

# 12. Double Trouble

## Purpose:

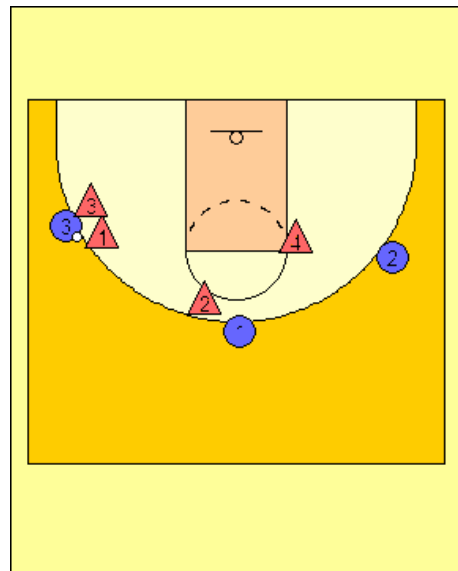
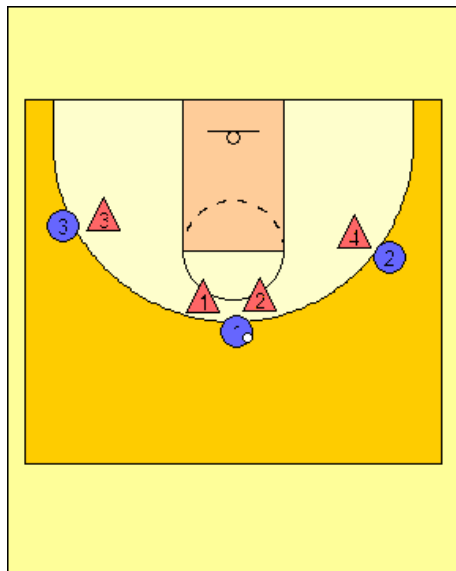
This drill is designed to put pressure on the basketball, helping the defense learn how to create turnovers, and teaching the offense to move the ball quickly to avoid pressure.

## Setup:

- \* This drill will only take up one half of the court, so you can have two sets of this drill running at the same time.
- \* The defensive players will outnumber the offensive players by one. The extra defensive player can double-team and trap the player with the ball.

## Execution:

- \* The object of the drill is to be the first team to get to six points. Each basket the offense makes is worth two points, and the defense receives two points for each defensive stop.
- \* After a predetermined amount of turnovers, points, defensive stops, etc. the offense and defense should switch, so everyone gets a chance to be on both offense and defense.



**Coaching Points:**

\* Continually tell your players to...

- Put pressure on the ball handler.

- Move the ball quickly –don't give the defenders time to double team you.

- Work for a good shot – don't take 25 foot jump shots!