| **DRILL NAME** | **1c1 chased** |
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| **CONTENT** | **Finishing / Defending** |
| **OBJECTIVES** | 1. **To be able to finish with a defender chasing you**
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| 1. **Try to recover in defense after getting beat.**
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| **GRAPHS** |
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| **DRILL DESCRIPTION** | **1 starts ahead of D1. 1 have to finish in the paint. D1 has to stop 1 from scoring.** |
| **PROBABLE MISTAKES** | 1. **Players dont use superiority.**
2. **Players just want to attack or defend**
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| **CORRECTIONS** | 1. **Incitivate finding the open teammate for better chance of success**
2. **Make them understand that in basketball you are 50% of your time defending and 50% attacking.**
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