| **DRILL NAME** | | **1c1 chased** | | | | | | | | | |
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| **CONTENT** | | **Finishing / Defending** | | | | | | | | | |
| **OBJECTIVES** | 1. **To be able to finish with a defender chasing you** | | | | | | | | | | |
| 1. **Try to recover in defense after getting beat.** | | | | | | | | | | |
| **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** | | | | | | | | | |
| **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.** | | | | | | | | | |