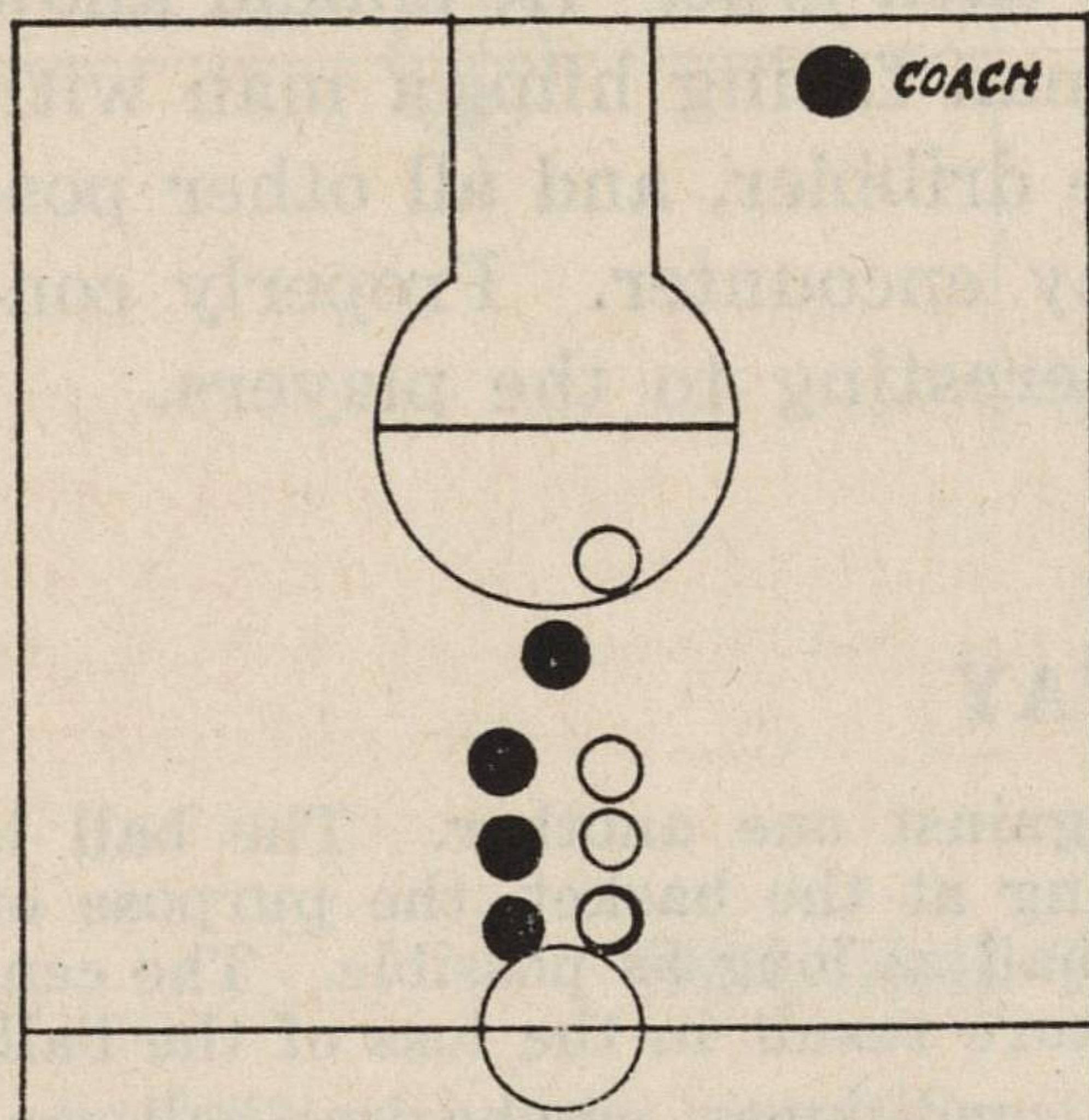


TWO ON TWO; THREE ON THREE

In this drill two offensive men are pitted against two defensive men (3 may also be used). The coach or a player assists them but must remain stationary at the center of the floor. The offensive men may pass to him at any time but he is not allowed to advance the ball or score. The offensive men must cut, fake and dribble, shoot, set up blocks for each other and use any of the offensive tactics against the defensive men.

The coach must encourage the defensive men to talk to each other all of the time and should offer constructive criticism of defensive position, stance, and other fundamentals.

This defensive drill may be increased until five men are placed against five. The drill may be varied by allowing the coach to retain the ball and only pass to a player who is in position for a good short shot. The drill under this plan is an excellent method of studying the proper positions of the defensive men.

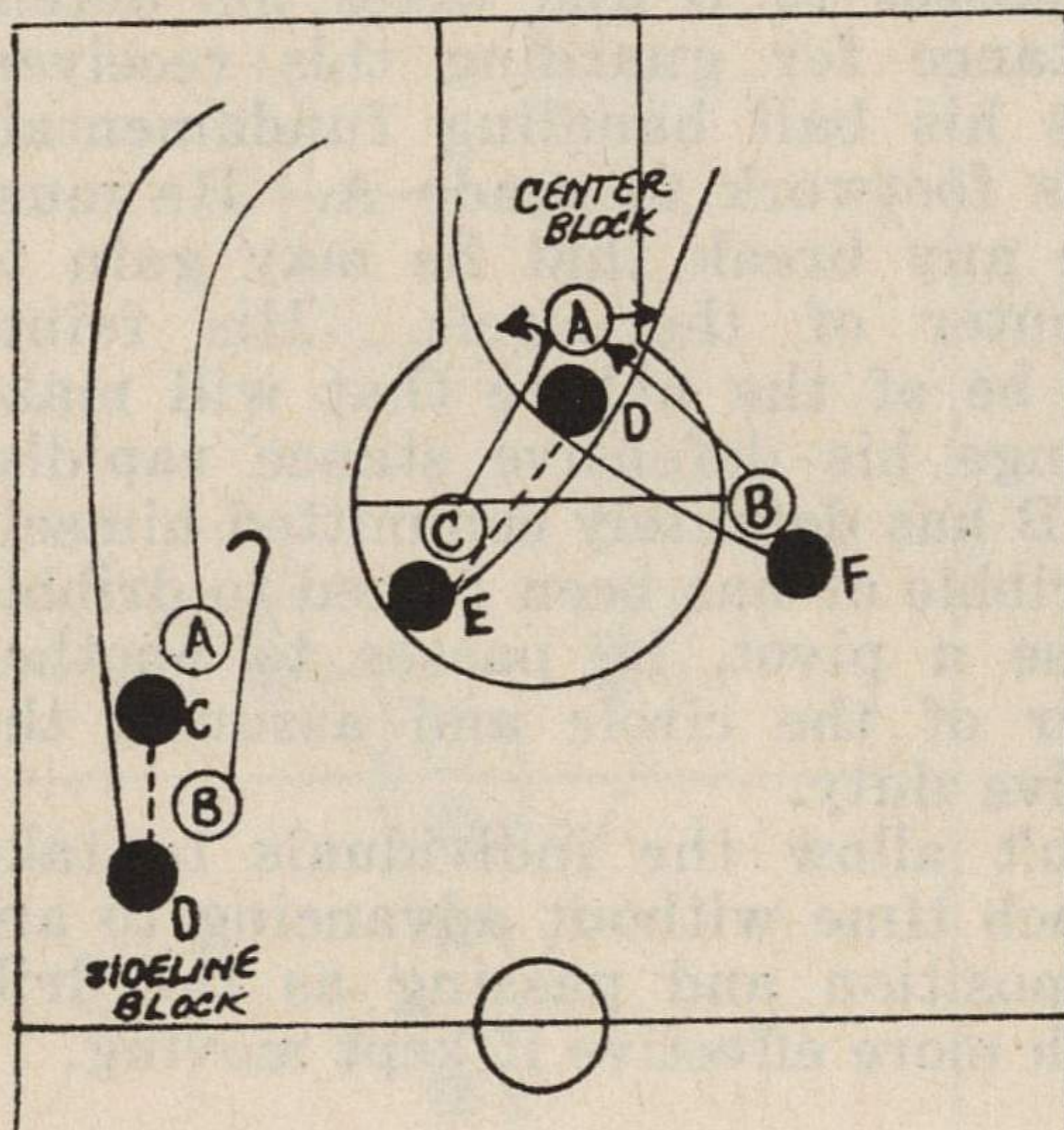


SINGLE DEFENSE MAN DRILL

The coach controls the ball at the side of the basket. The offensive player cuts using footwork and change of pace and direction to elude the guard. If he gets away for a shot the coach passes to him and he rebounds until the guard gets the ball.

DRILL FOR SIDELINE BLOCK SHIFT

In the sideline block illustration player D passes to player C and cuts outside of him. Player A drops back and assumes his defensive position on D with player B assuming his position on the blocker C. This is a simple exchange of defensive assignments.



DRILL FOR PIVOT OR MULTIPLE SHIFTING

In the diagram player E passes to the pivot man and crosses in front of him. Player A must shift his defensive assignment to E and C must take the pivot man. However, if D fakes the ball to E and gives it to player F crossing from the other side of the floor, C must again shift his duties to F with B taking the pivot man D.