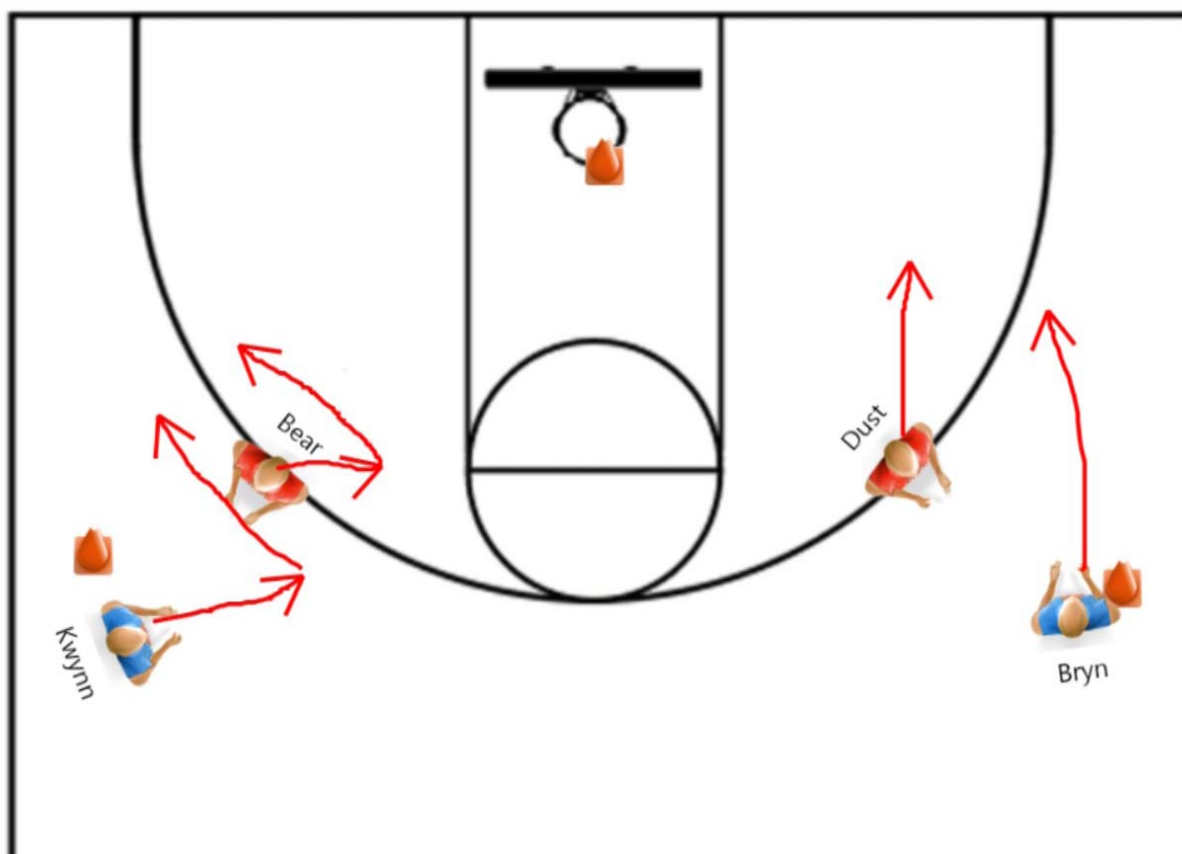
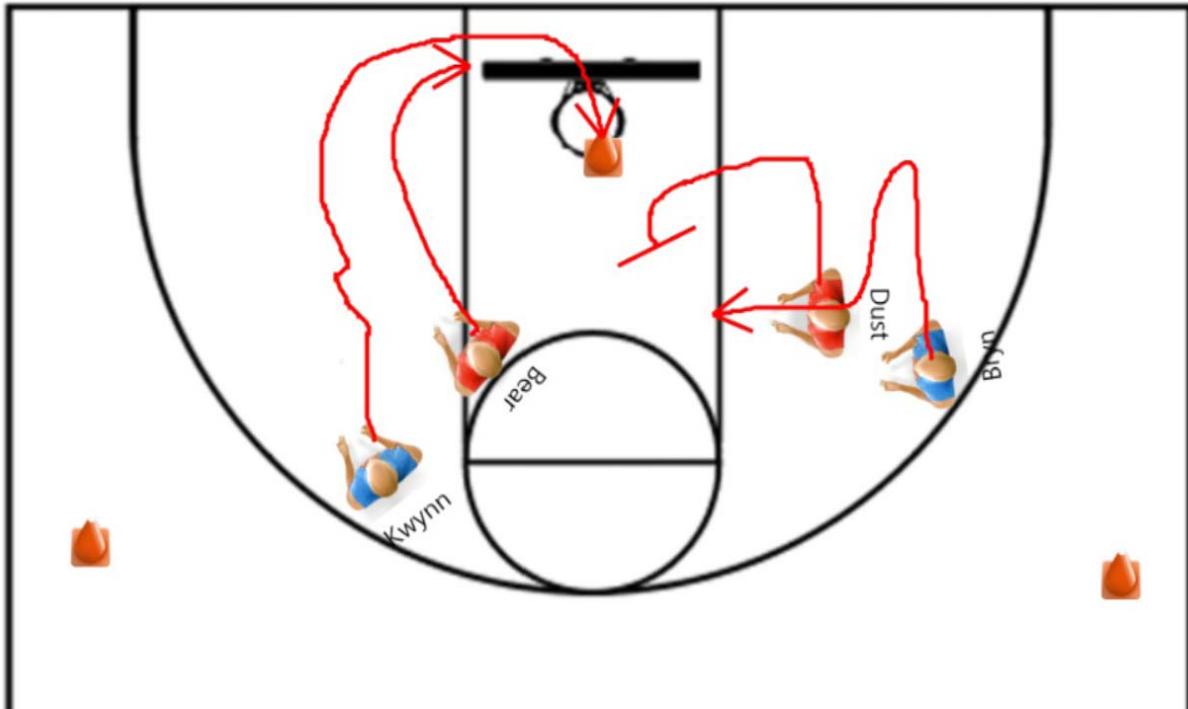


## Kick the Can



This is a great defensive positioning drill for all ages. It works on defensive stance and movement and spacing. I usually do this drill without any basketballs. With the younger players you might want to introduce basketballs as soon as they have the idea of the drill down. Or you will find the offensive players will beat the defensive players quite easy without a ball.

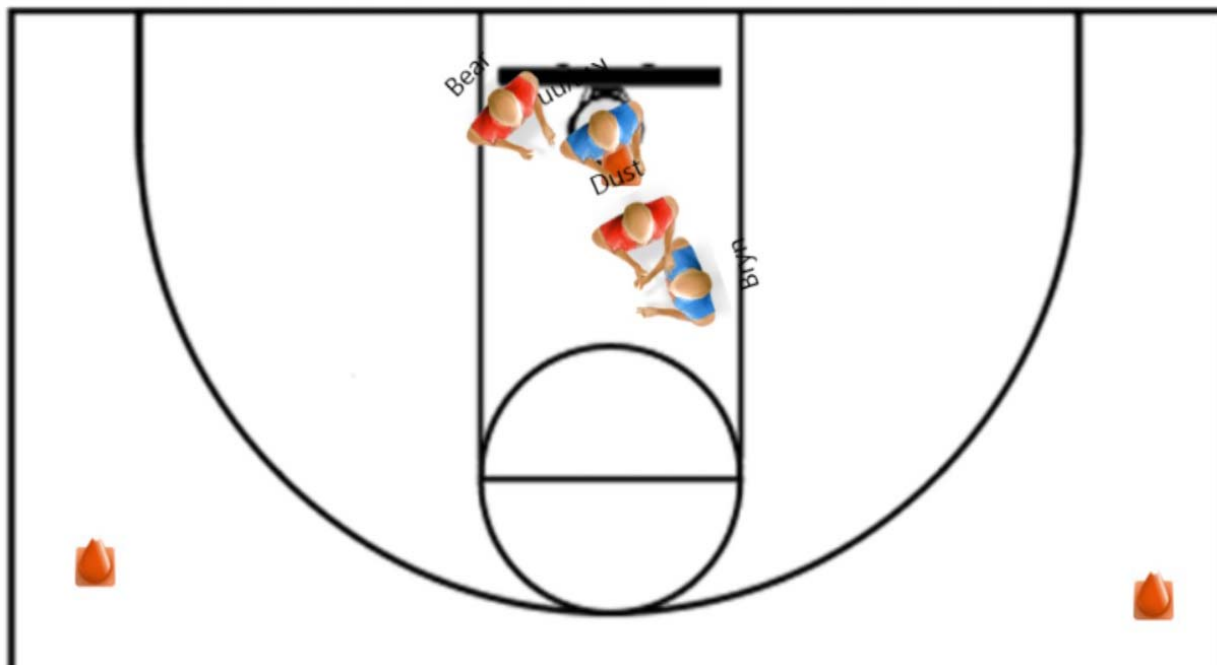
Set up 2 pylons out wide and past the 3 point line as shown and one pylon directly under the hoop. You have the offensive players (Kwynn and Bryn) stand by the pylons and then have 2 players go and "D" up on them. Make sure they leave a minimum of 1 arm length between them and the offensive player to start. Younger players may have to give themselves more room. The idea of the drill is the offensive players must try to beat the defensive players and get a foot on the pylon under the hoop before time is up. I usually give 10 sec. They must do this without fouling. The defence must constantly move to beat them to the spot they are trying to go and keep their body between the offensive player and the pylon. The defence must move their body, they can't use their arms and foul.



The Defence (Bear & Dust) must constantly be watching the belly's of their checks (Bryn & Kwynn). The defence must stay low and beat the offense to where they are trying to go and make them change direction keeping them from getting to the pylon.

#### Coaching Point:

- Watch that neither offensive or defensive players use their hands to grab, push, or hold as this is a foul.
- Keep encouraging the defensive player to keep watching the belly of the offense, generally younger players watch the face instead of the belly and get faked out easily with a head fake from the offensive player.



The drill ends when 10 seconds is up or one of the offensive players gets his foot on the pylon. The offensive player **CAN NOT** stick his leg between the legs of the defensive player to win the game. He must get around him to win. When you add basketballs for the younger players make sure to tell the defence they are not allowed to steal or knock the ball away. This drill is to improve positioning.

#### Coaching Point:

- A small amount of contact is allowed but no fouls, if I see excessive fouls from either player they have to do up-downs or run.
- Encourage the defensive player to always stay lower than the offensive player and to keep trying to make the offensive player change directions to keep him away from the pylon.
- After the drill explain the purpose of the drill is to stop ball handlers from getting close to the basket for easy shots.

Special Thanks to Coach Art Wilmore from Point Loma Nazarene University San Diego