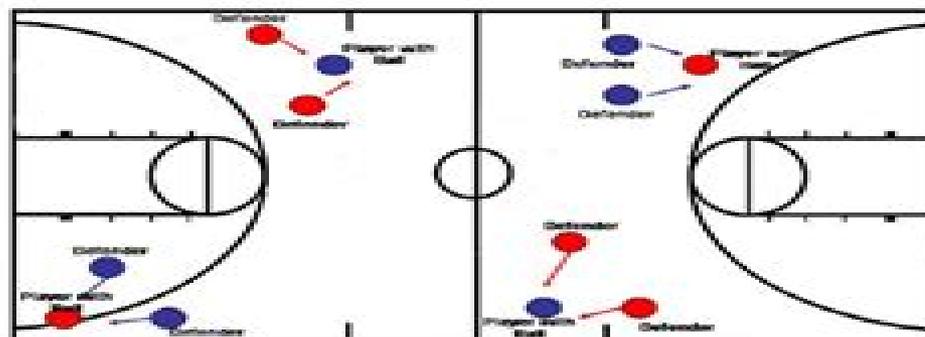


Trap Drill



48. Mirror Drill

Divide your team into 4-6 groups, try to have no more than 4 players per group. Designate 1 player per group as the leader. All other players in the group will face the leader and must "mirror" every movement of the leader. If the leader shuffles right the group must shuffle in the same direction (it will be left shuffle since they are facing the leader). If the leader moves forward, the group moves backward. If the leader moves back, the group moves forward.

49. 1 on 1 Defense

Divide your team into two groups. One group is on offense and the other group is on defense. Pair up the players so that every offensive player has a player that is playing defense against them. All the players on offense should have a basketball and line up in a straight line across the half court line facing the basket. The defensive players should lineup 3-4 feet away from the offensive players. The object of the game is for the offensive players to dribble the basketball past an area down court (it could be line set up with cones across the court). The offensive player scores a point for getting the ball past the "goal" area. The defender gets a point if the steal the ball, get the offensive player to stop dribbling or prevents the offensive player from reaching the "goal" within a certain time period (usually 10 seconds).

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RJ Alexander



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