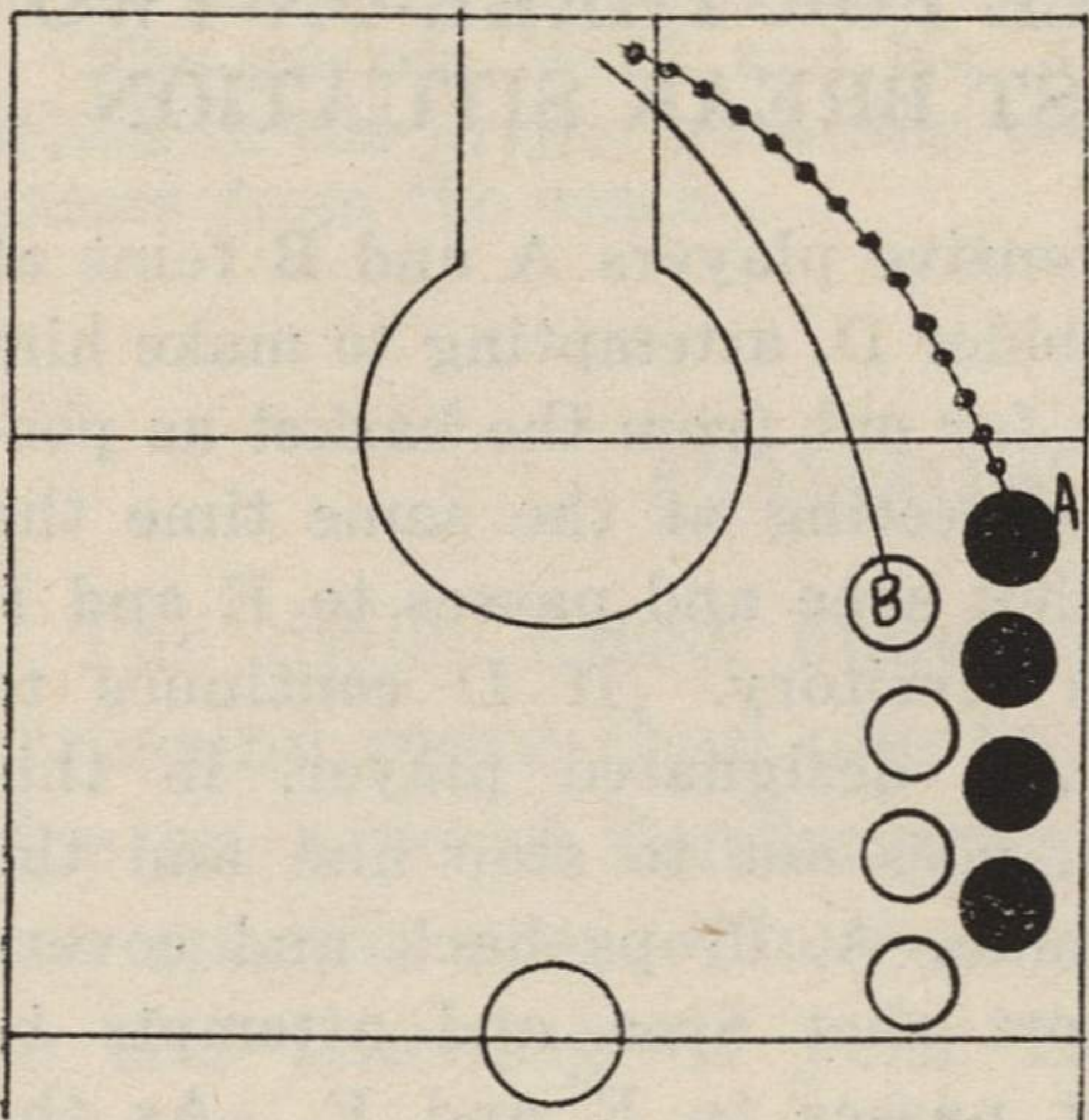


REBOUND AND "COMING OUT" DRILL FOR GUARDS

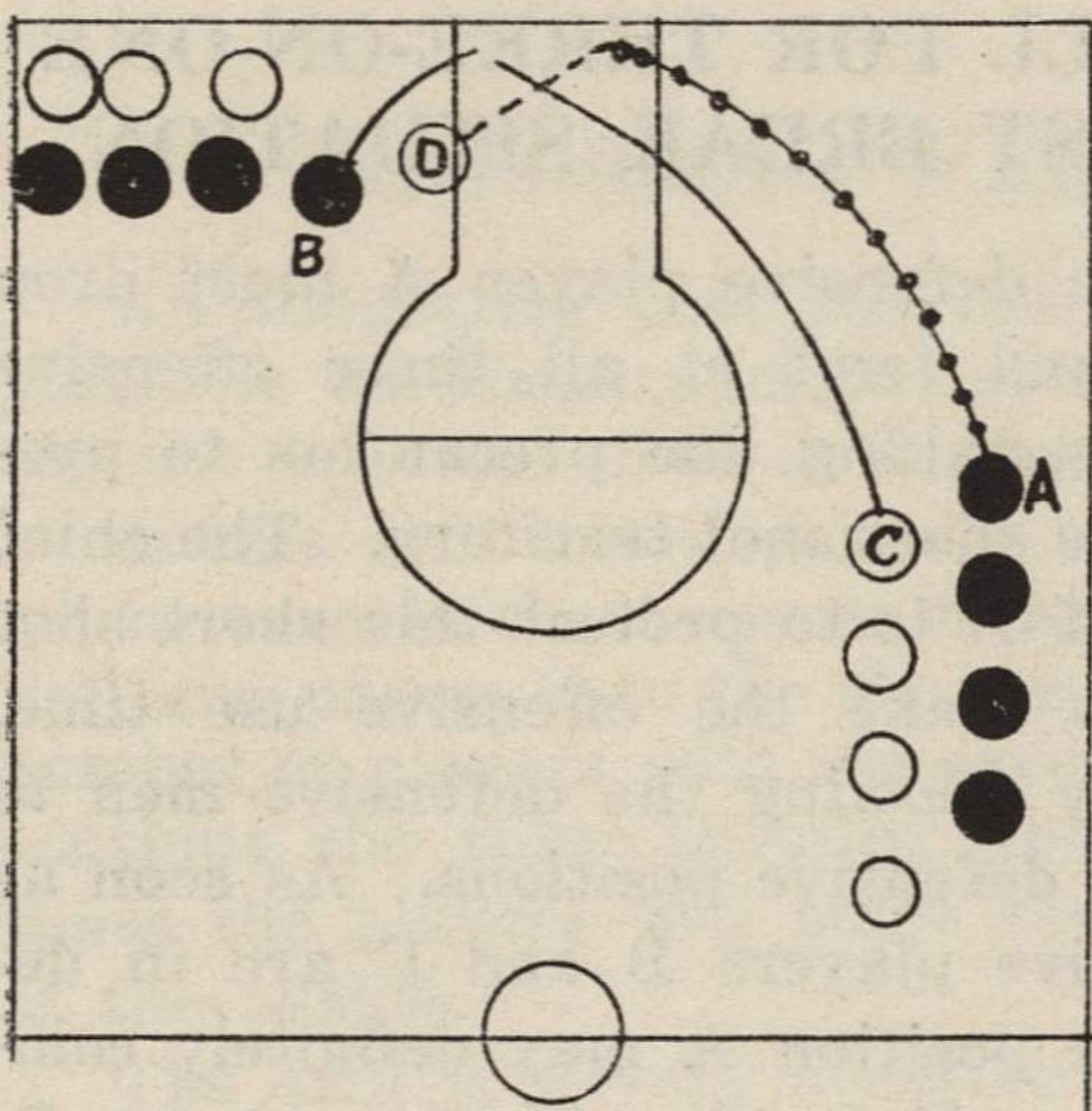
A shoots from behind the foul line, advances to a point about five feet in front of the basket, sets his foot to go in any direction after the ball, takes the rebound off high. As he alights he dribbles to the corner, and using a jump-hook pass gets the ball out to the next man in line, B, who continues the drill.



DRILL FOR BLOCKING SHORT SHOTS

The offensive player A is given a slight advantage on the defensive player B. He drives in for a short shot. The defensive player cuts directly for the basket and throwing his body aside from that of the shooter attempts to block the shot and knock it out of bounds.

This is a difficult drill to master, but the work in this fundamental is worth some time and consideration as the guard either allows the man to score or fouls him. With some work a reasonable share of these shots can be blocked.



SHIFTING DRILL FOR BLOCKING SHORT SHOTS

The offensive player A is allowed to break in toward the basket slightly in advance of the defensive man C. D who is defensively responsible for B shifts and goes up to block the shot, throwing his body clearly to the inside of the offensive man and with his hands high. C must complete this shift of assignments and take B.

This is a common situation in basketball and proper drill will save many baskets in a season.