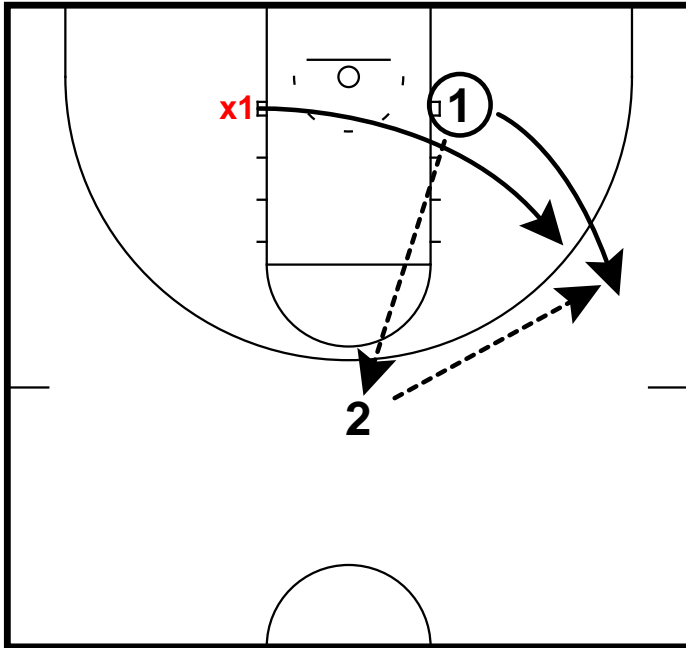


1v1 Games

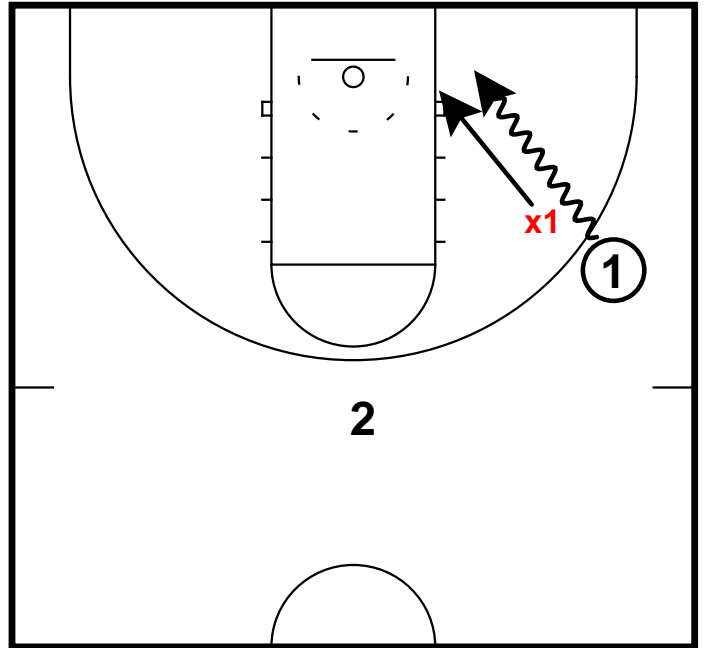
1 on 1 with Advantage

Frame 1



1 on 1 with Advantage

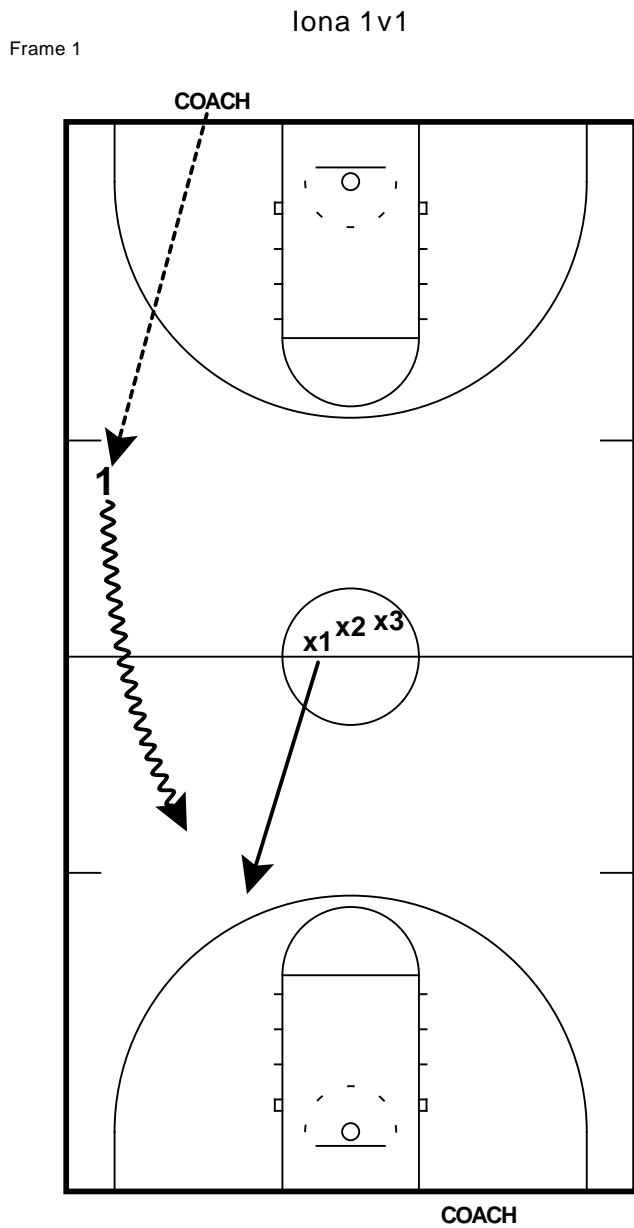
Frame 2



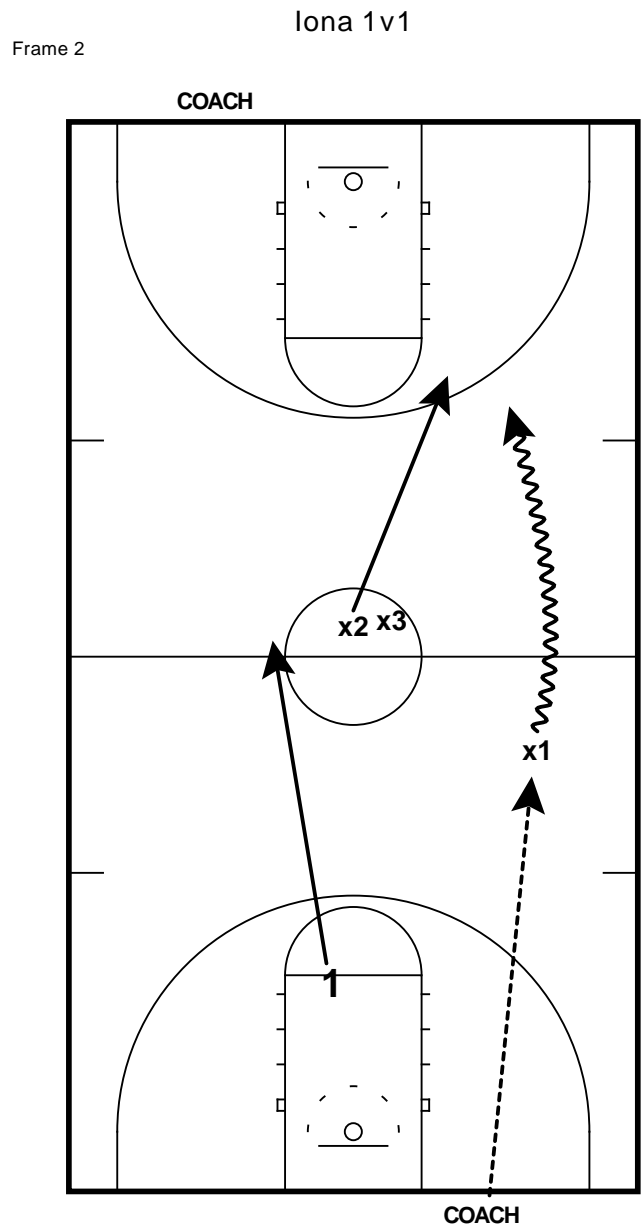
Both players start on the block with a passer at the top of the key. The offense (1) starts with the ball and tosses it out to the passer. As soon as the ball is out of 1's hand, 1 and x1 sprint to the wing. 1 receives a pass from 2.

Live 1v1 play ensues

1v1 Games



1 receives an outlet pass from the coach and attacks the basket at the opposite end. As soon as a 1 crosses half court, x1 will sprint out of the center circle to guard 1. They play live 1v1 until a score or a stop.



Whoever ends the possession tosses the ball to the coach and sprints uphill to receive an outlet back. The loser goes to the back of the line at half court.

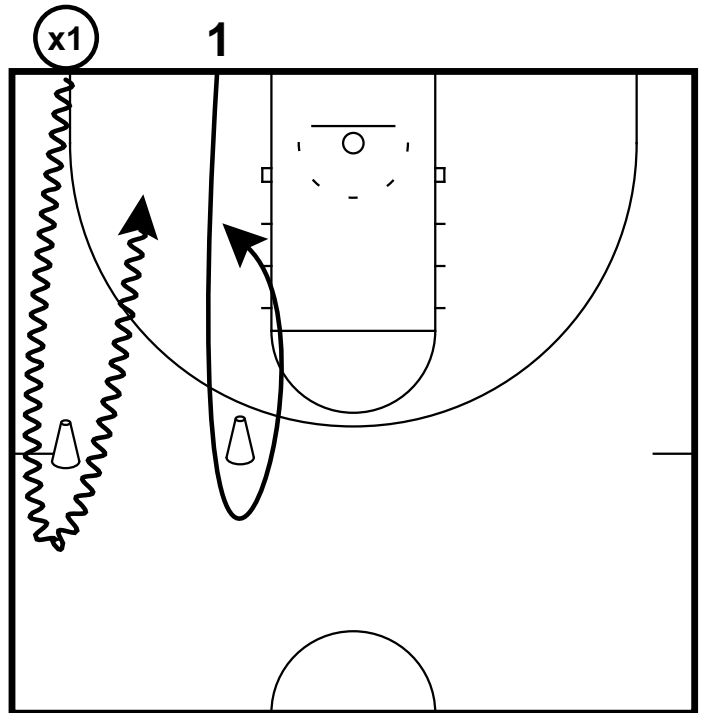
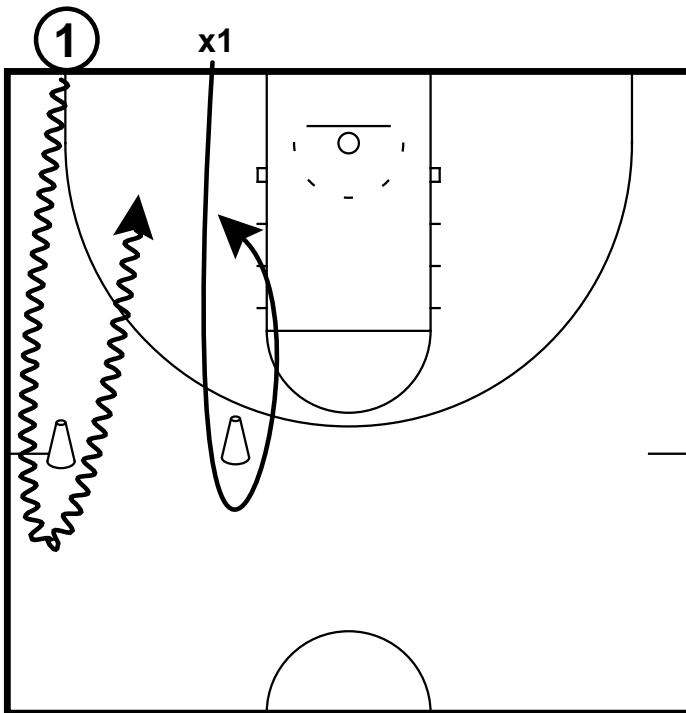
1v1 Games

Saint Joes 1v1

Saint Joes 1v1

Frame 1

Frame 2

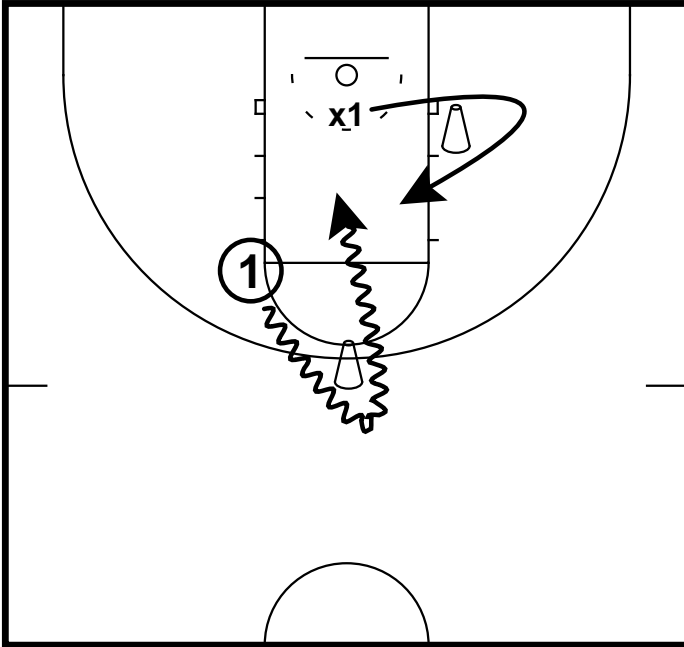


2 players begin on the baseline. The outside player has the ball and the inside player is the defense. The player with the ball begins to dribble out towards the cone in front of them. The defense sprints out to their cone as well. Once both players round the cone, live 1v1 ensues.

1v1 Games

Weakside Finishes

Frame 1

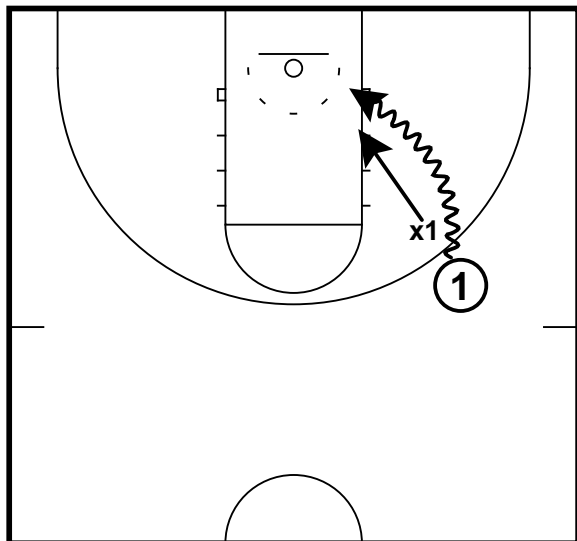


1 begins with the ball on the elbow and will speed dribble around the cone at the top of the key. Once 1 takes their first dribble, x1 must sprint around the cone and defend. 1 can score only in the paint. Switch after each shot and play first to 7 points by 1s.

1v1 Games

Blind 1v1
Build up to 3v3 shown

Frame 1

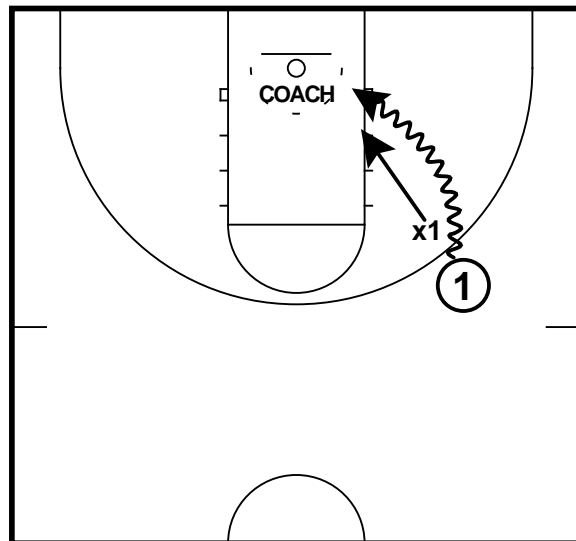


x1 is facing the hoop with their heels on the 3pt line. As soon as 1 puts the ball on the floor, it turns into live 1v1.

This drills works on the offense getting and maintaining a 1 second advantage over the defensive player.

Blind 1v1
Build up to 3v3 shown

Frame 2



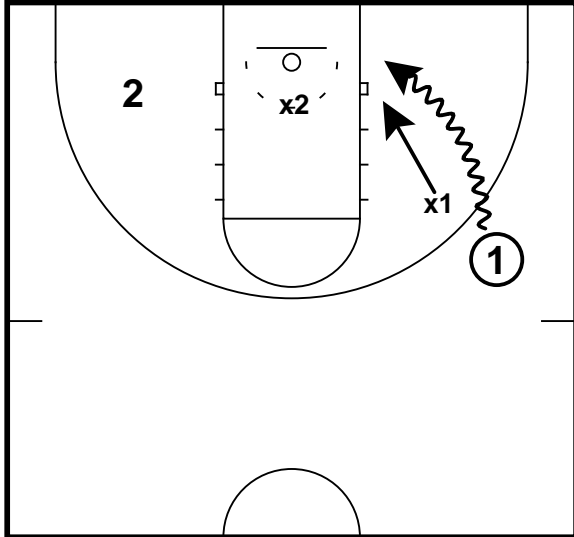
The second level now is to add a coach to the drill to be a guided help defender. This is a great time to teach the drive to land on 2 feet so they are balanced, strong, and controlled as they meet the help.

Be sure to emphasize straight line drives and players will try to loop drive to avoid the help.

1v1 Games

Blind 1v1
Build up to 3v3 shown

Frame 3

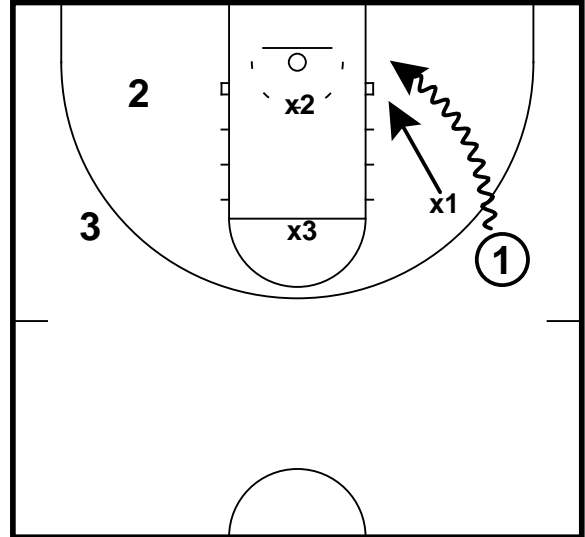


The next progression is to 2v2. It is now that you are teaching the driver to do 2 things:

1. Read the help defender (x2)
2. Keep the 1 second advantage by scoring if the stays, giving the advantage to 2 if x2 steps to help on drive.

Blind 1v1
Build up to 3v3 shown

Frame 4



The last progression is to take it to 3v3. The same reads apply for the driver on the attack, but now you are also training 2 to keep or increase the advantage.

If x2 stops ball and 1 passes to 2, 2 then has to keep the advantage. 2 can accomplish this by:

1. If he is open, on balance, and in range - shoot the ball
2. If x3 stays home and x2 recovers hard, 2 can drive the ball
3. If x3 drops to help, 2 keeps the advantage by hitting 3 with a "click pass" (a pass that is in and out of the passers hand within a half second or less). 3 then shoot if open, drives a hard closeout, and makes a pass.