

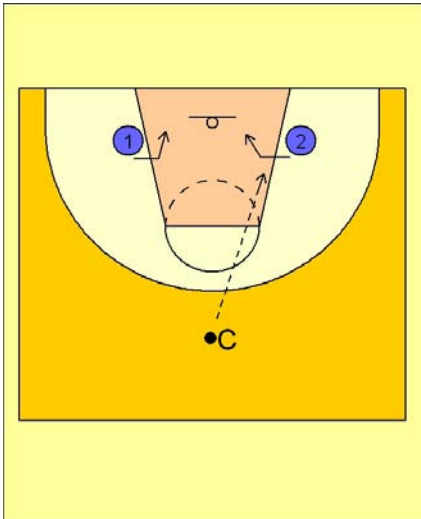


## Contenido - idioma inglés

### Big man drills

1 on 1 reaction drill	2
1 on 1 sprint & post up	2
Big man high low 3 on 1	2
Lanerunner	3

**1 on 1 reaction drill**

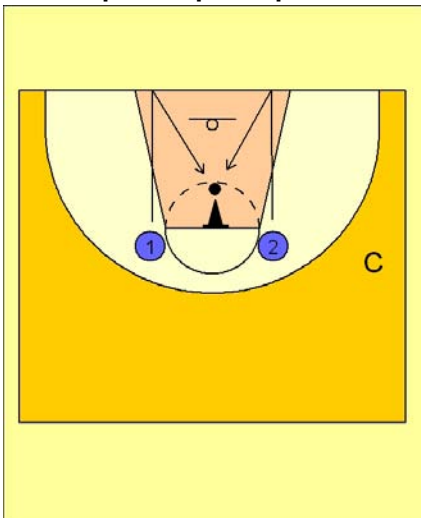


Players 1 and 2 start on the low block with their back to the coach.

When the coach calls out a player's name, both players pivot with the player whose name was called being on offense.

The objective is for both players to react quickly to get a score or a defensive stop.

**1 on 1 sprint & post up**



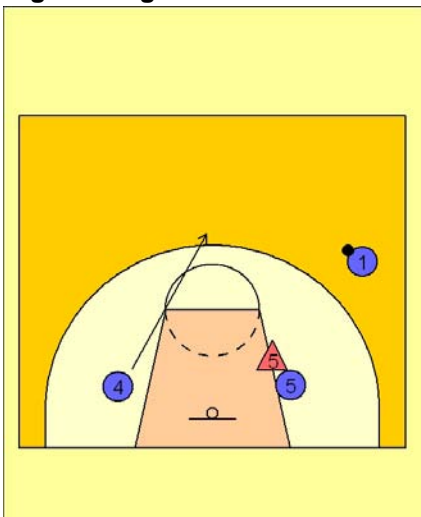
Coach calls "go" and both players sprint, touch the baseline and sprint back. The first player to pick the ball up out of the chair is on offense while the other player is on defense.

The offensive player should look to make a post move.

Variation:

Change the position of the chair and ball.

**Big man high low 3 on 1**

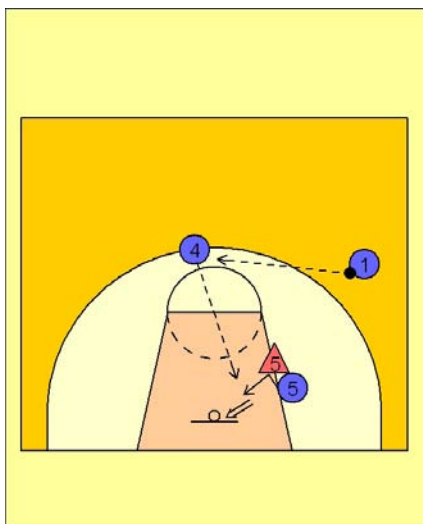


4 Players  
1 Ball

Situation:

Defender 5 is overplaying the low post. No pass possible.

Player 4 goes to the high post to start the high low.



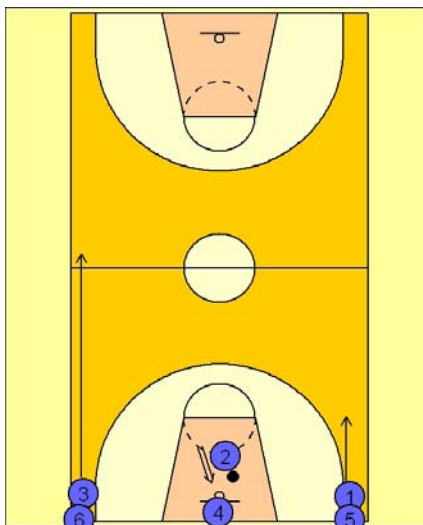
Player 1 passes to player 4.

The moment player 1 passes player 5 starts to move.

Depending on his position and his defenders' position, he either bumps his defender and steps inside asking the ball with his left hand.

Or player 5 turns puts his right leg behind the defender and gets the ball in his left hand and scores.

### Lanerunner

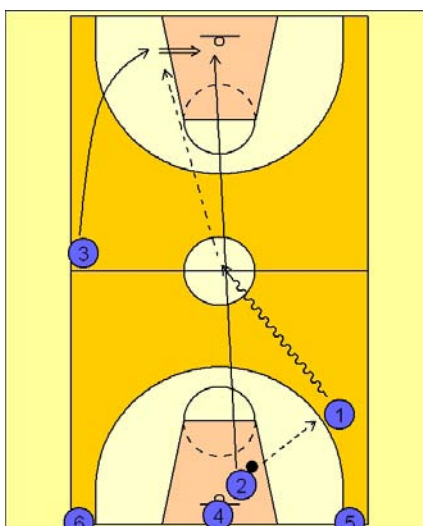


This is a drill to train a quick transition from defense rebound to execute at the offensive end and make your big man run.

O2 throws the ball against the backboard and rebounds the ball.

O1 sprints into position to get the outlet.

O3 sprints the lane.

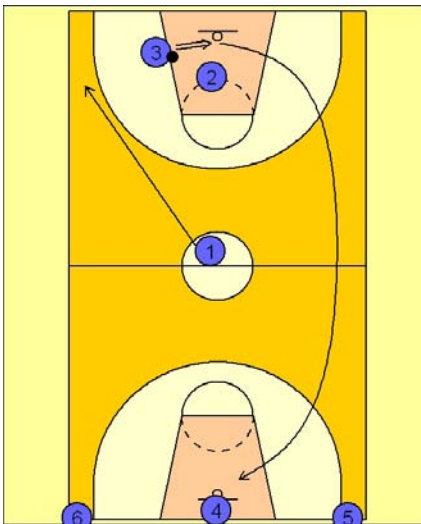


O2 passes the ball to O1 and sprints up court to get the rebound at the other end.

O1 dribbles the ball to mid court and passes as soon as possible to O3.

Make sure, that O3 is in one fluid motion when he catches the pass and don't stop to wait for the pass.

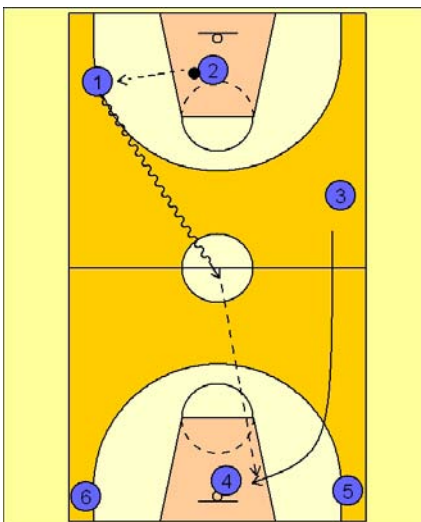
O3 executes with a power move or a lay up.



O1 sprints in position to get the outlet.

After his shot O3 fills the lane and sprints up court.

O2 goes for the rebound.



The drill continues, at the other end when O4 rebounds the shot of O3.

O5 sprints in position.

O6 fills the lane.

Every Player should run every position 4 times.  
Every turn should be done in 12 seconds.