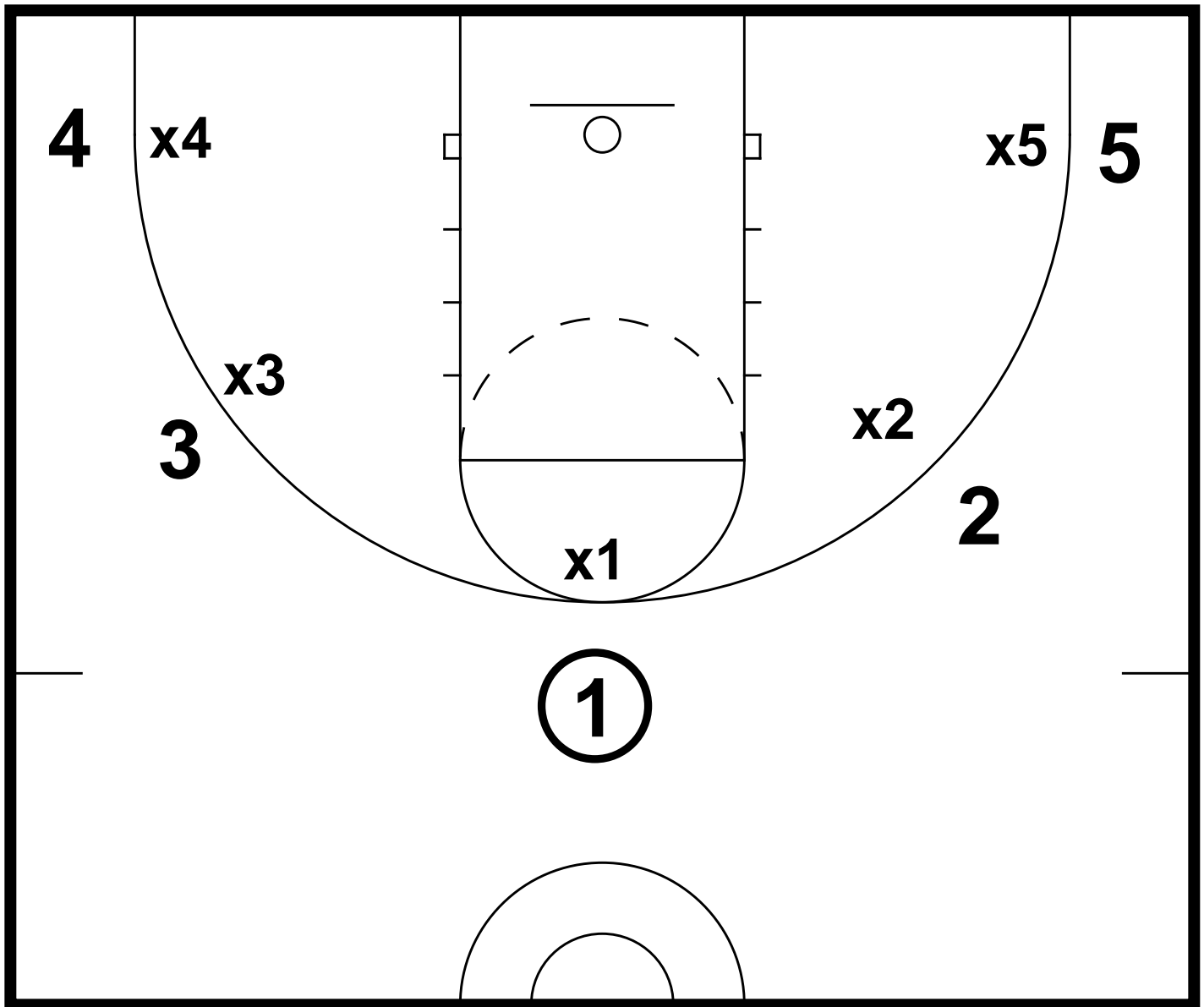


5 on 5 No Dribble



This is a great 1/2 court drill to get them to move and read the defense.

* 5 on 5

* The offense is not allowed to dribble. If you do allow them to dribble, make it a 3 dribble maximum. They should only use the dribble to relieve pressure or if they need it to finish a lay-up without traveling.

* The Offense will get one point for a lay-up off a back cut.

* The Defense will get two points for each deflection they get.