

# Drill

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## Drill: 1-on-1 Battle Lines (Ballhandling Phase B)

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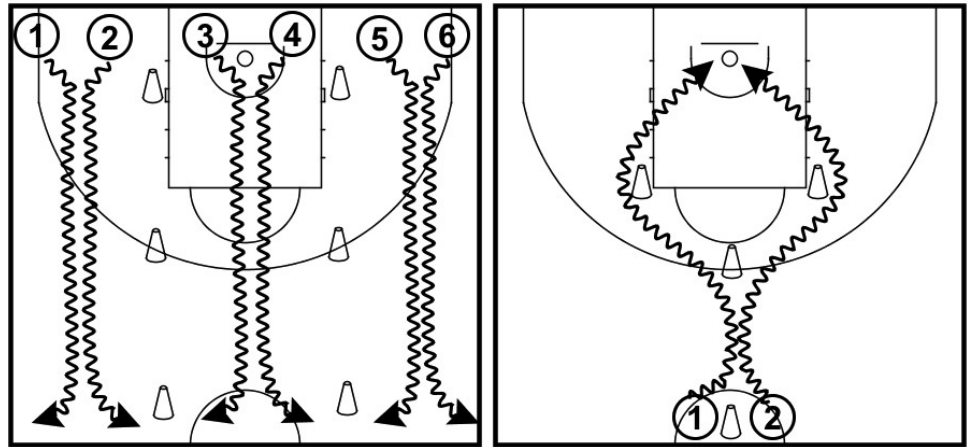
**Goal:** Learning Goal: Dribble against physical contact. Points of Emphasis: Stay low & protect the ball with the body.

**Equipment/#** - pairs of 2  
**players** players - 1 ball  
**needed:** per player - 12  
cones

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**Sketch:**

**Diagram:**



**Description:** Divide the ball into three lanes. One pair of players occupy each line. The players dribble with their outside hands & bump each other with their inside shoulders. Maintain control while dribbling down the court. At the other end, switch sides so players can work on their right & left hands.

Progression: Introduce ball moves & finishes. The players dribble down the middle of the court & create contact. At the top of the key, the players execute a ball move & dribble towards the wing. At the next cone, the players execute a second ball move & dribble towards the basket. Finish with outside hand.

Work on different ball moves (crossover, behind the back, hesitation, inside-outside, spin) & finishes (outside-inside, Euro step, hop step, cross-rim, pivots). Coaches can use blocking pads to create more contact.

Time: 5-6 minutes. Work:Pause Ratio: 1:1.

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**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

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**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

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**Categorie(s):**  Ball Handling  Defense  Dribbling  Dynamic 1 on 1  
 Footwork  Fundamental Movements  Passing  
 Picks  Principals/Actions  Rebounding  Screens  
 Shooting  Static 1 on 1

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**Phase(s):**  A  B  C  D

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