

TEACHING POINTS OF INDIVIDUAL TECHNIQUE AND TACTIC THROUGH SPECIFIC 1 ON 1 DRILLS

Finland

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Supported by FIBA EUROPE

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- 1 on 1 defensive transition preparation drills /DIAGRAMS 1,2/

DIAGRAM 1

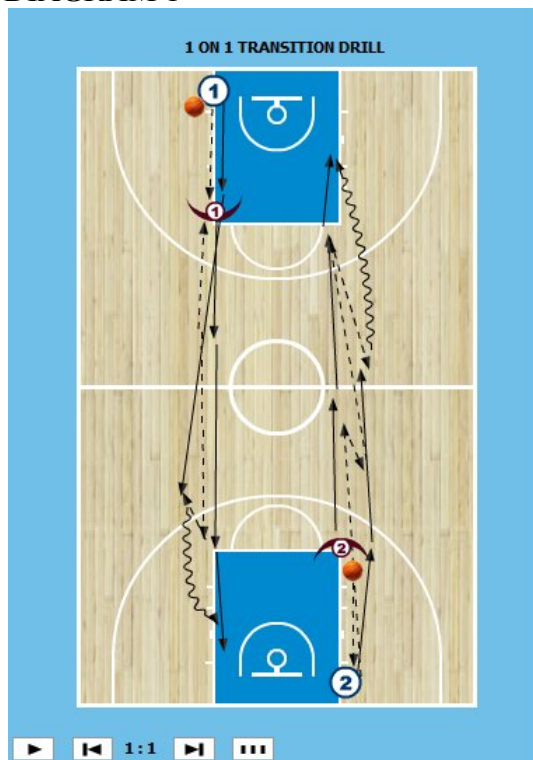
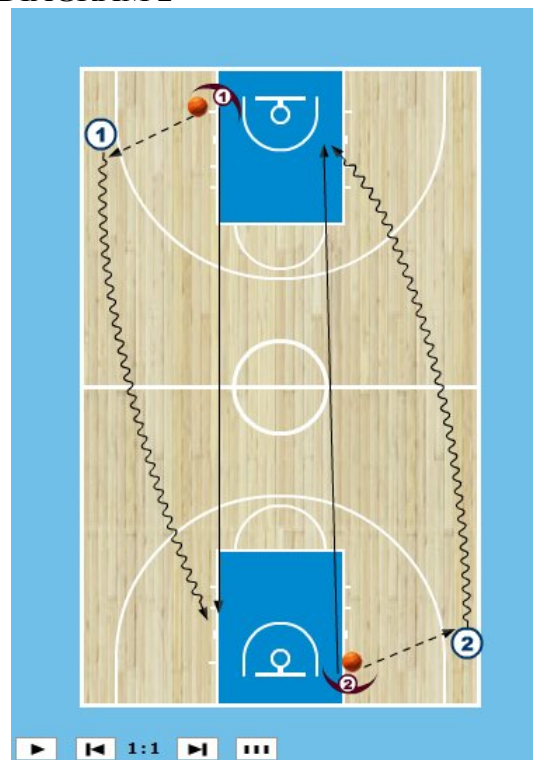


DIAGRAM 2



- 1 on 1 half court handicap drills /DIAGRAMS 7,8, 9, 10/

DIAGRAM 7

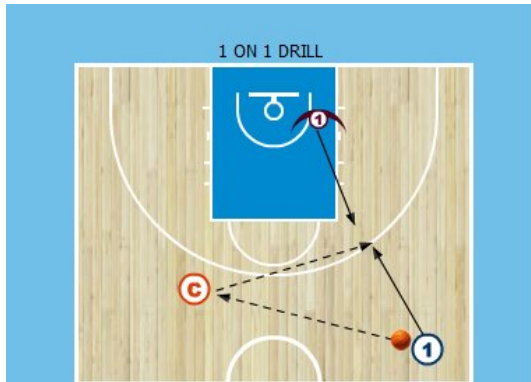


DIAGRAM 8

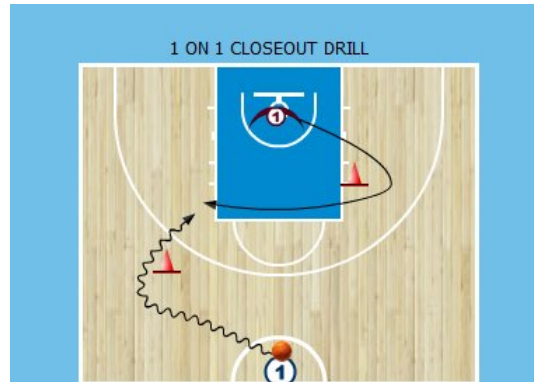


DIAGRAM 9

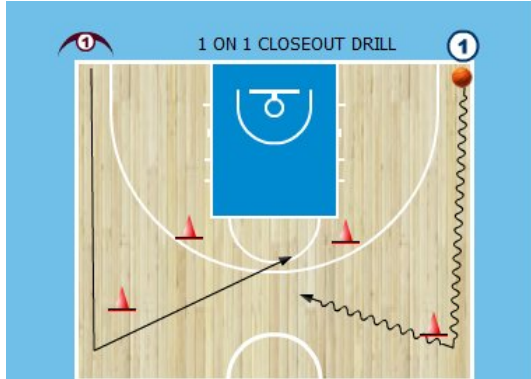
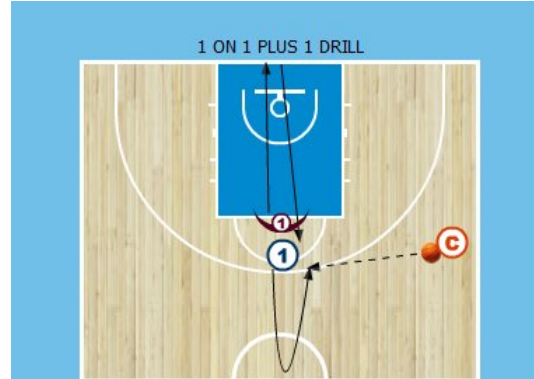


DIAGRAM 10



- 1 on 1 close out drills (improvement of an individual technique and tactic in offense & on ball defense). Define drills goals in offense and defense (find quick offensive solution, no middle drive) /DIAGRAMS 11,12/

DIAGRAM 11

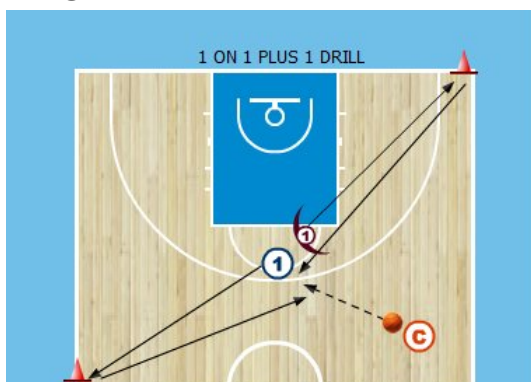
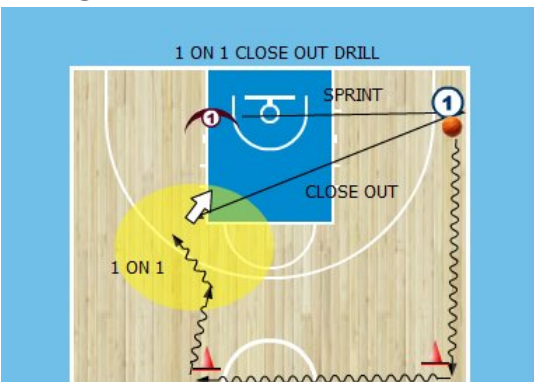


DIAGRAM 12



- 1 on 1 close out drills (getting open, read defense and score; of ball to on ball defensive transition /DIAGRAMS 13, 14/.

DIAGRAM 13

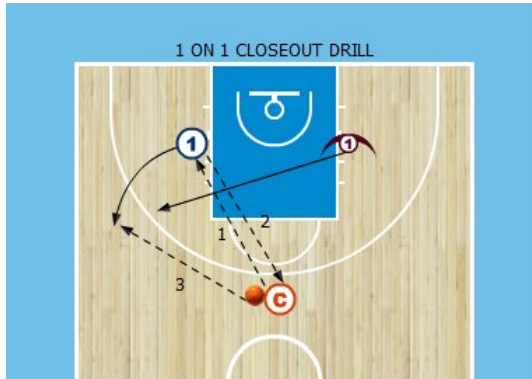
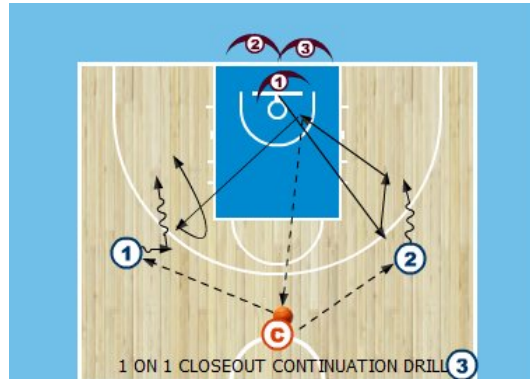


DIAGRAM 14



- 1 on 1 combination drill (close out, jump to the ball, close dribble drive & defense - offense transition drill) /DIAGRAMS 15, 16/

DIAGRAM 15

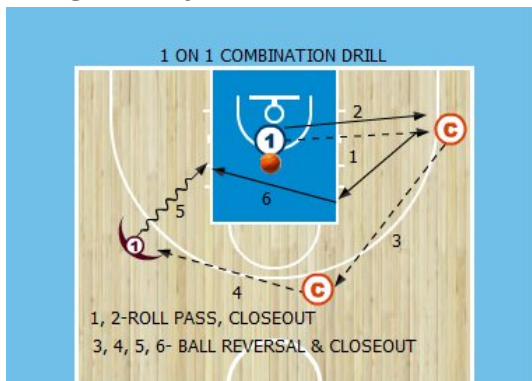
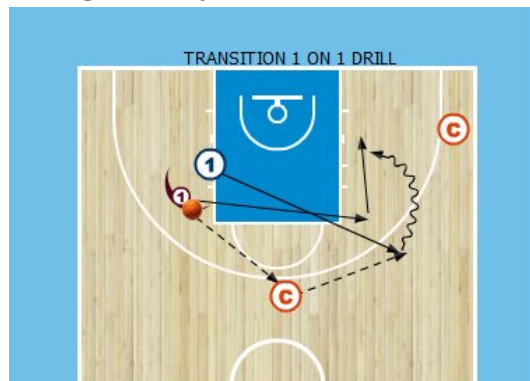
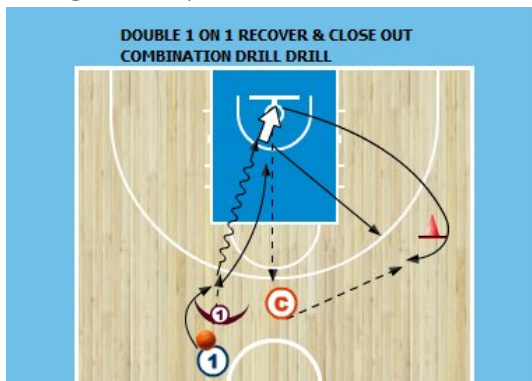


DIAGRAM 16



- Double 1 on 1 recover and close out combination drill (roll the ball, lay-up, getting open and 1 on 1 game; full court 1 on 1 after box out and defensive rebound) /DIAGRAM 17/



- 1 on 1 on wing /DIAGRAM 18/
- Agility and speed reaction 1 on 1 drill (jump over the cone, sprint to touch the board getting open and 1 on 1) /DIAGRAM 19/

DIAGRAM 18

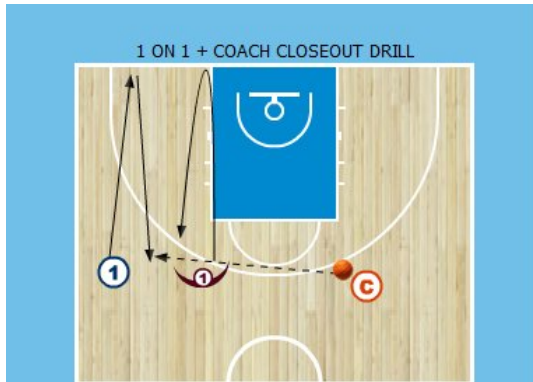
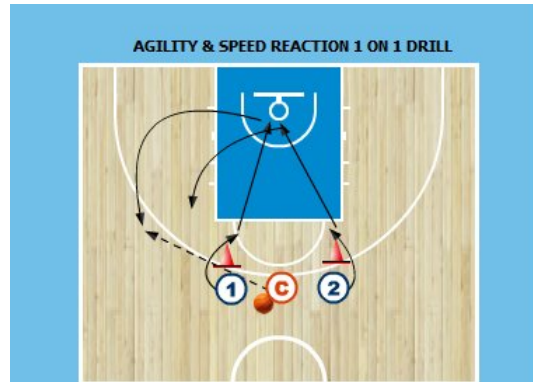


DIAGRAM 19



- Handicap closeout & box out drills /DIAGRAMS 20, 21/

DIAGRAM 20

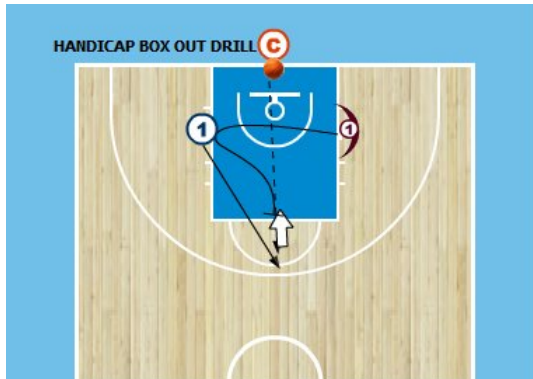
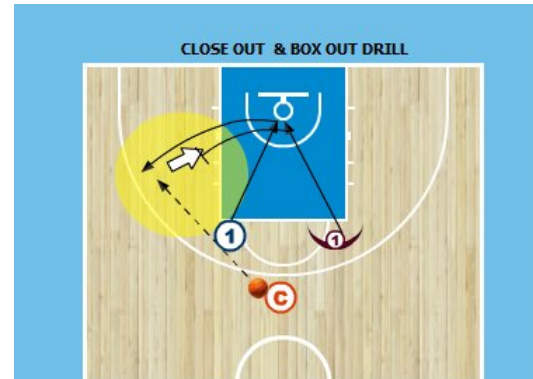


DIAGRAM 21



- 1 on 1 dribble drive drill /DIAGRAM 22/
- 1 on 1 shooting contesting drill /DIAGRAM 23/

DIAGRAM 22

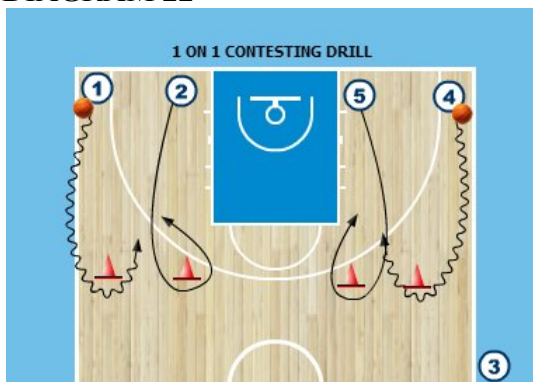
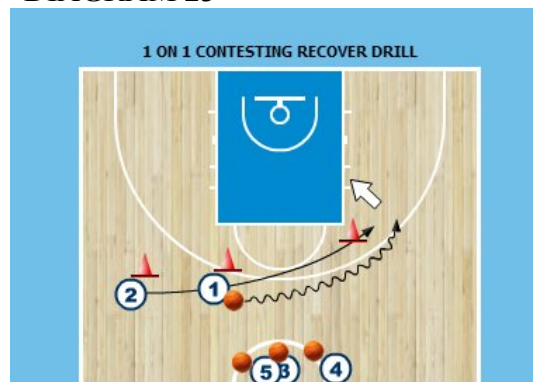
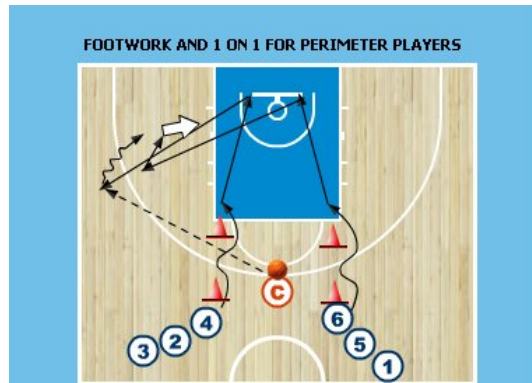
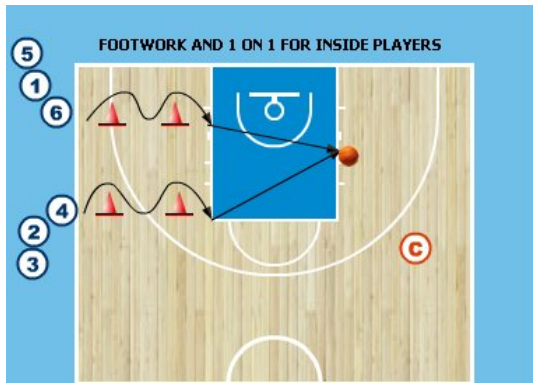


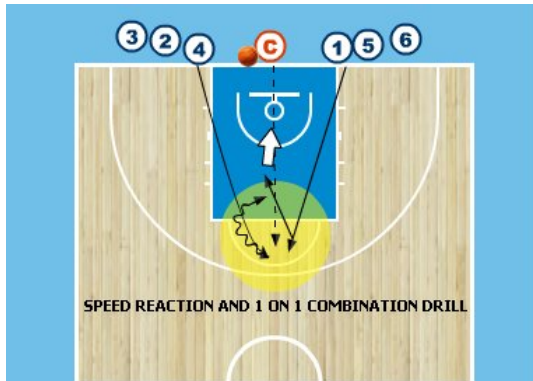
DIAGRAM 23



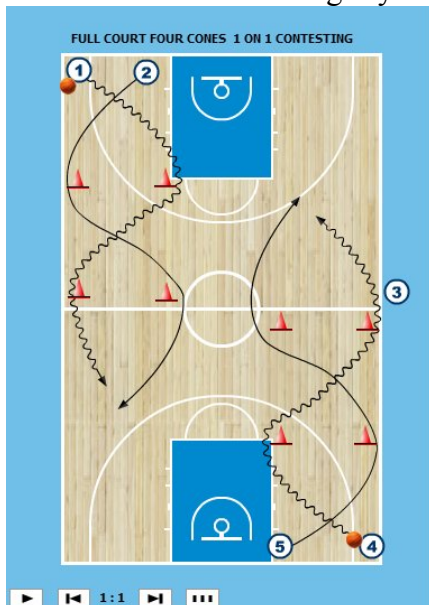
- Connecting 1 on 1 game and speed & agility workout /DIAGRAMS 24,25/
DIAGRAM 24



- 1 on 1 combination drill: 1 on 1 with speed reaction, 1 on 1 plus coach, 1 on 1 full court (transition from offense to defense) /DIAGRAM 26/
DIAGRAM 26



- 1on 1 full court agility drill /DIAGRAM 27/



- Fast break and 1 on 2 full court combination drill /DIAGRAMS 28, 29/

DIAGRAM 28

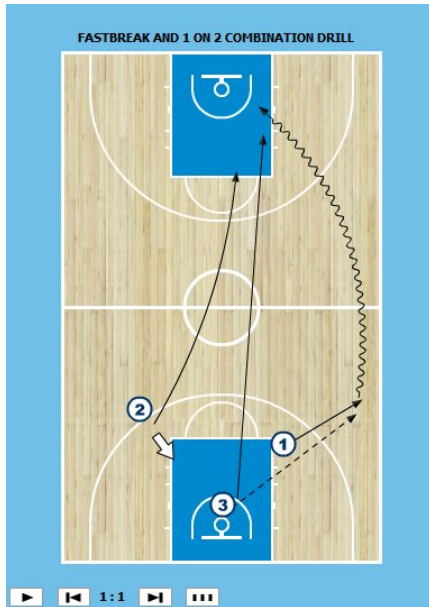


DIAGRAM 29

