

# Basketball Drill

**Drill Number:** 01      **Name:** Bull In The Ring  
**Type:** Passing, Defense

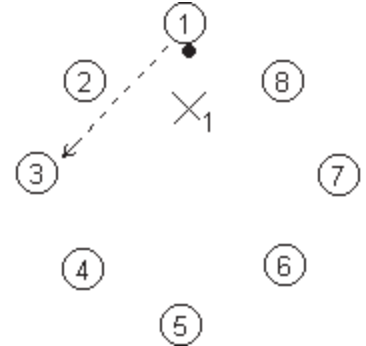
## Description:

Players form a circle around a single defender.

Players in the circle must make passes to others in the circle, but may not pass to a player next to them.

The defender must pressure the player with the ball and attempt to intercept or "touch" the pass.

On an interception or "touch" the passer replaces the defender in the middle.



## Variations:

1. Use two or more balls.
2. Use two or more defenders in the circle.
3. Change size of circle for shorter or longer passes.
4. Put a time limit on ball-handler to get off pass (e.g. defender counts to 3 seconds).

## Points of Emphasis:

1. Fake a pass to make a pass.
2. Tough defense on the ball, don't just sag off ball.
3. Active hands.
4. No lollipop passes over the top of the defender.