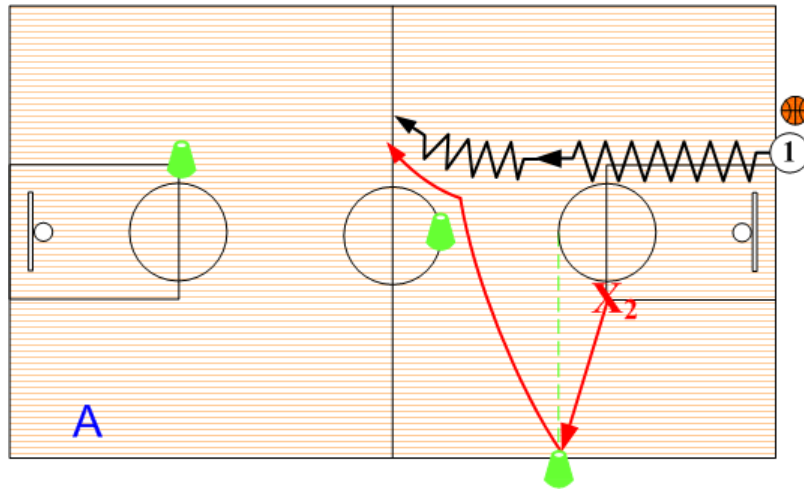
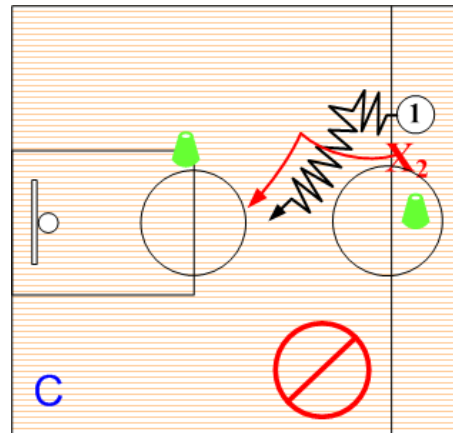
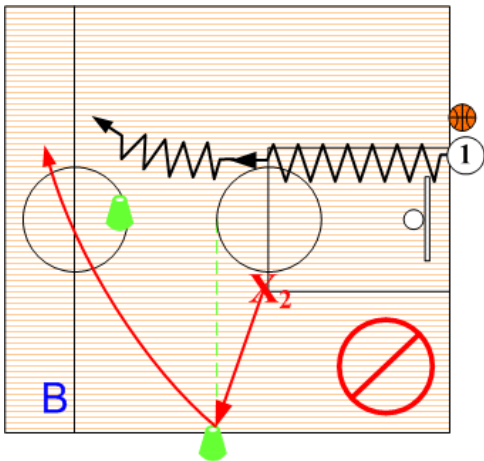


“Cut Off & Control” – Defensive 1-on-1 Drill

This is an excellent full court one-on-one competitive drill can be used to introduce defenders to protecting the middle of the court (red zone) by cutting off and keeping a dribbler on a side. Players rotate from offense to defense. Be sure to use both right and left sides of the court. Note: This is also an excellent drill offensively for developing the off hand.

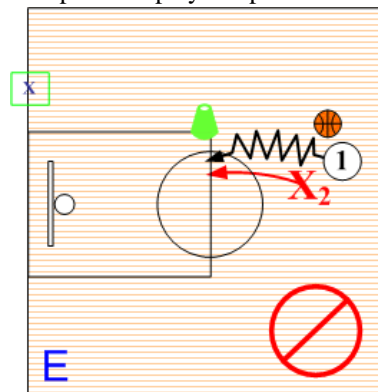
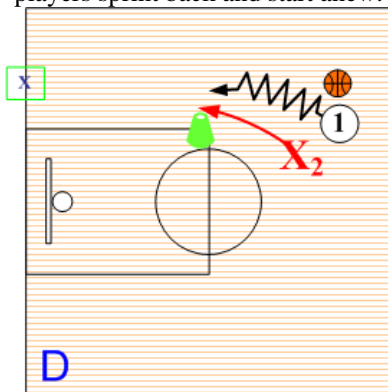


This drill starts with the defender X2 defensive sliding from the free throw line to the sideline. When the defender reaches the sideline the offense player advances the ball down the court. The Defender then must cut off the offensive player prior to reaching the center circle and must keep them on the same side court. Play continues until the offense shoots or turns the ball over.



Repeat: When the defender does not cut off the offensive player prior to the center circle, the drill stops. Both players sprint back and start anew.

Repeat: If the defender does not prevent the offensive player from dribble penetrating across to the opposite side of the floor, the drill stops. Both players sprint back and start anew.



The defender must also protect the elbow influencing the dribbler toward the sideline or corner push point.

Repeat: Anytime the dribbler penetrates inside the elbow, the drill stops. Both players then sprint back and start anew.