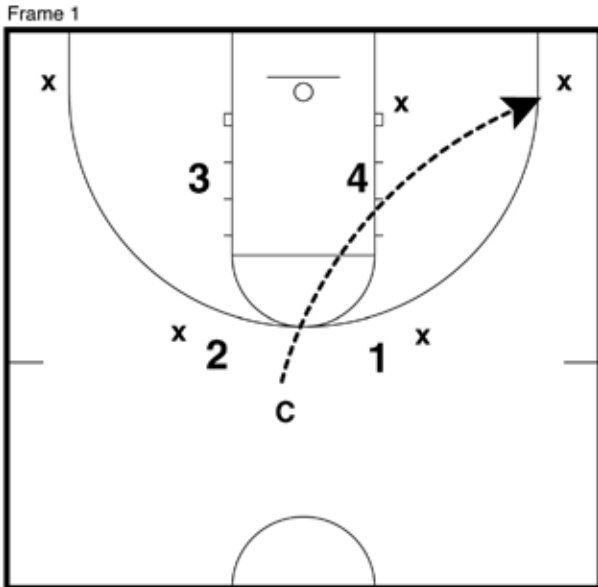


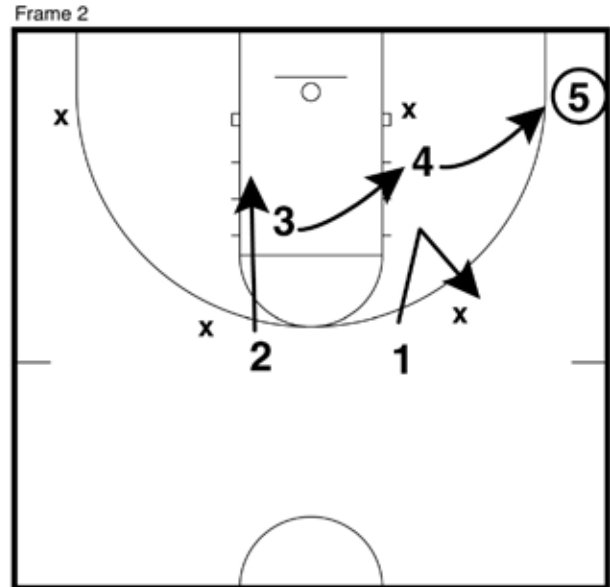
Drill: Quick Man to Ball

Submitted by Michael Shafer, University of Richmond

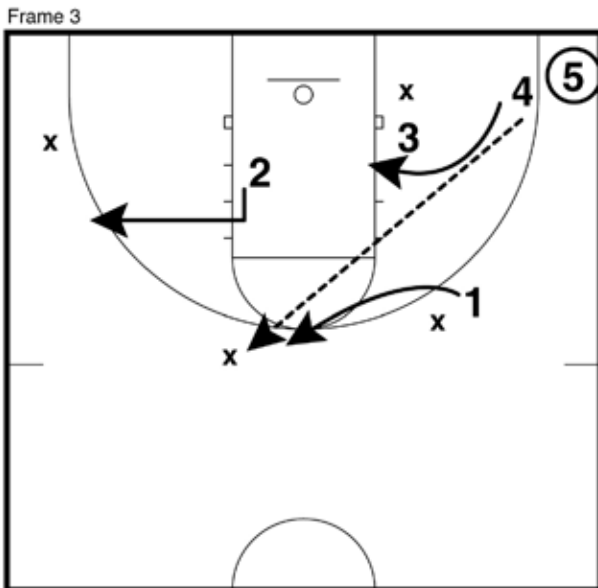
The purpose of this drill is to put our players at a disadvantage and encourage them to help cover each others backs. We use either 2, 3 or 4 defensive players versus any number up to 6 of offensive players. Emphasis is placed on great ball pressure to slow the pass down “Flying Around” to help. Anticipation, spacing, rotating and denying one pass away. We play for 20 seconds or the ball is stolen. Once the defense gets better at it, we play live on offense. We must get three stops in a row to get off. We do allow shots. This drill is very good for conditioning and getting your players to move and react on flight of the ball. Once offense is live, drives force help and a second rotation.



Coach starts with the ball. Defense denies one pass away and spaces elsewhere. Offensive alignment varies.



At first, offense must stand still, but as we progress allow them to just play. Player 4 is quickest to the ball and now must pressure the ball. Leave furthest always open.



On next pass, quickest to the ball goes, takes the ball, reads and denies. Player 3 comes up to deny and Player 4 rotates in to post. If shot goes up because we don't get there in time, box and board.