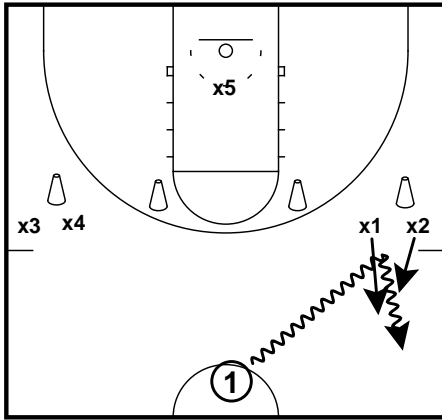


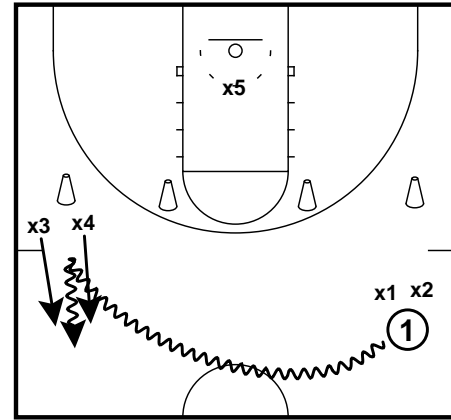
Drills to Defeat Pressure

Defeat the Trap
Drills



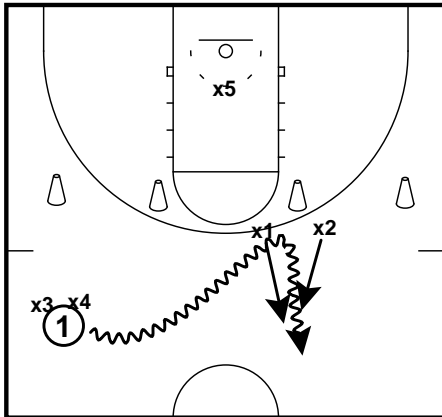
1 is facing midcourt and pitches the ball to himself. 1 then dribbles towards the outside cone on the right. X1 and X2 attempt to trap the ball handler. 1 must escape dribble and defeat the trap without turning his back on the defense.

Defeat the Trap
Drills



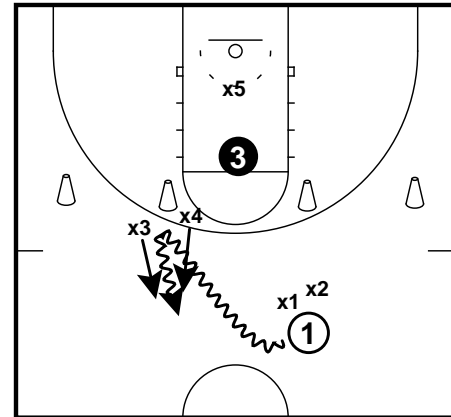
1 now must attack the outside cone on the left. X3 and X4 attempt to corral 1 and trap him. 1 must escape dribble and defeat the trap without turning his back on the defense.

Defeat the Trap
Drills



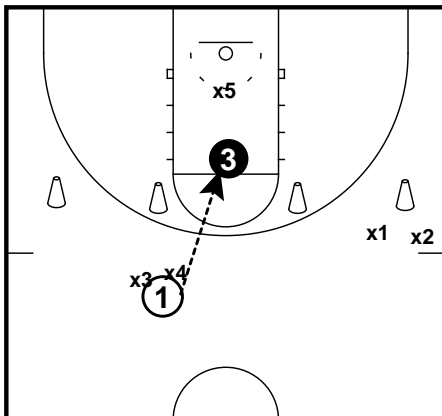
1 must now attack the inside cone on the right. X1 and X2 attempt to corral the ball handler and trap him. 1 must escape the trap without turning his back on the defense.

Defeat the Trap
Drills



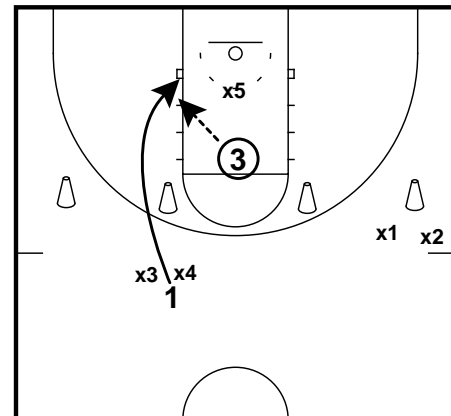
1 continues by attacking the inside cone on the left. X3 and X4 attempt to corral the ball handler and trap him. 1 must escape the trap.

Defeat the Trap
Drills



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

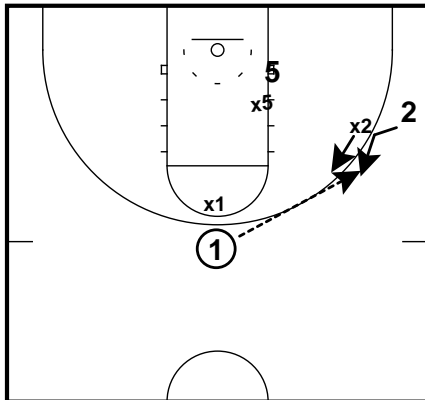
Defeat the Trap
Drills



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).

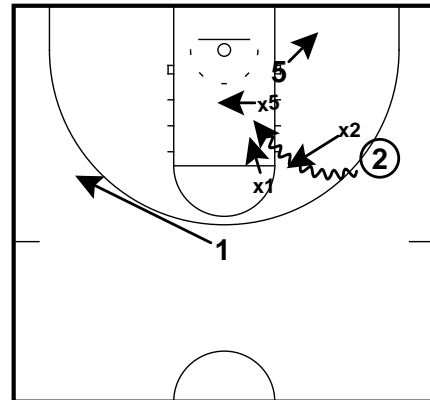
Drills to Defeat Pressure

Gauntlet Drills



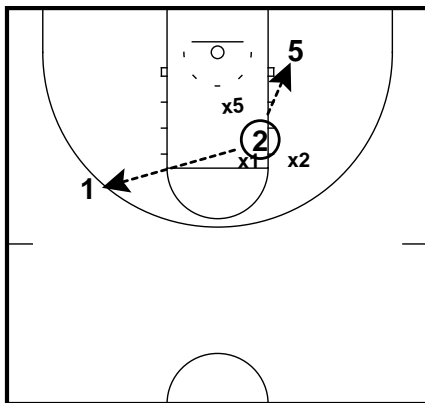
2 must work to get open vs. the defense (X2). 1 must deliver a pass to 2's outside hand while being pressured by X1.

Gauntlet Drills



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 to 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

Gauntlet Drills



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