



2 on 1 Progression

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Speed lay ups

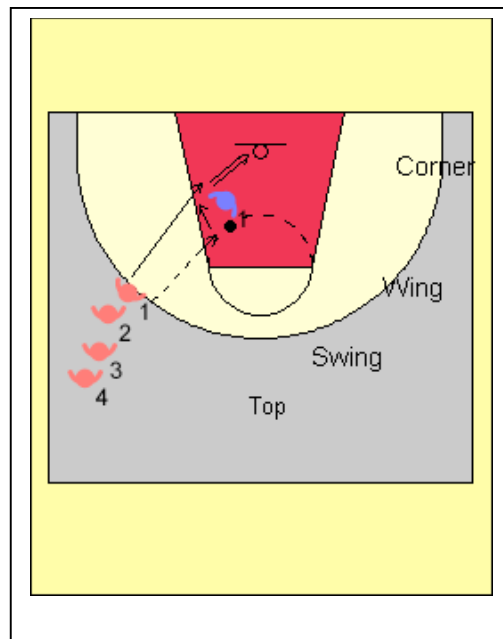
In finishing a 2 on 1 players needs to be able to complete a lay up while handling the ball at speed. We use the following drills to work on scoring lay ups while dribbling or receiving a pass at speed.

The players line up in a designated spot. Each player has a ball. There are two types of lay ups:

- The players pass the ball to the coach and run full speed to receive a return pass. Score the lay up.
- The player dribbles hard at the coach and scores going by the shoulders of the coach. Add a little inside out move or a fake pass.

Load the drill:

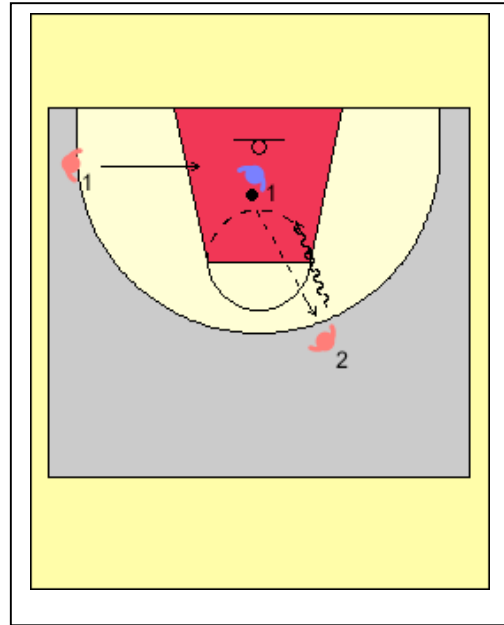
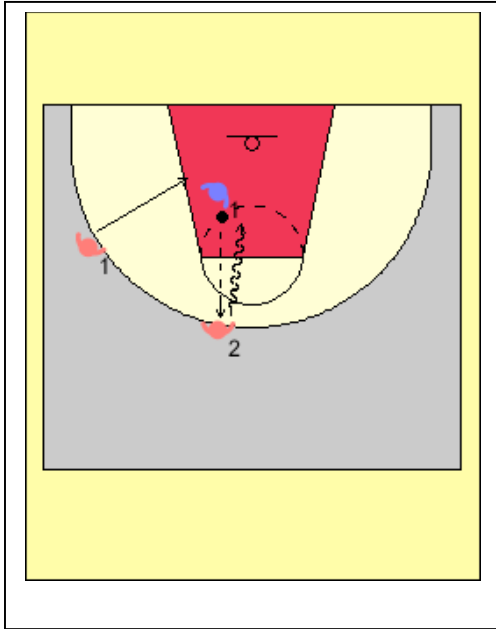
- If the coach shows "ten fingers" the player drives. If not dribble the ball hard to score.
- Have someone disrupt the lay ups with a shield or disruptor (pool noodle to hit the arms)
- Go from different spots on the floor. Vary the pass and dribble angles.



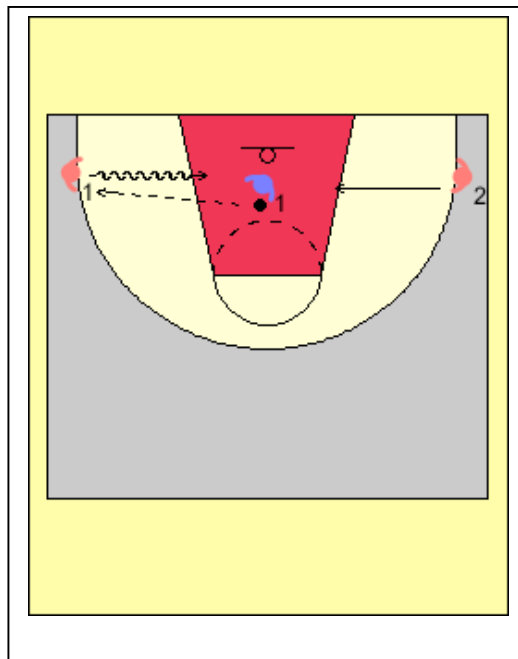
2 on 1 in tight spaces

The defender starts with the ball. He/she may pass to either player. Both players attack the basket looking to create a 2 on 1. Allow only one pass. We are looking for a lay up or a foul. No jump shots at first. The defender works on faking into the passing lane. Block out one player on the shot. Play to a defensive rebound or a score.

In these examples we are playing from the swing and the wing and the corner and swing.

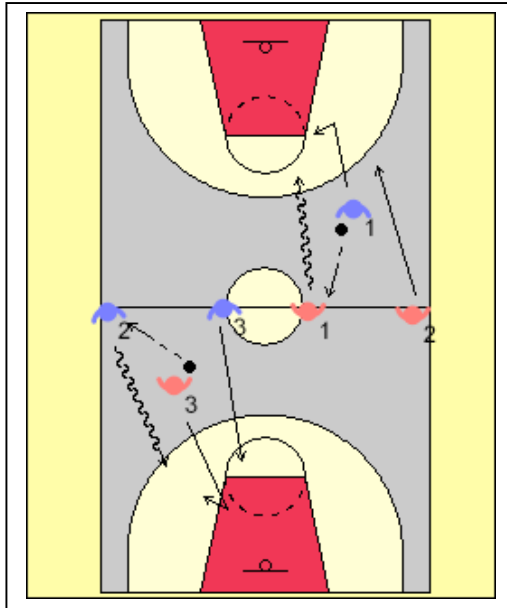


Corner and corner



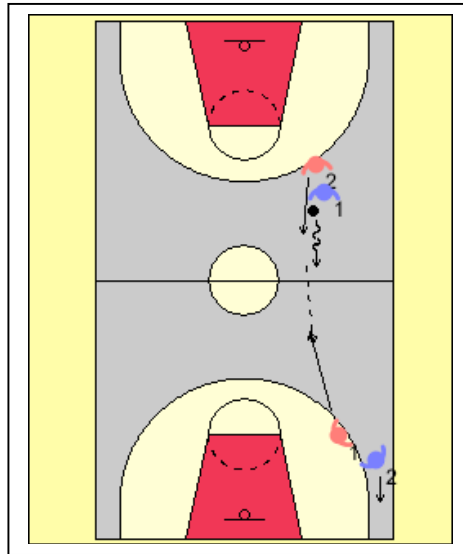
2 on 1 from half court

We now progress the drill from 1/2 court. The defender passes the ball to either player. The key is to attack the open basket. Both players must attack. If the rim is open sprint to it. Again only one pass inside the three point line for teaching purposes. Who ever shoots the ball comes back as the next defender. The other two rotate to the opposite side. Note: Play from different spaces on the floor.



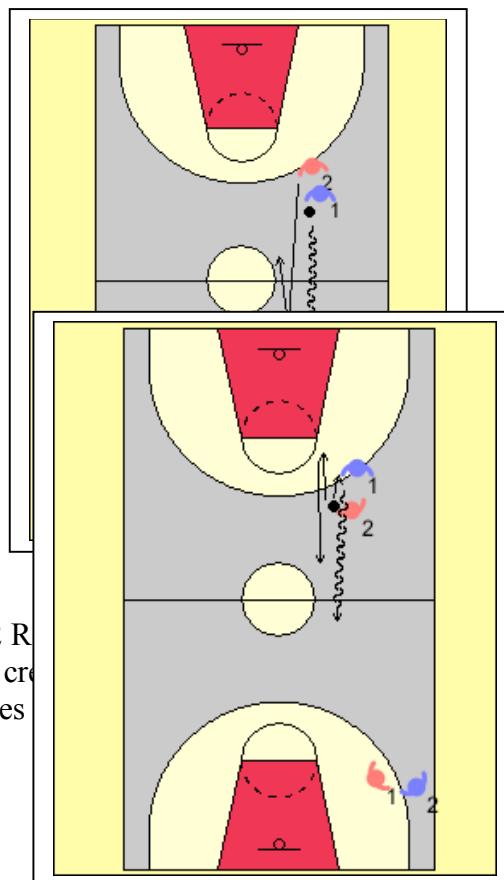
Creative start 2 on 1

In this situation Blue #1 is dribbling the ball. Red #2 "buzzes" the ball (runs behind and tips it forward). Red #1 who is playing defense on the wing player, Blue #2, grabs the ball and quickly creates a 2 on 1 with Red #2 against Blue #1. Blue #2 trails the play as the second defender.



Creative 2 on 1 - Stunt and shoot the passing lane

In this situation Blue #2 and Blue #1 have a 2 on 1 against Red #1. Red #2 is trailing the play. As Blue #1 drives, Red #1 stunts (fakes a help into the drive line). Blue #1 throws a soft bounce pass to Blue #2. Red #1 shoots the gap and creates a 2 on 1 going the other way with Red #2. Blue #2 trails the play.



Live 2 on 1 up and back.

We can now play it live. #2 R... Blue starts to drive the ball cr... a turnover is created red goes

s one step beside him/her. #1... to stunt and buzz the ball. If... ball is scored play 2 on 2

