

19. Golden Egg

Purpose:

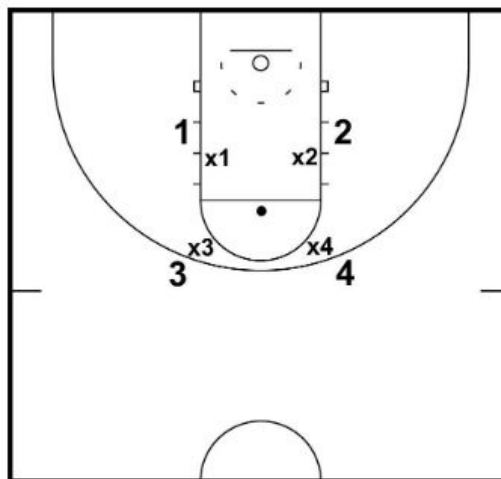
This is a great drill for teaching players the basics of how to box out and also encouraging them to be physical with their box outs.

Setup:

- * Players get into pairs of similar position. One on offense and one on defense.
- * The defenders are positioned around the circle with the offensive player in front of them.
- * A basketball is in the middle of the circle.

Execution:

- * On the coach's call, without pushing and fouling, the offensive players attempt to get inside the circle and secure the basketball.
- * The defenders must make contact with the offensive players, get in box out position, and then do their best to keep the offensive players out of the circle.
- * The goal is for the defensive team to keep the offense away from the basketball for 5 seconds.
- * The pairs then switch position every 3 - 5 turns.



Coaching Points:

- * Before using the drill make sure to go over correct box out technique with your players. They should start by facing the defender, then when the defender picks a side to attack, they make contact with them (bump them), and then pivot around into the box out.
- * When boxing out, ensure the defenders are getting their backsides into the offensive player and keeping their arms out wide to take up more space.
- * Balance is very important for the defenders. Make sure they're low and wide, taking up a lot of space. The lower they are, the more strength they'll have to hold off the offensive player.
- * The defender must keep constant contact with the offensive player throughout the drill. If they lose contact, the offensive player can easily slip around and grab the basketball.