

One-on-One Force Corner

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Purpose

To influence the offense to the corner keeping the ball out of the middle of the floor and not allowing ball reversal.

Organization

One ball, one line, one defender, a coach with the ball opposite the line of players.

Procedure

1. The drill begins with a skip pass from the coach to the offensive player on the wing.
2. The defender must adjust from help side to defending the ball with a good closeout.
3. The drill is now one on one.
4. The defender attempts to influence the ball to the corner and protect the middle.
5. The drill ends with the made basket or the rebound and outlet pass.

Coaching Points

- The defender must close out in a stance with the inside foot and hand up.
- The defender must not give up an open lane to the basket when trying to keep the offensive player out of the middle. Angle the feet to the corner, not the baseline.

Variation

- Limit the number of dribbles allowed by the offense.

