

### **Attacking pressure**

In working with the NEDA players I have found a weakness in attacking pressure with a strong dribble. We have many players who are very proficient at ball handling (two ball dribbling, and making moves with no defender), but have a weakness dribbling vs. extreme pressure. We have been playing a number of boy's teams which magnifies the problem.

#### **Players need to be able to**

- scan - look through the defense
- protect the ball with their body
- execute a pull back cross over
- change speeds efficiently
- absorb or initiate some contact

What follows are some drills we have used that have assisted the players in these areas. Note: You must demand your players to push out of comfort zones. You need to have the defense challenge the offensive players. You need to find ways for this to happen. We have made use of football blocking shields to make use to contact.

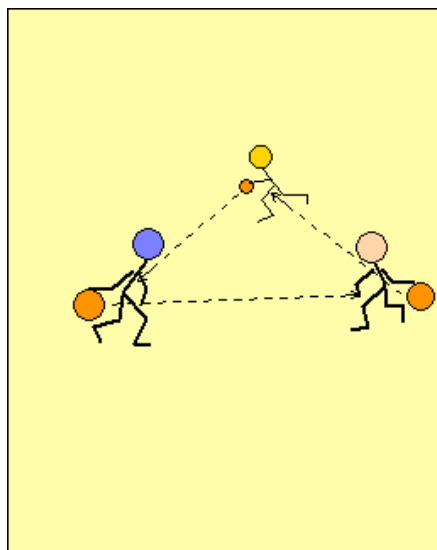
#### **Mirror dribble with a pass**

The three players are working pull back cross over dribbles, two dribble forward, two back cross it over and attack forward.

One player is the leader. When this player touches the ball with a second hand it indicates a pass. #1 passes to #2 who passes to # who passes to #1. The second person is now the leader.

#### **Key Points**

- The players must go hard on the pull back cross over, keeping the ball low and by the back foot.
- The cross over is a quick hip turn with a backward cross over dribble followed by an exploding dribble forward



## Mirror wave pass with defense

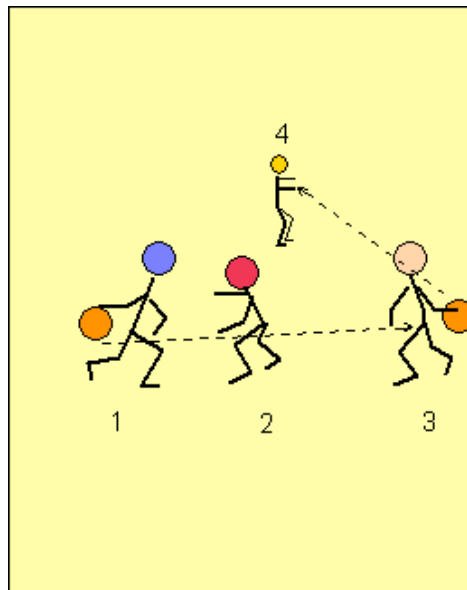
Player #1 is working on protecting the ball from player #2. At the same time he/she must look through the defender and mirror the dribble of #3. We emphasize forward crab and pull back cross over.

#4 is standing off to the side facing #3. This person is pointing (wave dribble), giving #3 directions. When #4 shows "ten fingers" #3 passes the ball to #4, #1 must now pass the ball to #3. We encourage the players not to pick the ball up and pivot. Keep your dribble, create an opening and make the pass with a light touch.

#1 follows the pass and puts pressure on #3 who mirrors #4, who is doing wave dribble watching #2.

### Key points

- Scanning - this is a huge weakness in guard play. To many players look down when facing pressure.
- Keep the dribble until you can pass. Once the player picks the ball up the off ball defenders can deny.
- Keep the ball protected by the back foot



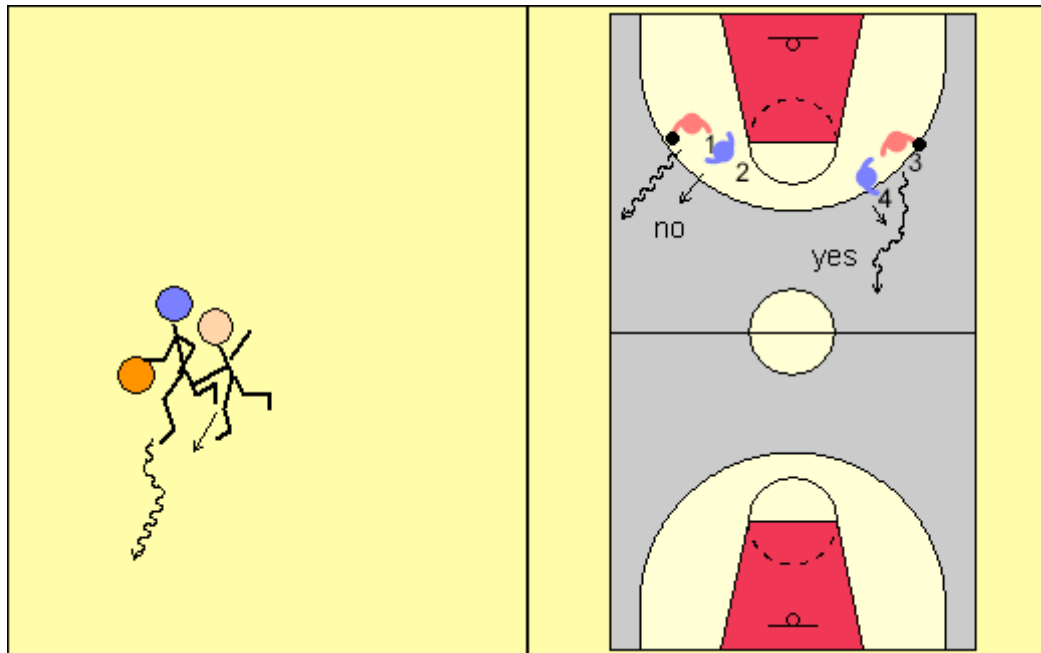
## **KOB (KEEP ON BODY) the defense**

The dribbler often allows his/herself to be funneled to the sideline or to the trap. The dribbler must lean into the defender. Once an advantage is gained put the defender on your back.

Start off with a very tight defender. We have advanced to the stage where the defense is literally pushing on the hips trying to ride the dribbler off a line. Don't get pushed off the straight line.

Load the drill

- Add a player who calls for a pass. The dribbler must decide if to pass immediately or to create space with a pull back. We don't want a jump stop and then a pivot. This technique is fine at early stages of development. At higher levels players get caught not being able to pass once they pick up the ball.



## **Loop it or split it**

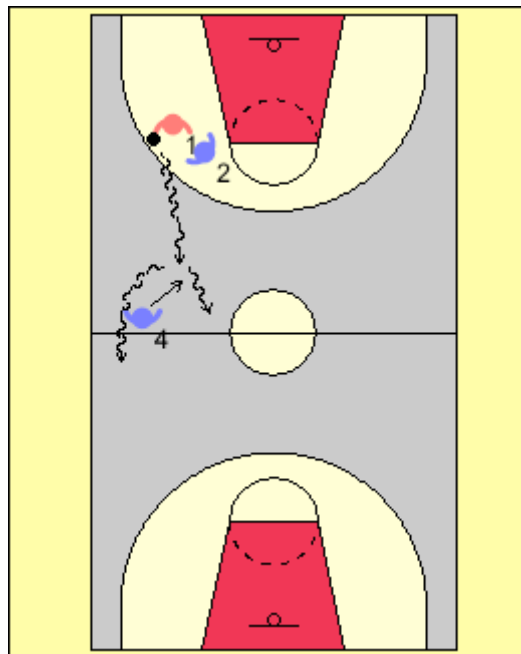
By leaning in on the defense, the dribbler creates space when being approached by a second defender.

**Loop dribble** - lean in hard to the inside and give a head and shoulder fake like you are going to split the trap. At the last second push the ball outside the defender and continue up the sideline.

**Split** - If the defender who is funneling gets caught on your back give a little fake to the outside and then push the ball through low to split the defenders.

### Load the drill

- Restrict the area in which the player can dribble
- Put a time count on them
- Make a move to get open first off the inbounds
- Add a player who is calling for the ball.

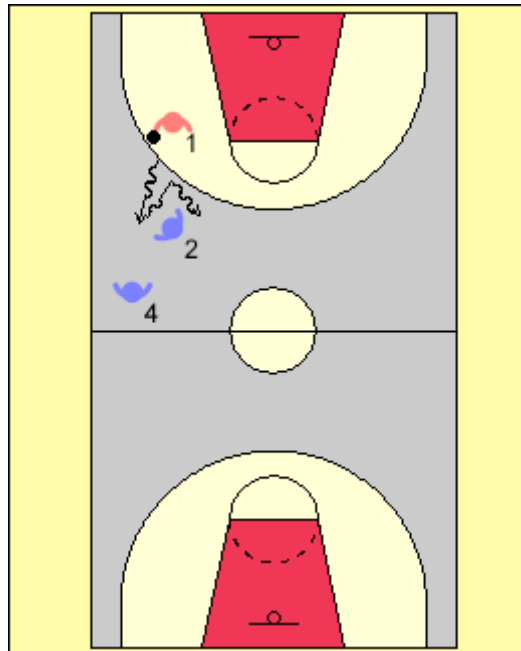


## Pull back cross

If the defense has done a good job in funneling and you sense a trap Give a hard dribble forward, pull back, cross and quickly attack the top foot of the defender.

### Problems

- Too many players will turn their back or try to spin. Remember, if it is a good trap you have to get out of it first. Those dribbles do not take the dribble out of the trap.
- The player pulls back but does not attack. If this happens good defense will keep coming forward and back the player up. With the 8 second back court you will quickly run out of time.
- Keep scanning - someone is open.



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