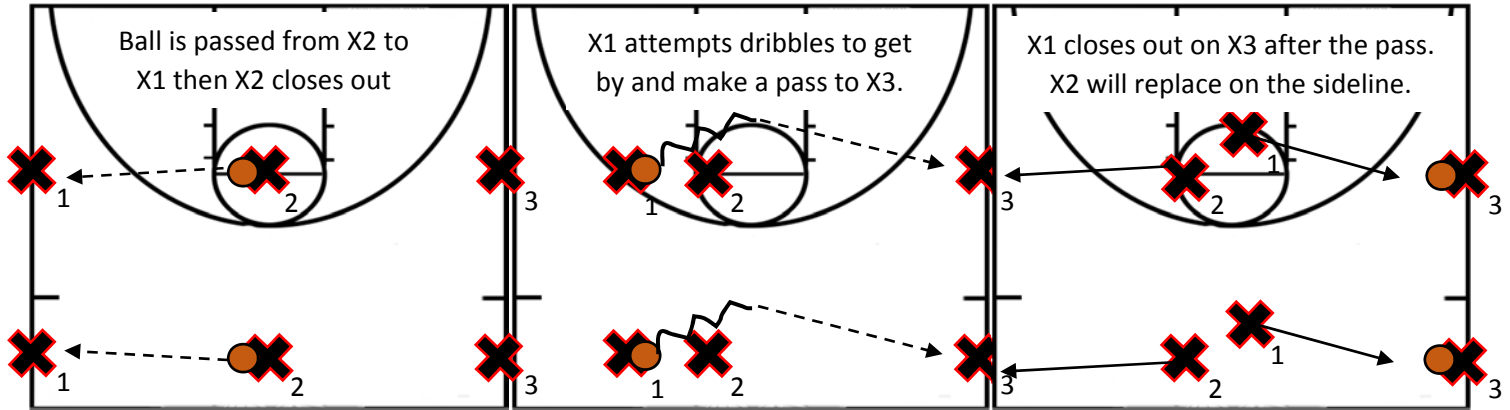


Set up:

Drill: "Defensive Trio Competitive"



Directions:

- Same set up and rotation as before, now have the offensive player attempt to drive past the defense once he/she crosses the midline they will pass to the next player on the sideline.
- The defensive person is trying to force the offensive person to pick up his/her dribble, deflect a pass, or cause a turnover.
- If the offensive person successfully gets the ball to the other player, he/she win that round. If the defense stops them he/she would win.