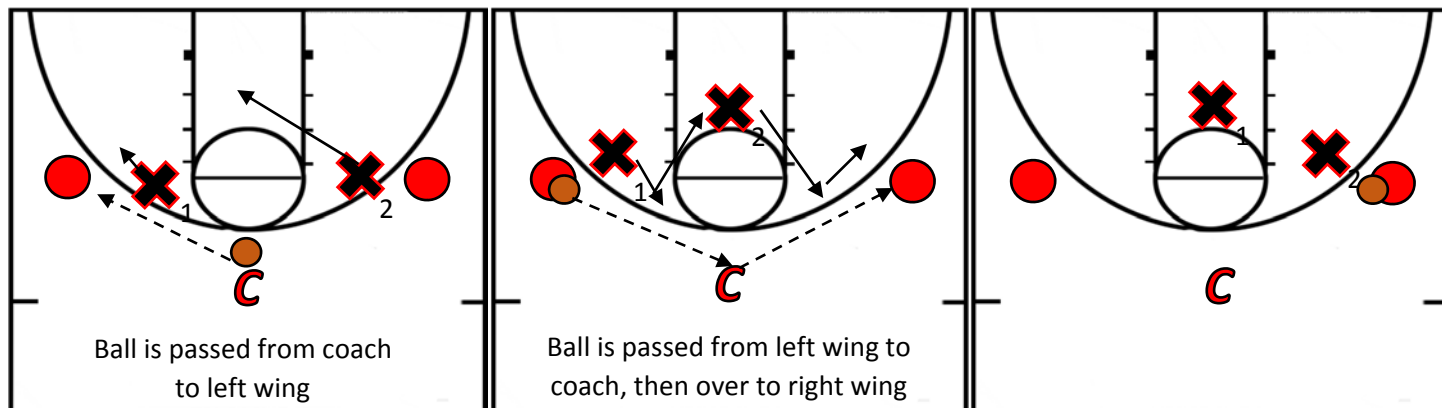


Set up:



Directions:

- Place a coach at the top of the key and two offensive players on the wings. Pair up the two defenders with the offensive players.
- With the ball in the coaches hand, the defenders should start in a "DENY" position.
- When the coach passes to the left wing, that defender will closeout and be the "ON BALL" defender, the opposite defender will become the "HELP" defender, **DEFENDERS MUST MOVE WHEN THE BALL IS IN THE AIR**
- When the ball is passed back to the coach, both defender will return to the "DENY" position.
- When the ball is passed to the right wing, there will be an "ON BALL" and a "HELP" defender again.
- Go slow enough to ensure that players are getting to the proper position and at the proper time.