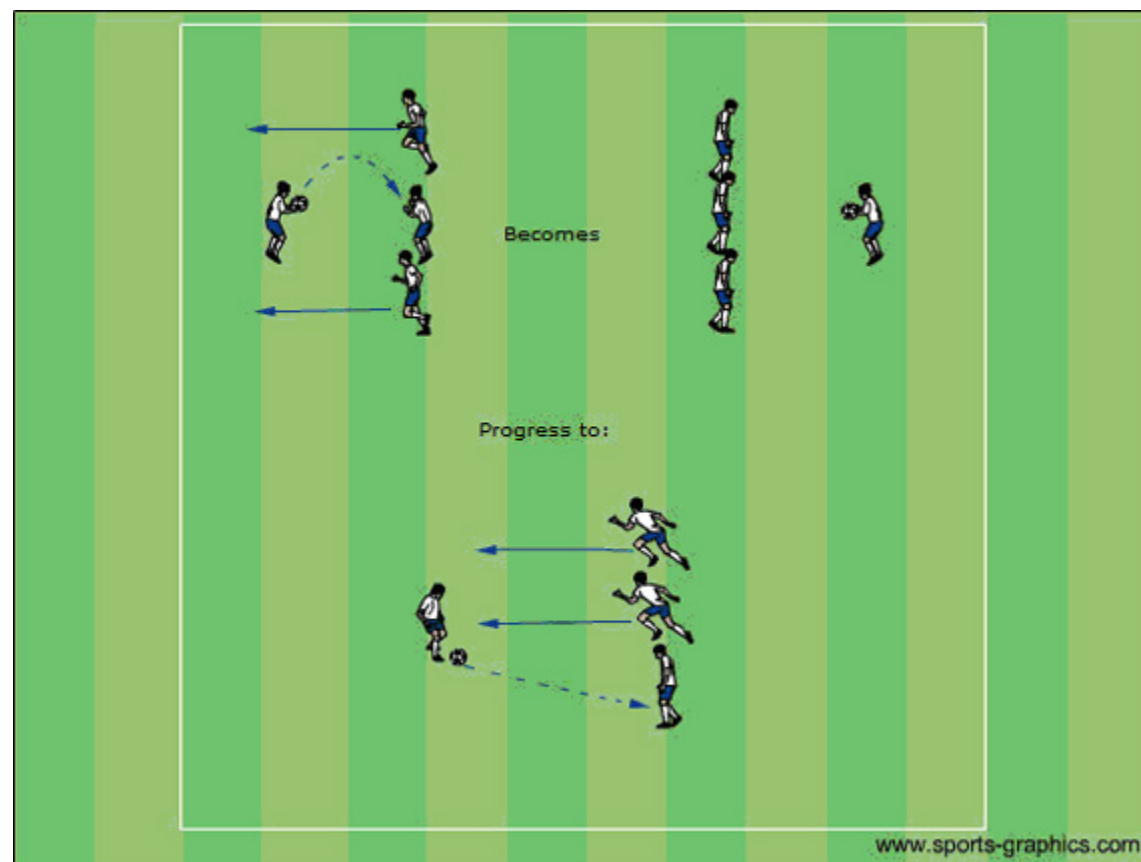


# Jeff Cook Defensive Reaction



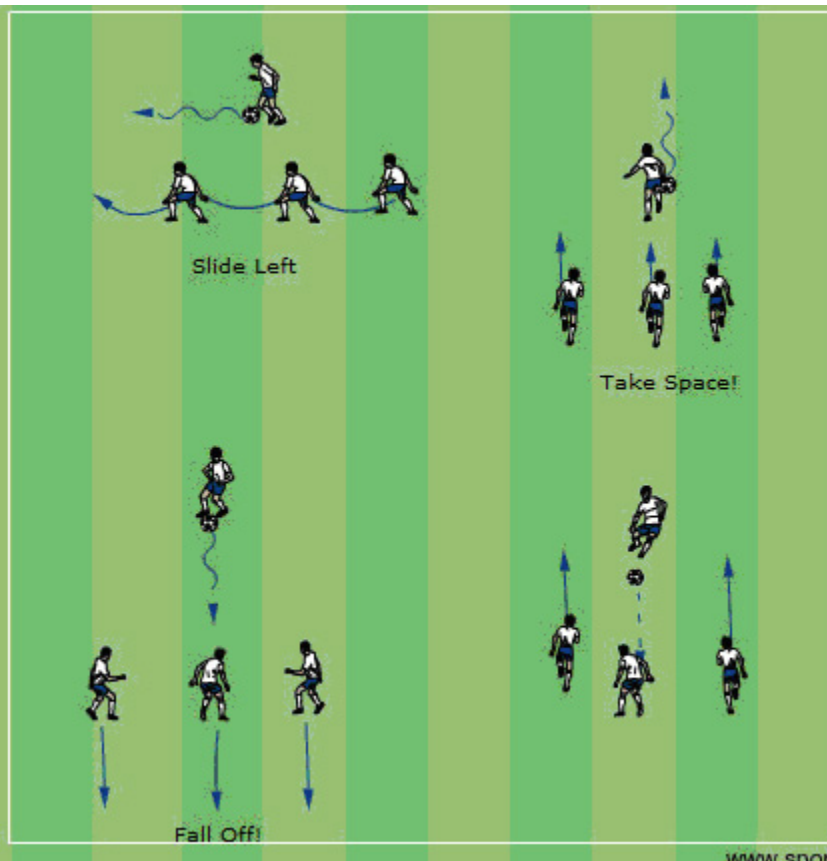
**The Set-up:** One ball per four players. The player with the ball (ball in hands) stands 5 yards across from his/her three teammates. The group of three should be approximately 2 yard apart from one another.

**The Exercise:** The player with the ball can toss the ball to any one of the three players. The two players that don't have the ball tossed to them race to join the original server. This creates a new group of three.

**Focus:** Quick Recognition, Explosive reaction, Move while the ball is traveling.

**Note:** The pass should clearly be played to one player. Server **does not** follow his/her pass!

**Progression:** The ball is now on the floor. Same exercise as before, but the ball is now passed to one of the three players.



**The Exercise:** The player with the ball begins 5 yards across from his/her three teammates. The group of three should be approximately 2 yard apart from one another. All players should attempt to keep this spacing throughout.

**The player with the ball can:**

1. Dribble laterally- Defensive group should slide as a unit
2. Run at the defenders- Defensive group should" fall off"
3. Dribble away from the defenders- Defensive group should "take space"
4. Pass the ball to one of the three players- other two sprint to form a new group of three

**Focus:** Quick Recognition and Proper Defensive moment based on visual cues, Communication!, Explosive reaction, Move while the ball is traveling.