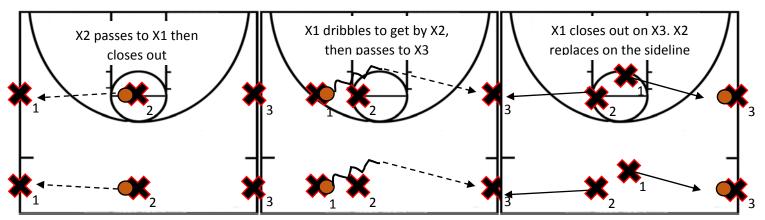




Drill: "Defensive Trio w/ Ball Handling"

Set up:



Directions:

- Widen groups to the sideline and give more space in between groups
- Same rotation as before, but now allow the offensive player to attempt to dribble past the defender.
- The defender should try to force the offensive player to change directions or pick up his/her dribble. Don't allow stealing until players are ready for that level of play.
- Once they cross the midline of the court they will pass to the next offensive player.
- Be sure the defender replaces to the opposite side to maintain the rotation