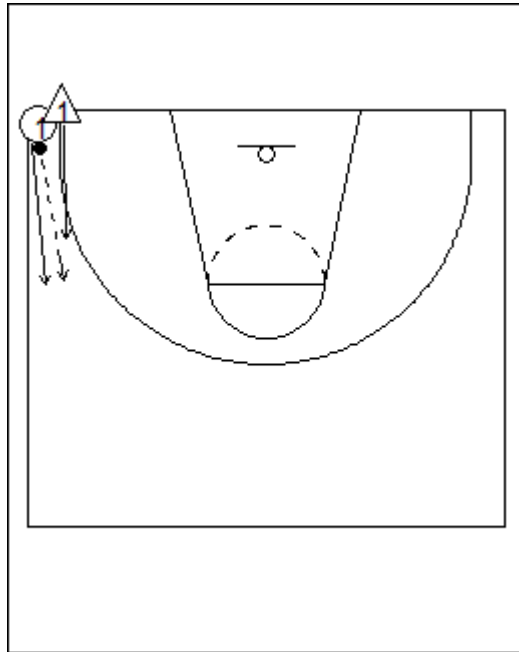




Mario DeSisti: 1 on 1 Perimeter



1

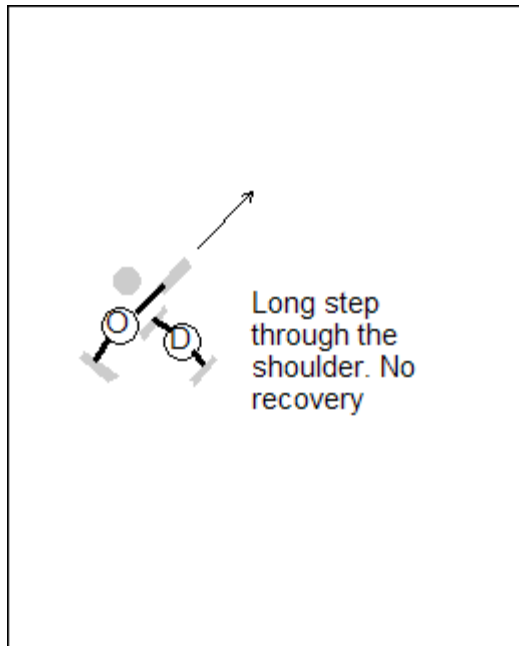
1 on 1

Read the defense.

Toss the ball out run out to catch.
X1 gives a read.

Keys

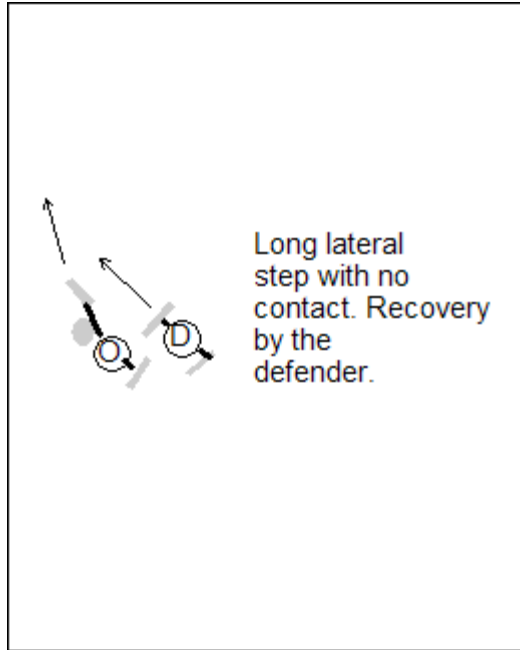
- One eye on the defense one eye on the ball. This is an attacking move. It is not "catch - square - read" it is read before the catch.
- Be sure the defense mixes up the reads. Over exaggerate early in the learning process. (you are also teaching a defensive mentality)
- Stay on offense and defense three consecutive times
- On the drive go shoulder to shoulder with the defense. Lead with shoulder not chest. Box out on the drive. **SHOULDER TO THE BASKET**



2

Appropriate contact

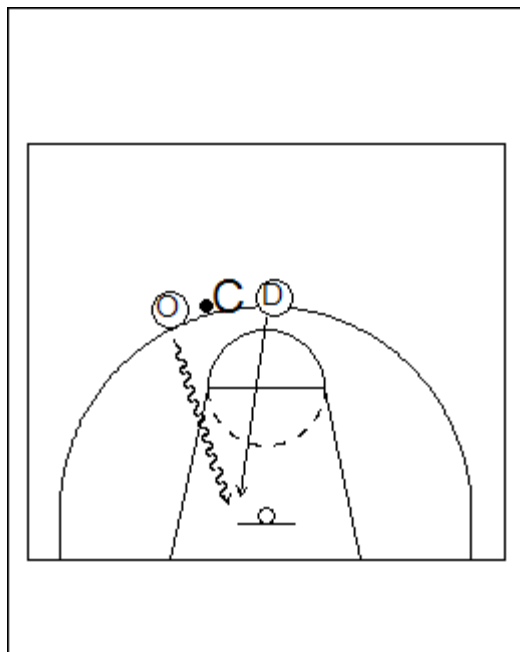
When driving past the defense the offensive player must learn to take a long step through the shoulder. This prevents the defense being able to recover.



3

No contact

Many players take the long step laterally around the defense. Since there is no contact the defender can easily recover.

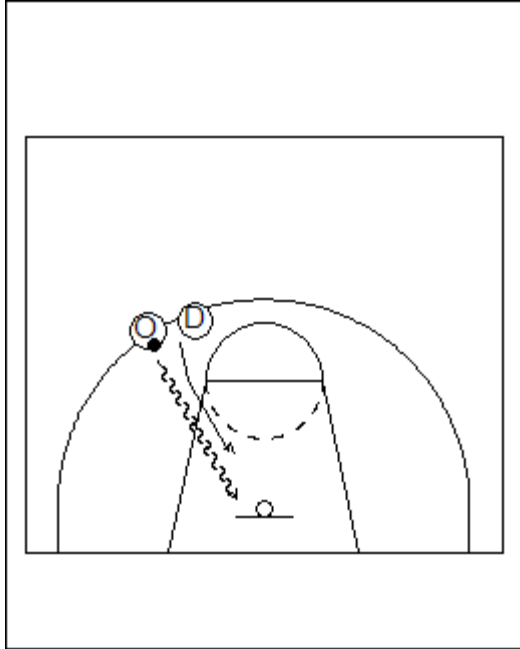


4

Wide to narrow

For young players they must get comfortable with contact. The coach hands the ball to the offensive player who drives for the lay up. The defense runs to the basket for position.

Work both sides of the floor and different angles.

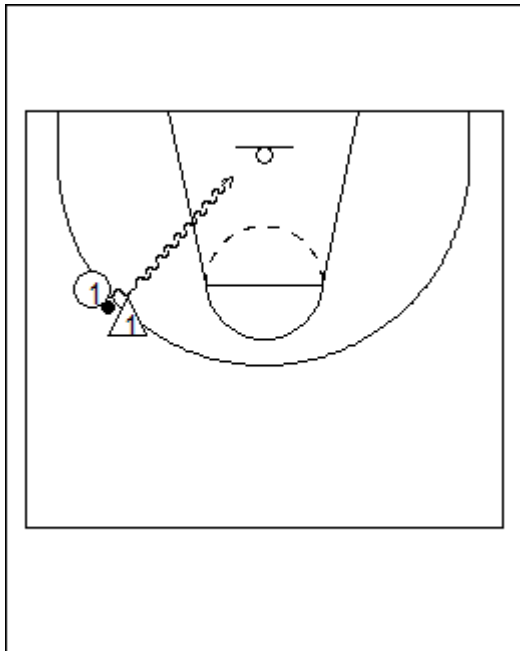


5

Guided lay ups

The offense starts with the ball in a triple threat position. The defense moves sideways to the offense splitting the feet of the offensive player. The offense drives to score the basket. The defense applies contact.

Work all angles and make sure to use both hands.



6

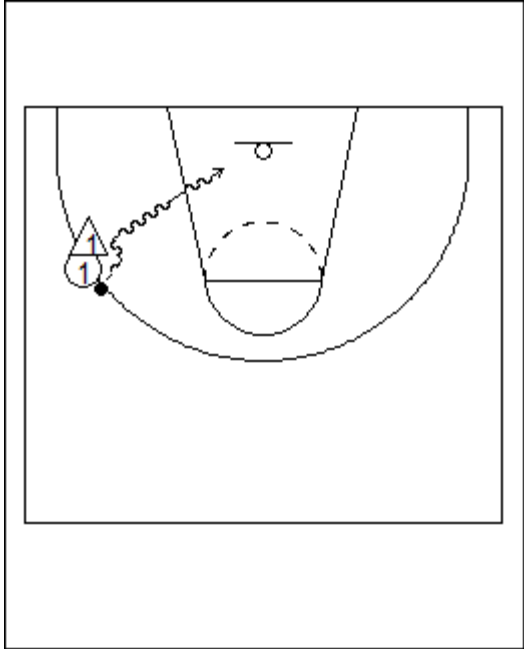
Defense on the top side

Read - Inside pivot, cross over move

Key

- Cross the ball low below the knees. If you sweep the ball at hip height the defense can block it with his/her hands
- go through the shoulder of the defense

Defense on the baseline side

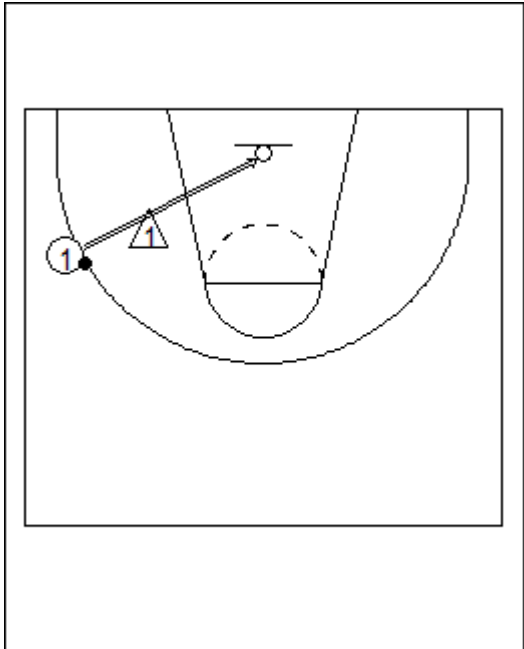


Read - Inside pivot -1/2 step dribble to big step (In Europe it is a travel to take the big "go" step without dribbling.)

Work both sides

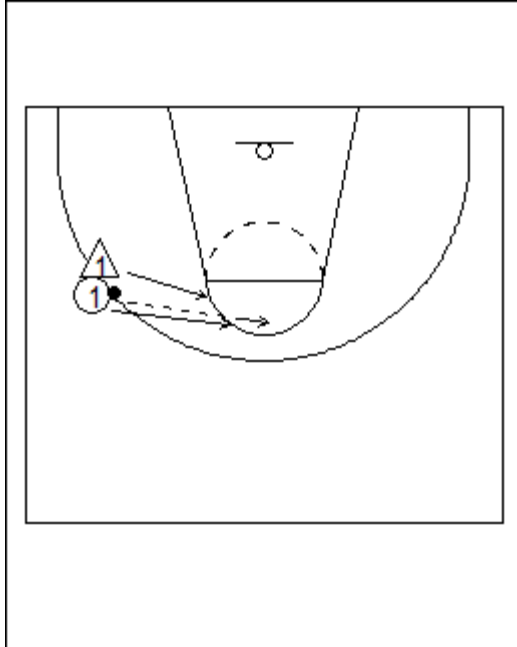
Stay on offense three times in a row.

3rd option



Only after the athlete has consolidated going left and right do we add the 3rd option. This time the defense sags. The read is to shoot.

You now have three options. Stay on offense 4 times in a row.

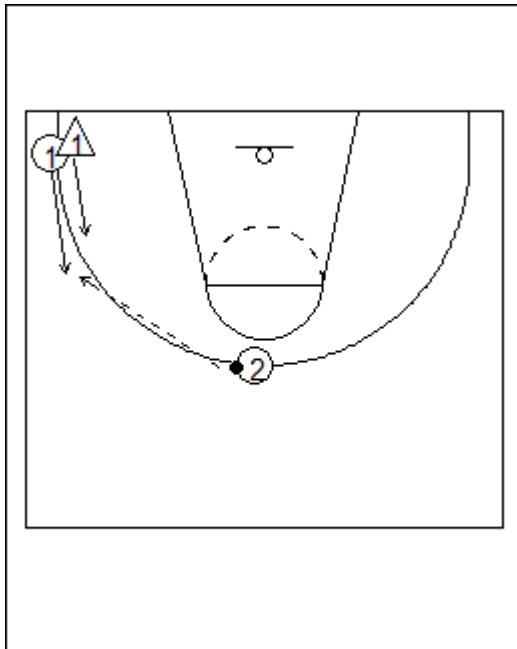
1 on 1 from the top

The same drill progression is used as on the wing.

Key

Teach two options at a time. Be sure of consolidation before you add the third option.

Be sure to do it from both sides.

1 on 1 from pass

The next drill progression is to play off the pass.

Keys

Play with guided defense

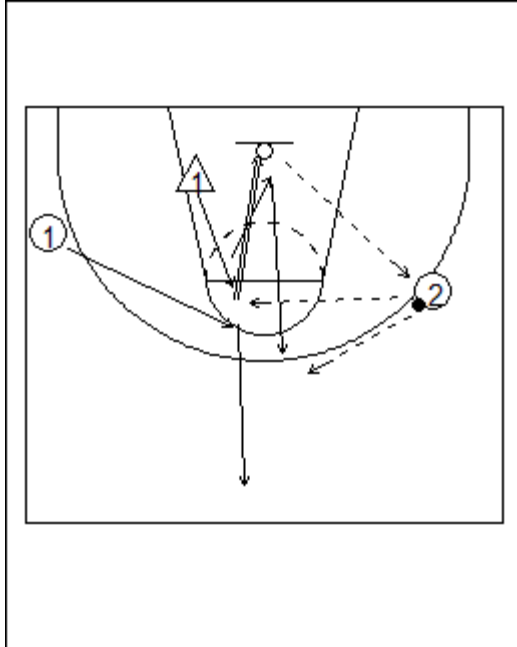
It is "read-catch-move" not "catch-move-read".

Stay on offense 4 times - defense can use the three reads

- a) top
- b) baseline
- c) middle

Work both sides and from the top both directions

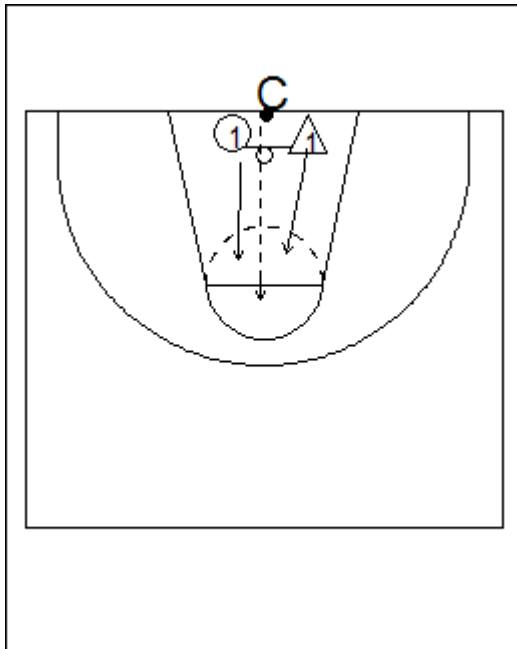
Go slow to learn.

Live 1 on 1

Add the transition for conditioning.

If 1 is above the foul line she goes back for balance. If below the foul line go for the rebound.

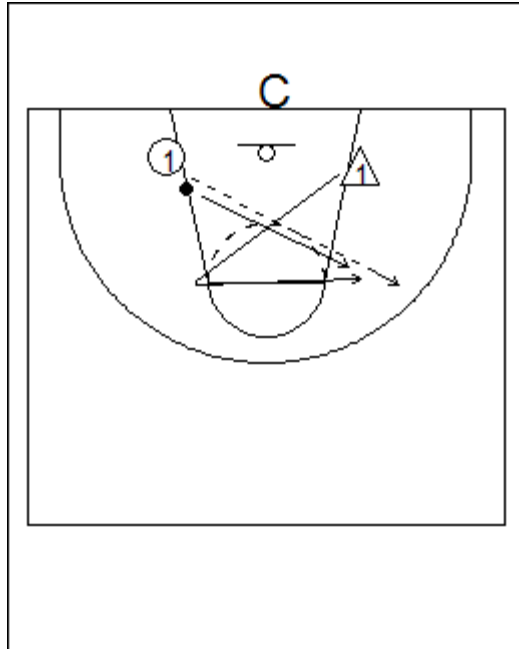
When X1 gets the rebound pass an outlet to 2 (or a coach) then cut get it back and go to the hoop at the other end.

War

The coach rolls the ball out to the foul line. The two players sprint to gain possession. Whoever has the ball is offense the other defense.

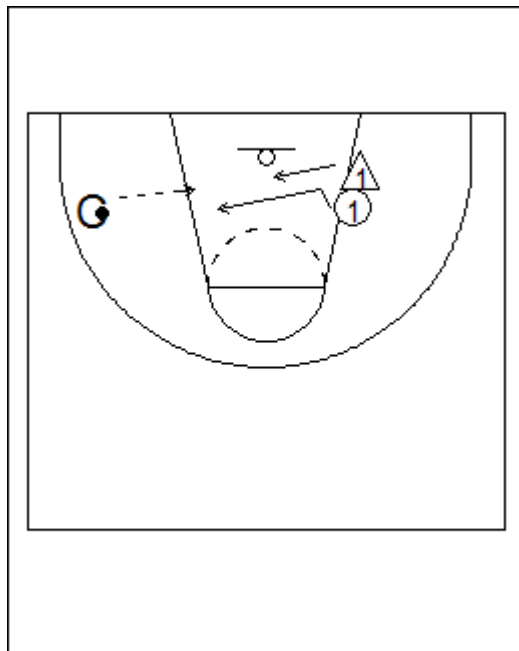
Players need to learn how to dive for a ball.

Play from different angles. Make sure the defenders mix it up. Sometimes aggressive, sometimes sag.

Diagonal roll

1 rolls the ball to the opposite wing. The defense must go to the opposite elbow and then back to the wing to play defense.

Mix up the defense.

1 on 1 in post

Two players line up in the opposite block. Both cut to the ball fighting for position (have a signal to start). Work on sealing. The coach passes to whichever player gains position.

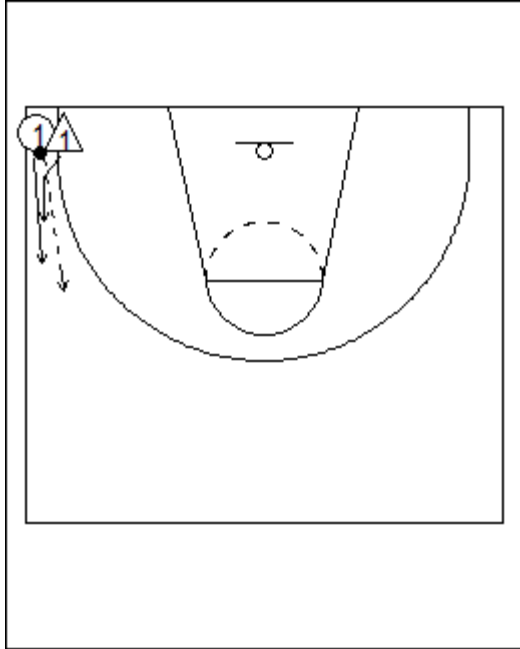
Key

- take a long step and leg whip the other player to get yourself in front

Now play offense with your back to the basket.

Tip

As a defender do not back off. Use your forearm in the back so you cannot be backed down.



15

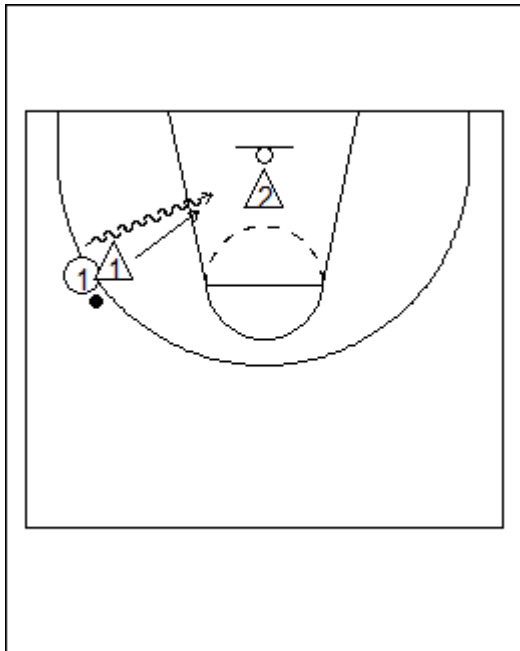
1 on 1 vs. Aggressive defense

Same drill as before only the defense stays in contact.

Defense plays aggressive to the top. Seal, drop step, dribble with the same hand as the foot you drop. (this is similar to a spin dribble)

Defense is aggressive to the baseline side attack the middle. Use the body on the move.

Work both sides of the floor and the top of the key.



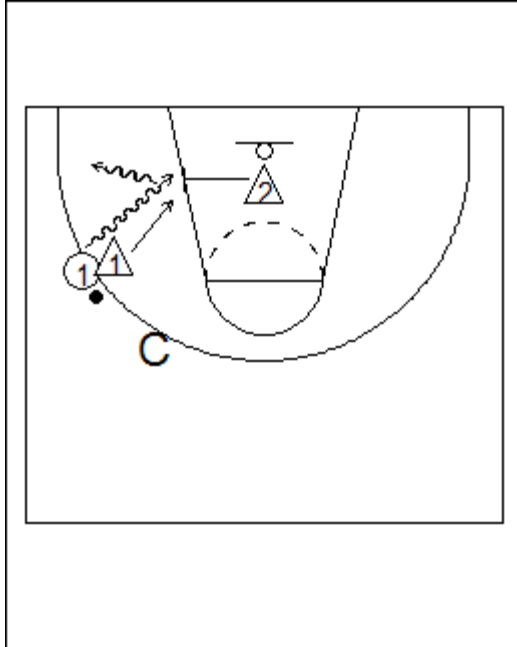
16

1 on 2

Play 1 on 1 with help defense.

Sometime help comes sometimes it doesn't.

Baseline penetration



If help meets you outside of the key.
Use your pullback dribble.

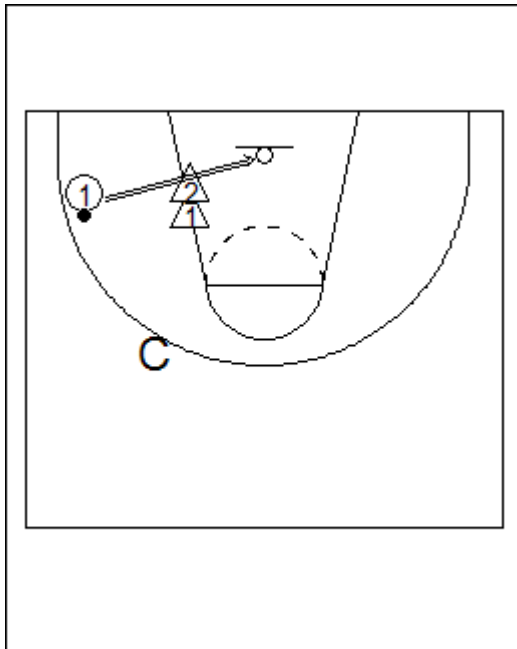
Key

- The dribble must be by the back foot, slide back and watch the defense.

Reads

- a) pull back shot (never shoot 2 -1)
- b) pull back - split the trap
- c) pull back - loop, behind back, between leg
- d) pull back pass to coach

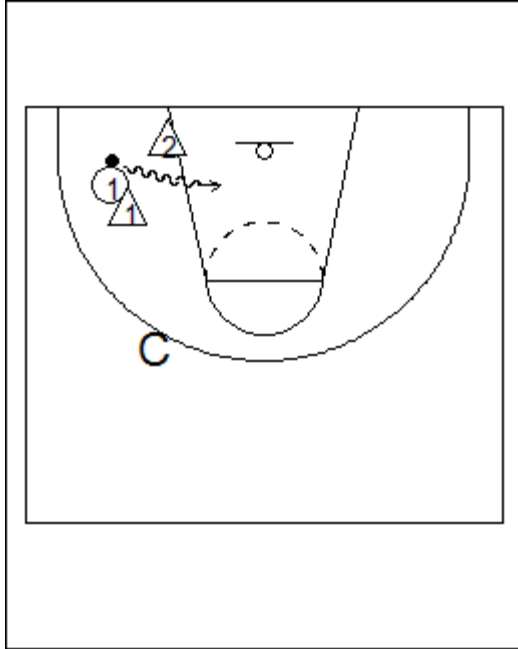
Shot



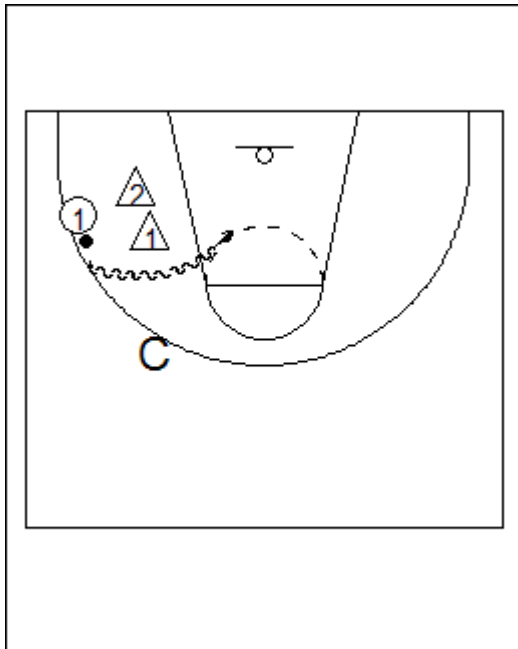
If the defense stays back look for your shot.

Split

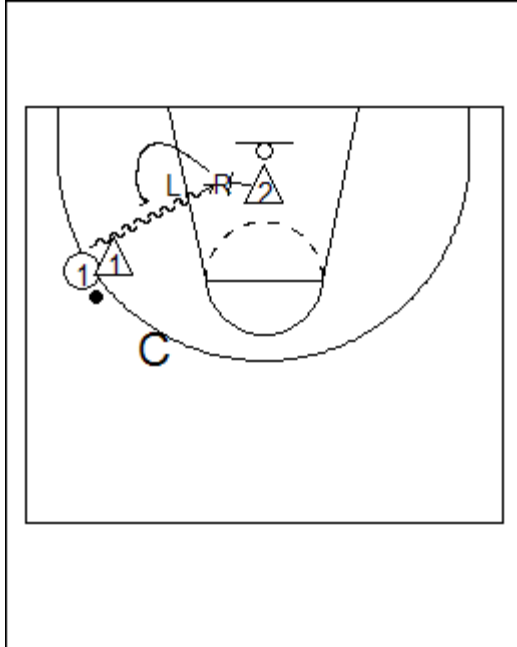
If on the pull back a space appears split it with a low dribble between the two defenders.

**Attack one defender**

If on the pull back the trap stays tight attack one of the two defenders.

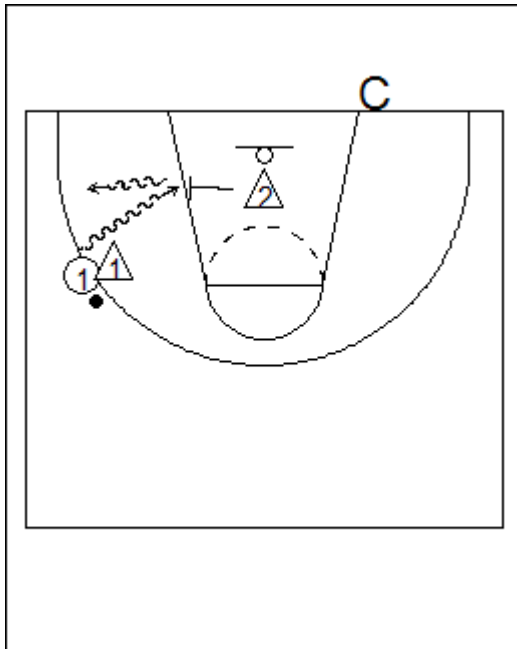


Help meets you in the key



- power lay up - go into the chest of the defense
- Fake up - front pivot on back foot away from defense to shot
- as defense close shot fake up and under

Read the pull back or pass



The drill can start with:

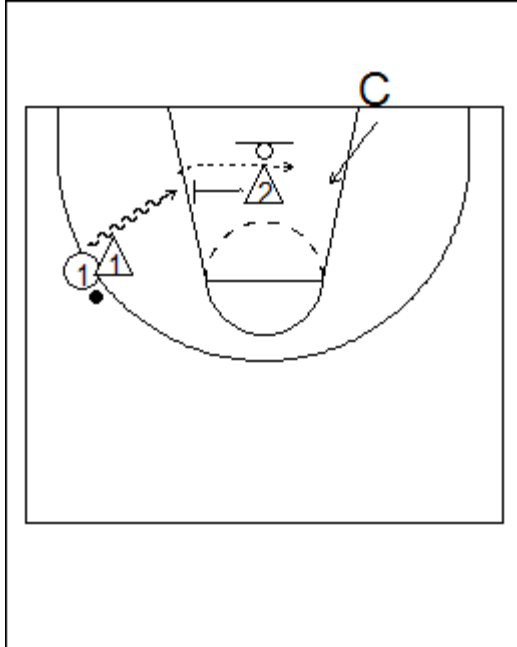
- a toss from the corner
- a pass from the top or the defense passes the ball takes one step and gets beaten

If on the drive the coach stays out of bounds the player uses his/her pull back

Coach steps inbounds

If the coach steps inbounds the player makes the pass.

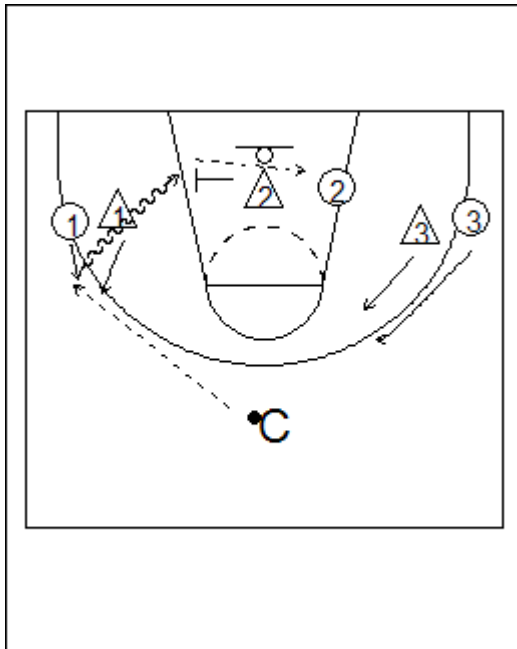
Remember in all of these drills allow the player to stay on offense a number of times to ensure learning.



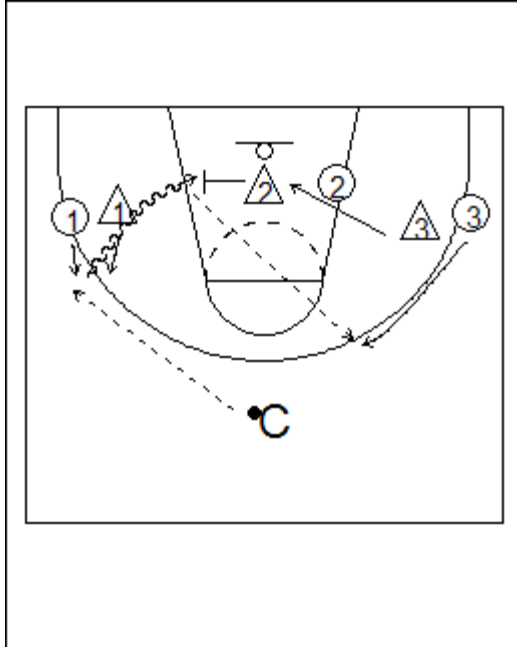
Read the rotation

We now add a third player who can rotate to cover the inside pass. The player must read who is open.

In this drill we start with a pass from the coach and the guided defense forcing baseline. The player reads the help by X2 and sees that x3 stays with #3.



Defense rotates



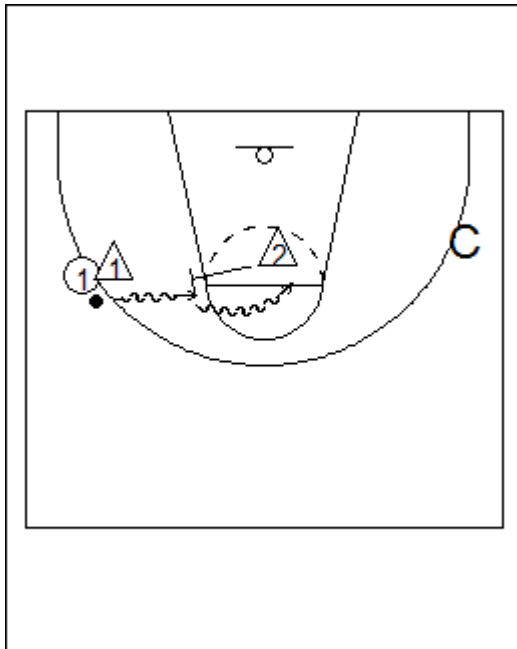
In this example X3 rotates to cover #2. That leaves #3 open for the diagonal pass.

The coach will have to guide the defense.

- no help - drive to score
- help - with no rotation - pass inside
- help with rotation - pass diagonal
- Help cannot see - pull back dribble

This drill must be run from both sides of the floor. The same progression has to be run on middle penetration also.

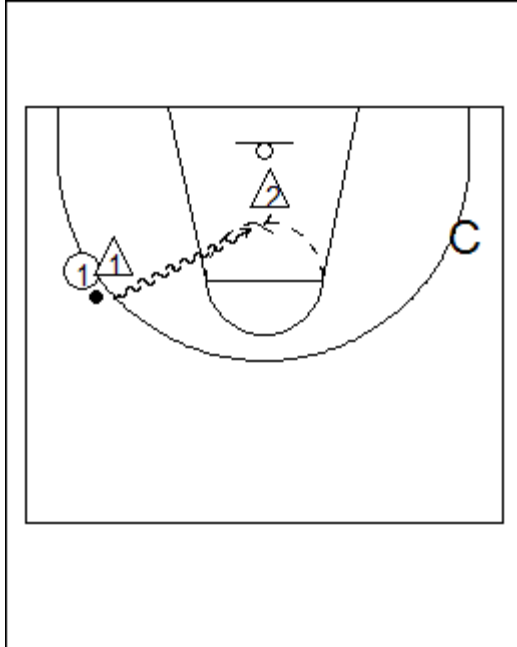
Attack middle vs. help outside key



No pullback when go middle use the hesitation.

Beat the second defender.

Attack middle help in key



Use the same sequence as on the baseline.

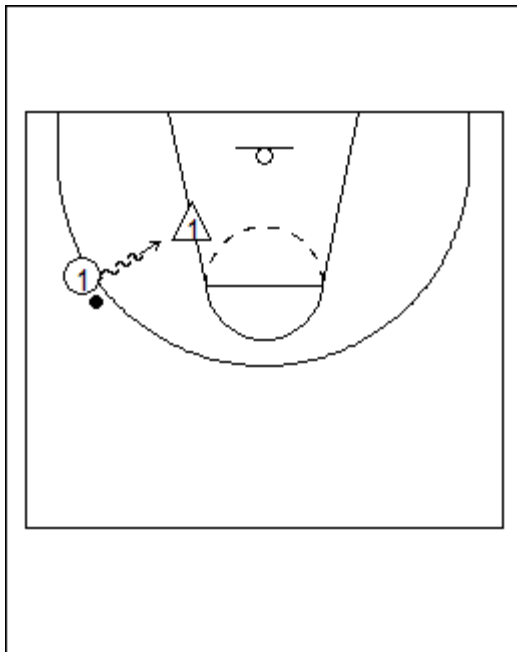
- power shot (baby hook)
- fake pivot - go under arm scoop (Yugoslavian move)
- fake pivot cross over
- floater

Turn these drills into transition - play 2-1 the other direction

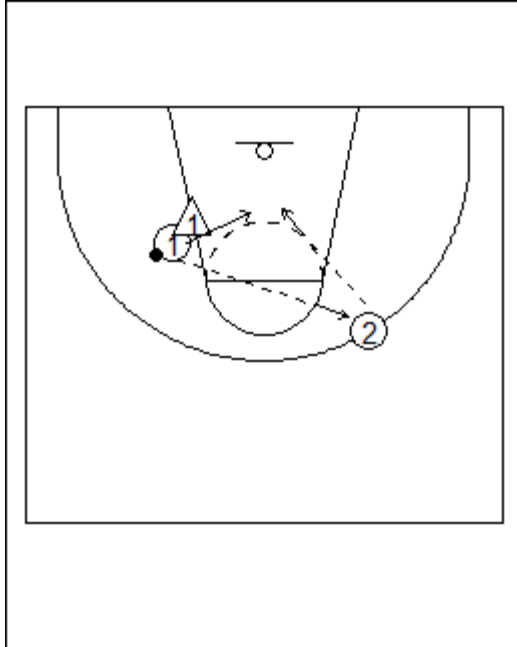
Add a coach - anytime hands go up the player must pass. Cut get the ball back and play again.

This is a must skill for the best scorer. Be able to attack two defenders. Especially late in the game or late in the shot clock.

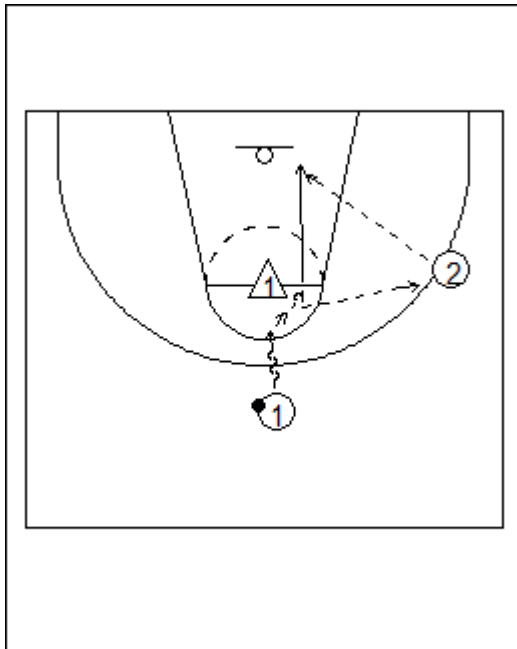
Defense sags off a shooter



Defense will often sag when they realize the player cannot shoot. The player uses a back down move. Slide dribble until contact is made with the defense. It now becomes a post move.

Yugoslavian move

After backing down
Shot fake - step under the arm of
the defender - pass give and go.

Sag off the top

Attack fast, slide dribble to engage
the defense

or

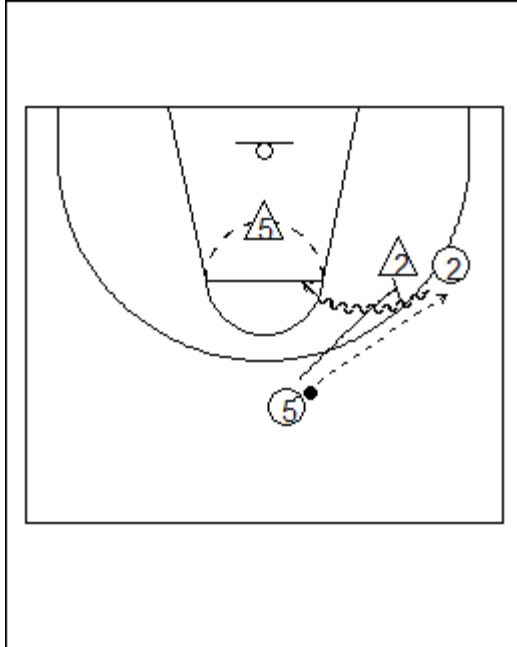
Attack, shot fake - step under pass
give and go.

If you stop outside the key more
room for give and go.

Key is to step with the same foot. If
pass right step through with your
right foot. If you pass left step
through with your left foot.

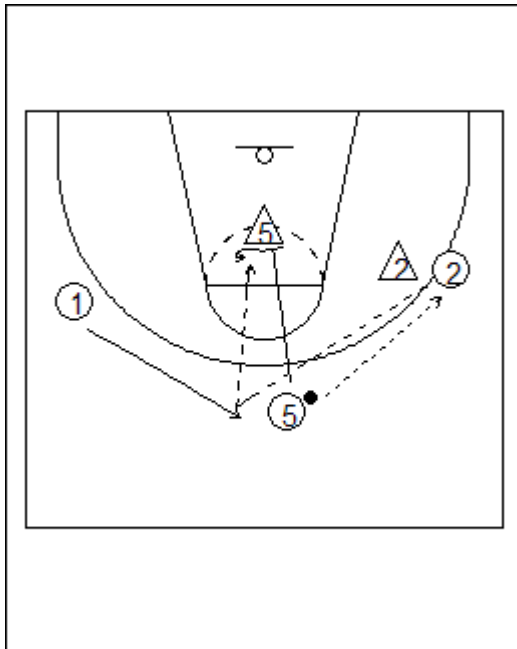
Therefore it is better to come to a
jump stop. If you cross over step
you will get bumped off your cut.

Non-shooting post attacking the sag



A post player can also pass and go and quickly set a pick. Since his/her defender is sagging he/she is not in position to properly defend the ball screen.

Contact cut



Another option is to pass and go post the player up. Allow him/her to guard you one way. The perimeter players will use relay passes to get you the ball.