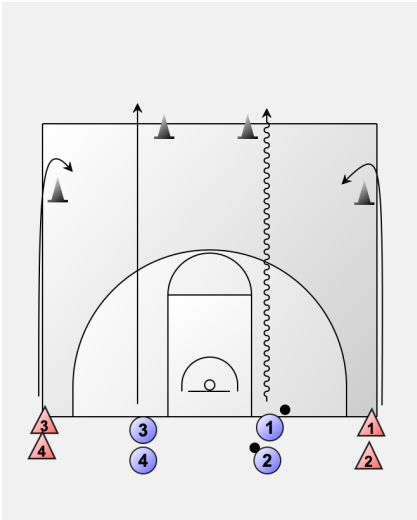


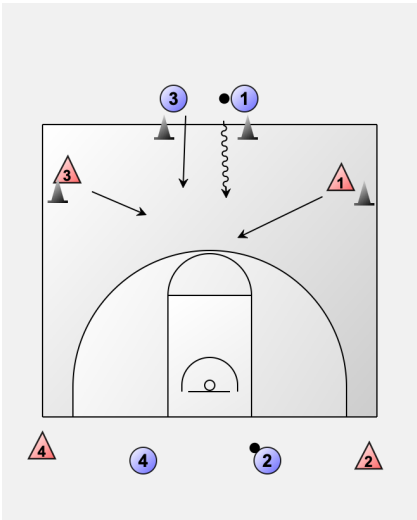
Run and play 2-2



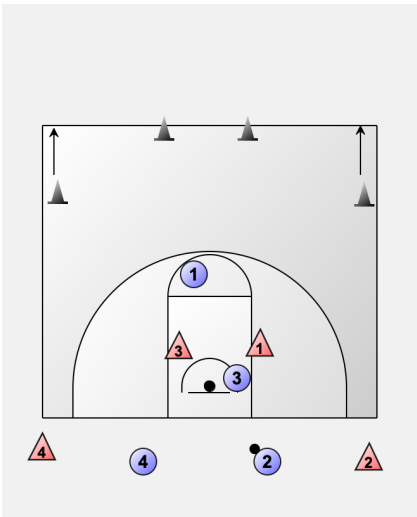
2 or more balls
8 or more players

Make 4 rows at the baseline.
The outside players will be defenders and the inside players play offense.

This drill starts with the first 4 players going to the pylons.
The defensive players should go as fast as they can. One of the players on the offensive has to dribble the ball to the pylon.



After rounding the pylons player 1 and 3 play 2 on 2 against defenders 1 and 3.



After a score the next group of 4 players starts.

Variations.

- Put the emphasis on offense instead of defense.
- Play with the placing of the pylons.