

Drill

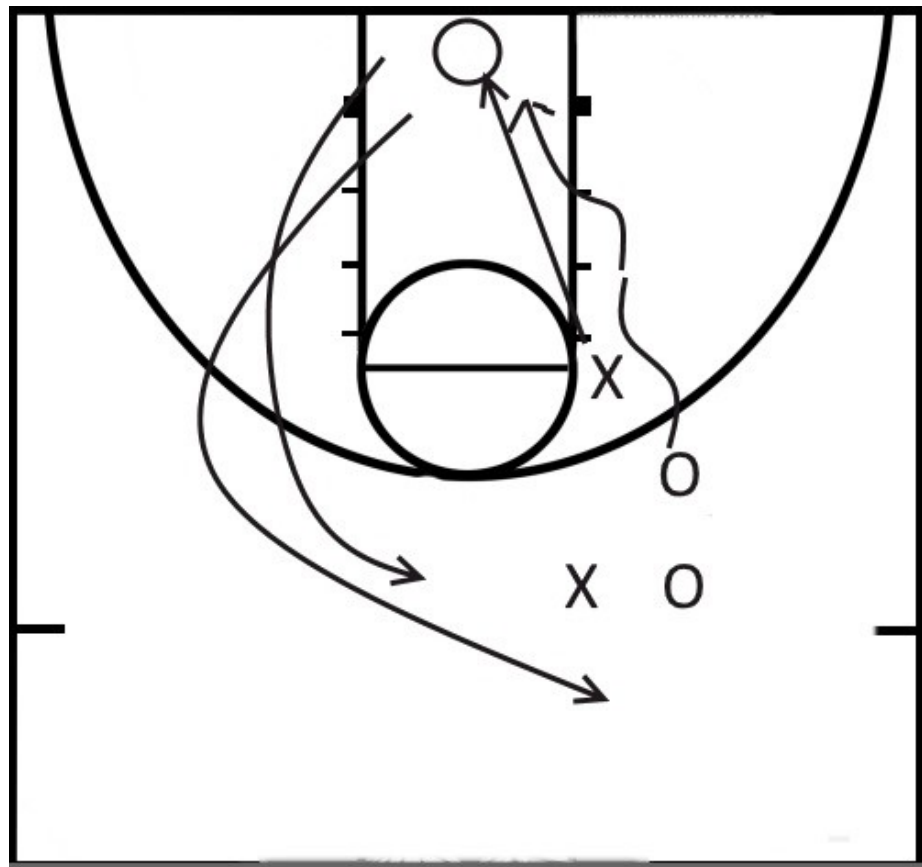
Drill: 4 man finishing drill

Goal: X defend the basket
O make the layup

Equipment/# 4 players 2 balls one
players basket per group of four
needed:

Sketch:

Diagram:



Description: Running this drill with just four players keeps the intensity up, three rims keeps the whole squad active
NOT a true one on one drill, the shooter can only drive straight to the basket, finish STRONG
the defender has to keep the shooter on his mid line will keeping contact low and on the shoulder.
Offensive player MUST
1 focus on the rim
2 absorb the contact
3 Protect the ball
After the ball is rebounded the next two players begin the drill
the first two players hustle back out to the start position and switch

roles.

Players have to push each other. Coaches may want to switch up match ups depending on their observations

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

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

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

Phase(s): A B C D