

## Youth – Dribbling – Foster's 1 on 1

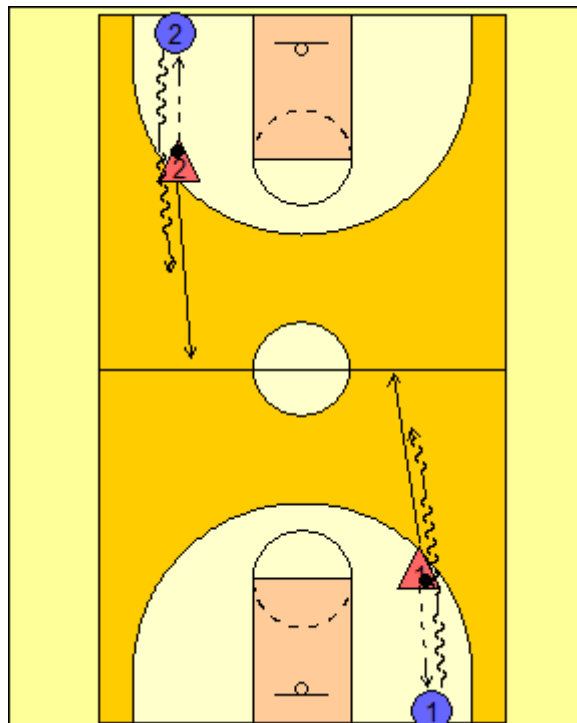


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Foster's 1 on 1 Drill is a great drill from Basketball BC Youth Summit presenter, Brian McCormick. The drill is used to develop young player's ability to attack a defender, in the open court, with the dribble.

Most players have the tendency to slow down as they get close to a defender, despite being in the open court. Instead the opposite should usually happen, the closer the dribbler gets to the defender the faster he/she should go. The dribbler has a distinct advantage because he/she is moving forward and the defender is moving backward, but when the dribbler slows down, this advantage is lost.

To start the drill the offensive player, O1, starts on the baseline and the defender, X1, starts at the free throw line with a ball. X1 passes to O1, sprints to half court, turns and plays defense. When O1 receives the pass, he/she attacks the opposite basket. The offensive players should try to go by the defender and get a lay-up; jump shots must be discouraged - coaches need to encourage an attack mentality. The players will switch roles and go down the other side of the floor.



To effectively attack the defender, the offensive player should begin by going straight at the defender, at about 80% speed. As the dribbler gets within 12-15 feet he/she should read the defender's feet and attack the foot that is forward. The read is accompanied by the dribbler speeding up and accelerating **tight** by the defender, finishing with a lay-up. It may require a crossover dribble, an inside-out or a hesitation dribble.

All coaches should have the goals of developing skilled and intelligent players, and to do so decision-making and reading the defence must be taught. 1 on 1 situations are much easier for young players; because there are fewer players on the floor there is less to read. This enables players to focus on reading the cues necessary and decide which side to drive by the defender. In this game there are two cues the dribbler must learn to read: 1) the top foot of the defender and 2) the defender's position in relation to the ball.

When the top foot is attacked the defender is forced to hip turn in this direction which opens up a path for the driver. Therefore, when the dribbler attacks a defender in the open court, he/she must recognize which foot is forward and drive to the side of this foot. It is not always easy to attack the front foot because defenders are constantly turning their hips as they retreat, making it much more difficult to recognize the top foot.

The second cue is the defender's position in relation to the ball. As an example, if the dribbler is attacking on the right side of the floor with his/her right hand and the defender is positioned directly in front of the ball the dribbler may need to make a crossover dribble to go past the defender. However, if the defender was positioned more in line with the dribbler's left shoulder then the dribbler could make an inside-out move to influence the defender more to the middle and then attack with a straight line drive.