



Out, In, and Down

Appropriate Age Group: 12-18

Skill(s) Practiced: On-ball defense, sliding, filling

Drill Duration: 5-10 minutes

Resources: Balls, cones

Description: **O** begins dodging down an alley. His **D** will run with for 3-5 steps, then pass him to a new **D** coming from the center. New **D** stays with the **O** until he reaches the far cone. Original **D** now becomes the slide man for the next pair.

Progression(s): Allow a shot at the end. Take away defenders sticks.

Drill Diagram(s):

