

Basketball Drill

Drill Number: 05 **Name:** Defensive Shuffle And Pass
Type: Defensive Stance, Footwork and Passing

Description:

Players are in groups of three.

The three players set up as shown in diagram A. Two players with balls are about 3-4 steps apart and face third player who begins drill standing in front of one of the other players.

Player 1 passes to player 3 who returns pass and then defensive shuffles in front of player 2 (diagram A). Player 2 then passes to player 3 who returns pass and then defensive shuffles back in front of player 1 (diagram B). This sequence is repeated.

Run for specified time (e.g. 1 minute) and rotate players.

Variations:

1. Specify types of passes to be made.
2. Most passes in specified time (competitive).

Points of Emphasis:

1. Correct defensive footwork (wide then wider).
2. Good crisp passes.

