



Teaching You To Train

BREAKDOWN

1 on 1 Drills



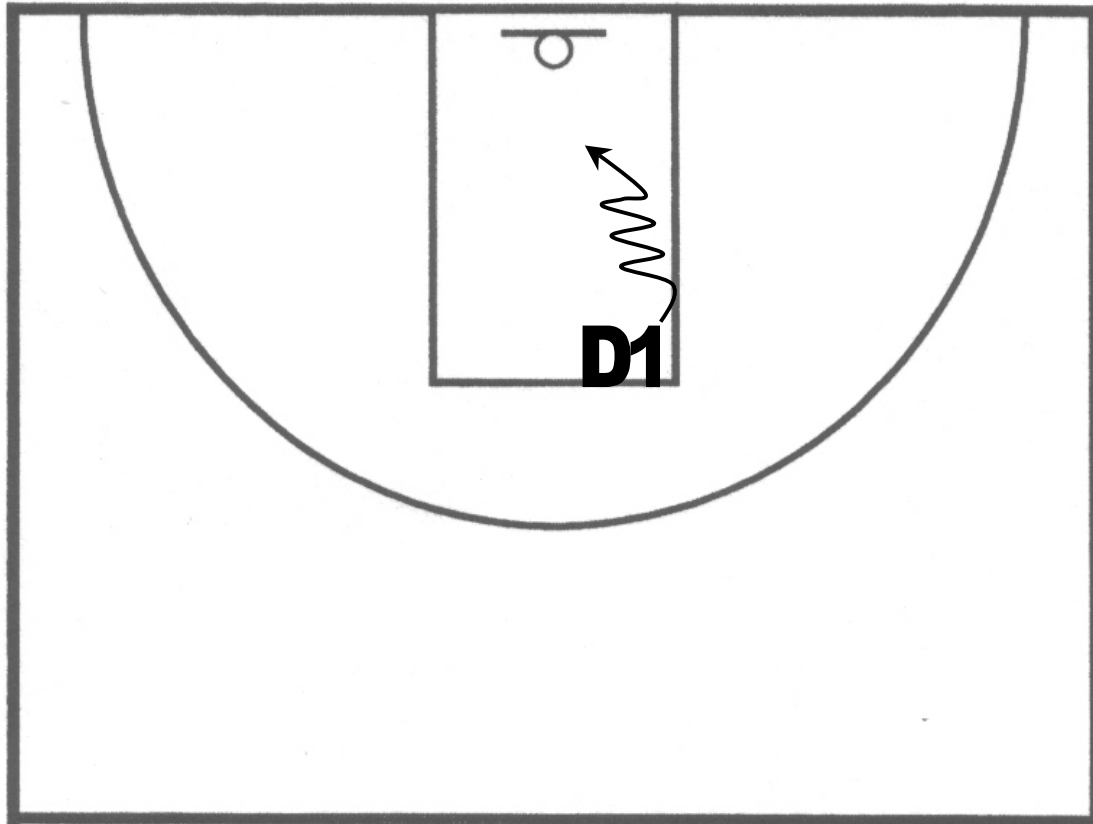


Playing 1 on 1 is a great way to work on your game if you are playing correctly. These 8 games are used in NBA and DI player development workouts and are designed to drill specific situations throughout a basketball game. Transition 1 on 1, beating the help side, off the dribble, out of the triple threat and on the drive.

1 on 1 is also a great way to finish your workouts. You might want to drill for 90 minutes and finish up with 30 minutes of situational 1 on 1 drills. Use these drills to make up your own games and situations that you want to drill. Keep the track of score to make each drill competitive.



Race To The Rim

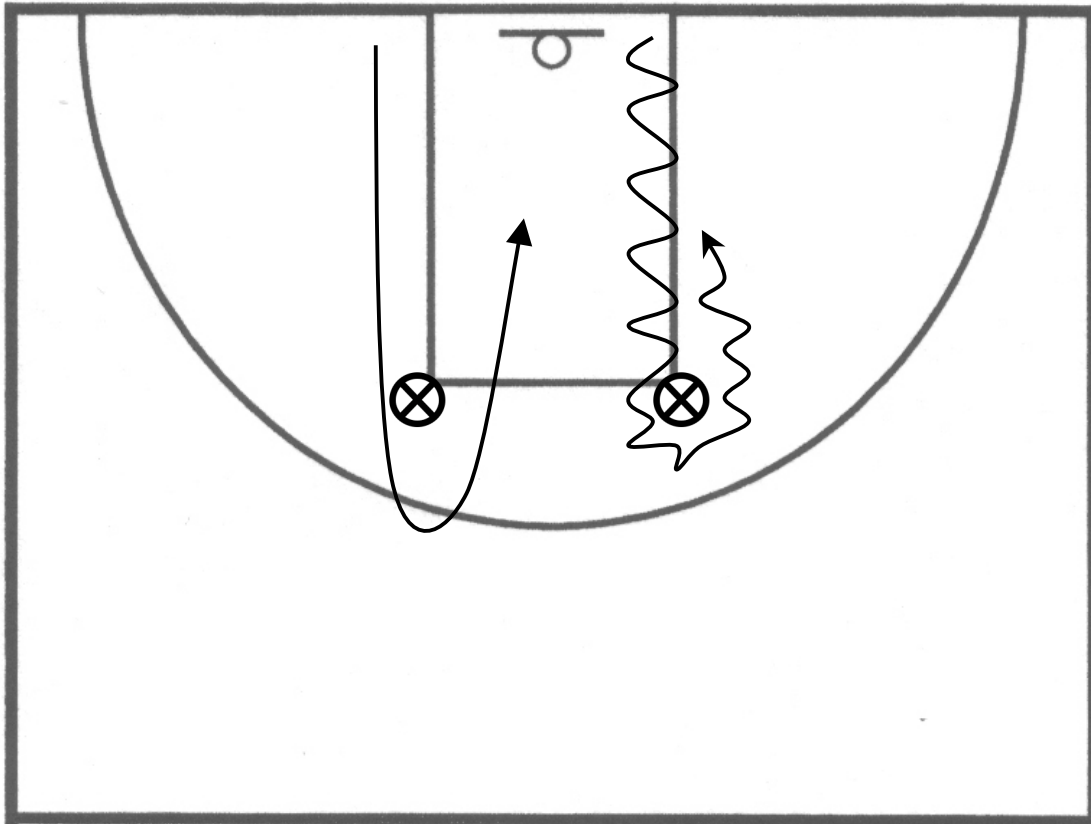


1. Player "1" starts with the basketball just inside the right elbow. The "D" starts out just to the inside (left) of the "1" and puts his forearm on the "1" and leans on him.
2. The players need to be side by side so neither player has an advantage
3. As soon as the offensive player starts his forward motion the drill is "live".
4. There are no "fake outs". The offensive player cannot fake a start, retreat back and then go. He must just put it on the floor and get into the defense

-if the offensive player "**veers**" the defender and scores on the left side he earns 2 points.
-If he scores on the right side of the rim he earns 1 point.



NBA 1 on 1 D 1

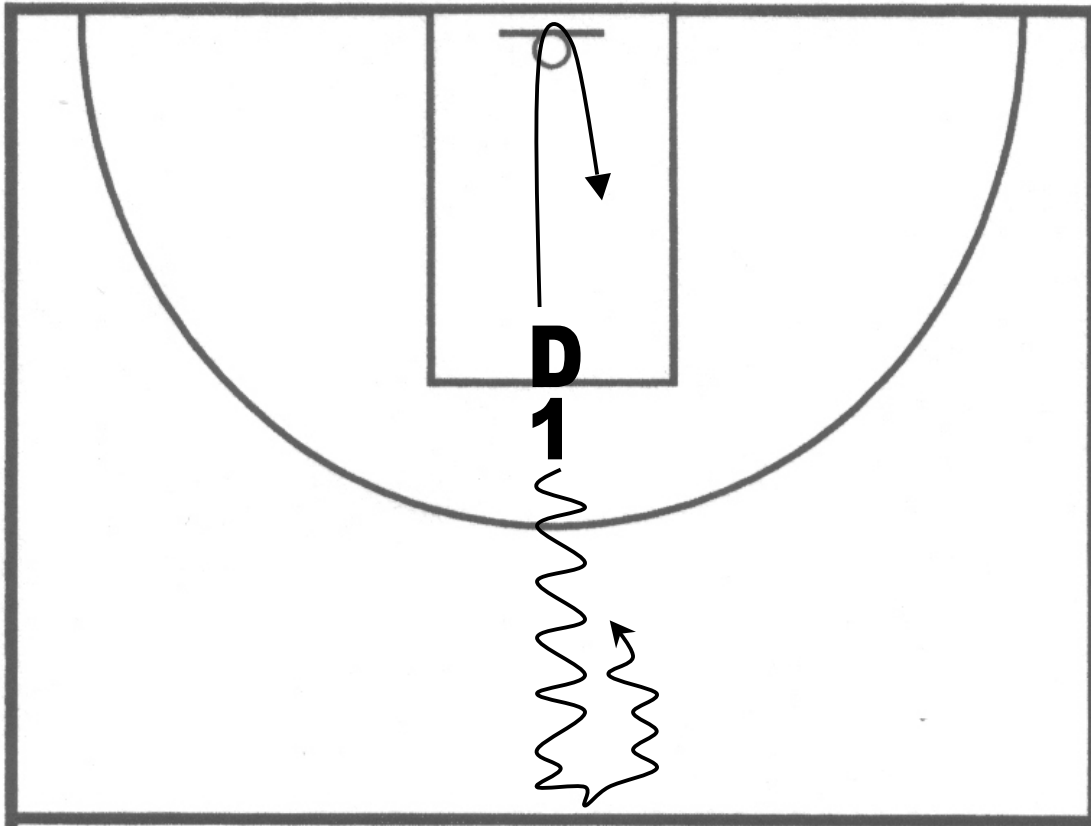


⊗ = Cone or Chair

1. Player "1" starts with the basketball out of bounds on the lane line extended. "D" starts out of bounds on the other lane line extended
2. The "1" dribbles around the right side of the cone and turns the corner looking to get to the rim.
3. As soon as the "1" starts forward motion the the "D" has to run around the right side of the cone and it is "live" 1 on 1



K-State 1 on 1

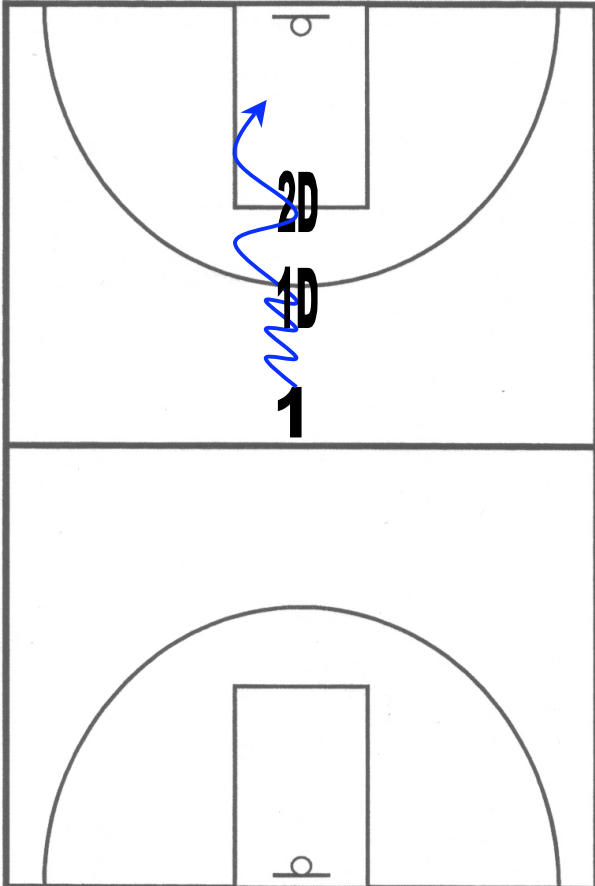


1. Player "1" starts with the basketball at the free throw line with his left shoulder towards the defense. "D" starts out with his right shoulder towards the defense. As soon as the offense starts dribbling towards the half court the "D" has to run and touch the baseline, while the "1" has to touch half court.

2. Player "1" then has to attack the bucket and the game is live. "D" is trying to stop the basketball above the FT line



1 on 1 Beat the 2nd Defender



1. Offense starts out with the basketball near half-court and attacks the 1st Defender Full Speed and has to make a dribble move.
2. The 1st Defender at the top of the key has to reach and try to knock the basketball out; he only gets 1 step to the left or the right
3. The 2nd defender needs to start about 3-4 feet behind the offense and he is "live". The only thing he cannot do is back up, he needs to step up once the offense goes past the 1st defender and try to cut off the offense

Rotations: "Make It Take It"

If the offense scores the 2nd defender rotates out and the 1st defender rotates back to the 2nd defender spot

If the offense misses or the defense gets a stop, the 2nd defender becomes the offense and the 1st defender moves down.

If you have 3 guys in a workout or are at a team practice this is a great 1 on 1 drill to play.

Make sure that the 2nd defender is stepping up and trying to make a play on the ball or cut off the offense. This does make the drill harder for the D, but is great for offense working on changing direction going full speed.

You can vary the drill having the 2nd defender going live.