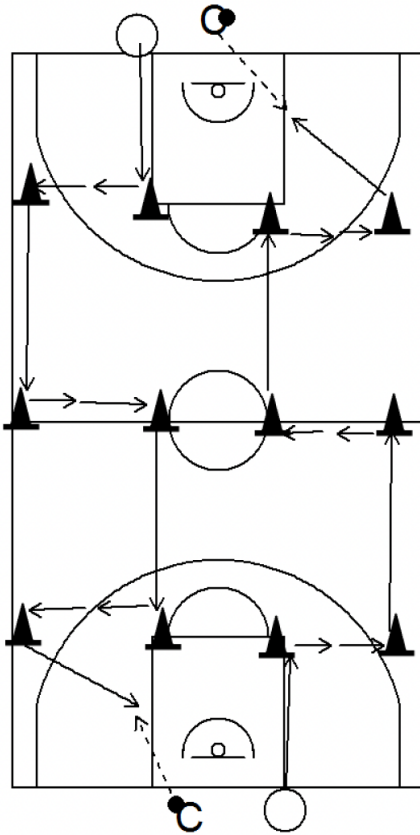


# THE COACHES CORNER

## Sprint Slide to Lay-Up

### Defence



#### ZIG ZAG

##### Procedure:

Split the squad into two groups of pairs. Offense stays between the cones, using multiple crossover dribbles and must execute two pull-back dribbles while advancing up the court.

Defense must keep their head on the plane of the ball and shoulders lower than the offensive player in a "Dig" stance. Done to time.

#### PROGRESSION

Go to half court then play 1 on 1

