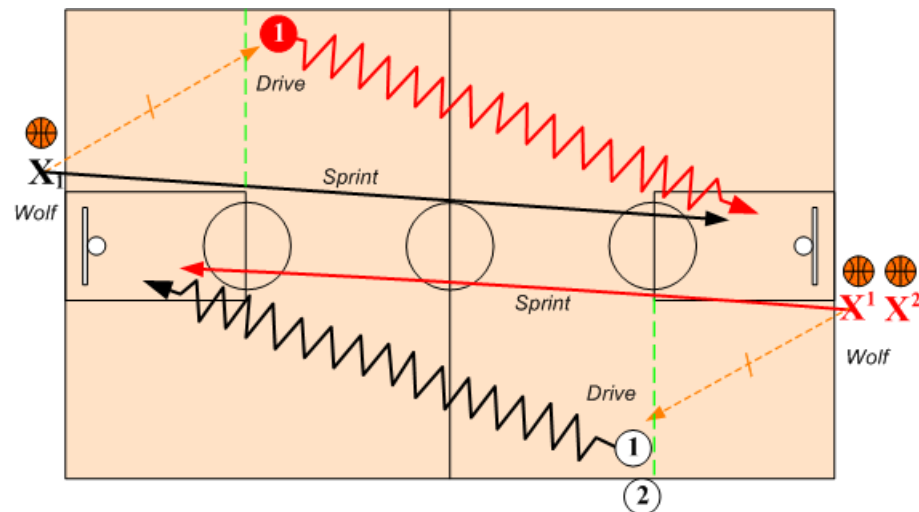
"Wolf" is a one-on-one full court drill. It is primarily intended to teach and practice defensive pursuit (wolfing). However, it is also a great offensive drill for practicing making lay-ups at high speeds as well as being a good physical conditioner.

Basic Wolf Rules:

1. Block low with hand closest to offensive player.
2. Stop & Rebound. Do not go past the backboard. Nothing good ever happens to a defensive player behind the backboard.



Offensive player O1 starts on sideline free throw line extended. Defensive player X1 is out of bounds with ball on baseline. X1 passes the ball ahead to O1, who in turns drives hard to the basket for lay-up. O1 drives the length of the court for lay-up shot. X1 pursues O1 in an attempt to pressure or block O1's lay-up shot. X1 tries to block the shot low using the near hand. X1 must not go past the backboard and rebounds any missed shot. If/when X1 gets ahead of O1 on sprint, all basic one-on-one defensive principles apply. O1 and X1 switch from offense to defense for return trip down opposite side of court.



Left Side

Be sure to flop sides on this drill so that it can be practiced from both the right and left sides of the court.

NOTE: Wolf is an excellent conditioning drill to use at the end of practice.

Automatic Push-ups (optional): Players must learn to finish. If the lay-up shot is missed during the drill, player does 10 pushups. Tolerating and allowing players to miss lay-ups during practice, only reinforces bad habits.