

1. War

Purpose:

This drill helps develop aggressive play as well as a competitive attitude to the ball and one-on-one skills.

Setup:

Divide the team into two even groups and have the two teams line up on opposing sidelines. Give every player on each team a number.

Execution:

* Place the ball at half-court and call out a number, for example, "Player number 3!" Player 3 from each side will then sprint out to get the ball.

* The player that picks the ball up first is the offensive player and the other player assumes the defensive role.

* Play ends when the defensive player steals the ball or gets a rebound or the offensive player scores.

Coaching Points:

* Focus on defensive stance, aggression, and agility.

* Mix this game up by calling out multiple numbers so players can play 2-on-2 or 3-on-3 and so on.

