

Gauntlet

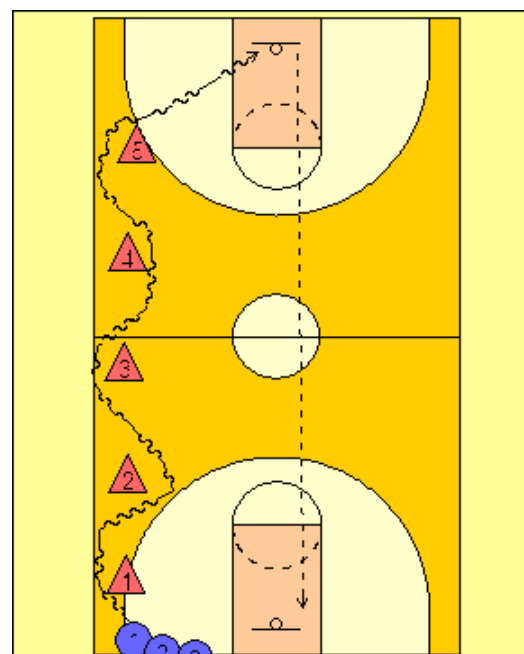
(Age Level – Junior High +)

Drill Purpose

This drill will help players develop great ball-handling skills while running down the court.

Instructions

1. Players will be divided up into two teams. One team, the offense, will line up close to the baseline-sideline intersection. The other team, the defense, will line up in 15-20 foot intervals all the way to the opposite baseline.
2. On the whistle, the first player in line will dribble up to the first defender and make a move of their choice (behind the back, between the legs, crossover, spin move) and move on to the next defender.
3. The defender will try to take a swipe at the ball and try to knock it away from the offensive player. The defender is stationary, so this will be the only defense that is allowed of this player.
4. As soon as the first player gets past the first defender, the next player in line will begin.
5. When the player reaches the opposite baseline, they will sprint to the other end and make a lay up and go to the back of the line.



Points of Emphasis

Continually tell your players to...

- Mix the dribble moves you do at each defender.
- Keep the ball under control!
- Dribble with the correct hand (if you are on the left side of a defender, dribble with the left hand).
- Shoot the lay-up with the correct hand (left side = left hand).

Motivation / Teaching Tips

Tip #1 – Make your players perform this drill with their right hand and left hand.

Tip #2 – Remind your defenders to remain stationary, because these players will have a tendency to get a little more aggressive in their pursuit of the ball than they should.

Tip #3 – Make sure your players are keeping their dribble low at all times. If the players start dribbling the ball too high, it becomes much easier for a defender to steal the ball.

Tip #4 – If you have younger or lesser developed players, they should only perform a couple dribble moves. You could start out with crossovers and spin-moves.



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