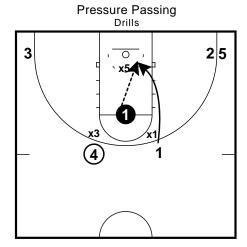
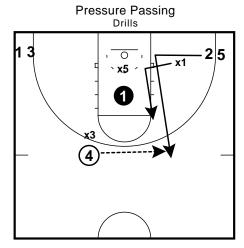
Drills to Defeat Pressure

Pressure Passing Drills 3 4 25

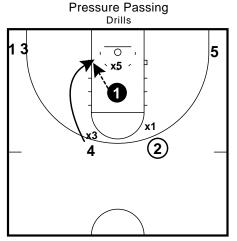
4 has to get open against X3 and catch the ball in the slot. 1 must fight the pressure from X1 and deliver a pass to 4's outside hand without using a dribble or getting the pass deflected.



1 cuts to the basket and receives a pass from the coach who is standing in the middle of the lane. 1 must now catch the pass from the coach and finish off two feet while attacking X5 (coach with a pad).

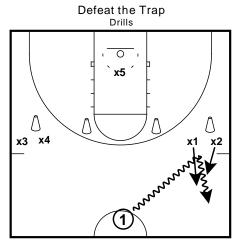


2 now has to get open against X1 and catch the ball in the slot. 4 must fight the pressure from X3 and deliver a pass to 2's outside hand without using a dribble or getting the pass deflected.

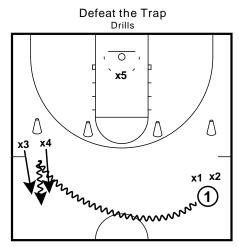


4 then cuts to the basket and receives a pass from the coach who is standing in the middle of the lane. 4 must now catch the pass from the coach and finish off two feet while attacking X5 (coach with a pad).

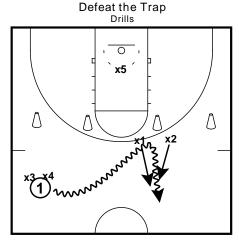
Drills to Defeat Pressure



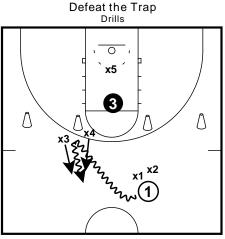
1 is facing midcourt and pitches the ball to himself. 1 then dribbles towards the outside cone on the right. X1 and X2 attempt to trap the ball handler. 1 must escape dribble and defeat the trap without turning his back on the defense.



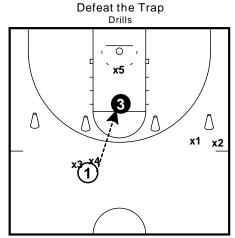
1 now must attack the outside cone on the left. X3 and X4 attempt to corral 1 and trap him. 1 must escape dribble and defeat the trap without turning his back on the defense.



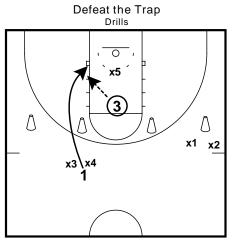
1 must now attack the inside cone on the right. X1 and X2 attempt to corral the ball handler and trap him. 1 must escape the trap without turning his back on the defense.



1 continues by attacking the inside cone on the left. X3 and X4 attempt to corral the ball handler and trap him. 1 must escape the trap.

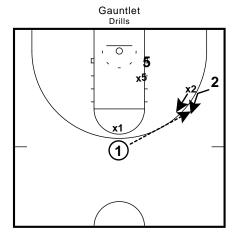


Without getting the ball delfected or turning it over, 1 must deliver a pass to the coach at the foul line area.

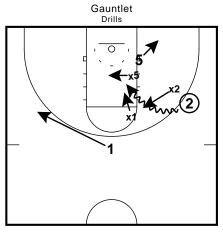


1 cuts to the basket and receives a pass from the coach. 1 must finish off two feet and attack X5 (coach with a pad).

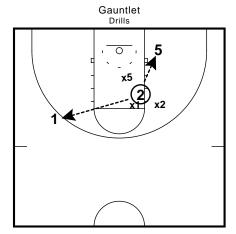
Drills to Defeat Pressure



2 must work to get open vs. the defense (X2). 1 must deliver a pass to 2's outside hand while being pressured by X1.



2 drives it hard to the middle of the paint while protecting the ball as X1 and X2 swipe hard for a steal. X5 steps up the stop the ball. 2 must jump stop with his numbers facing the rim to force the defense to help. 5 gets to the dunk spot and 1 relocates on the wing



 $2\,$ can now deliver an on target pass to 1 for a jump shot. $2\,$ also has the option to deliver a pass (prefer bounce pass) to 5 in the dunk spot for a close-off finish