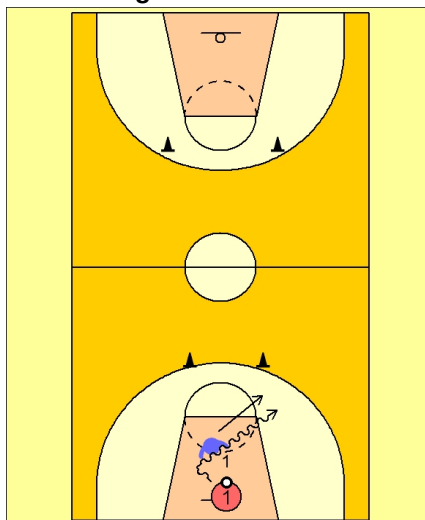


## Channeling



### Channeling drill

In this drill, players learn to direct the offence to certain parts of the court.

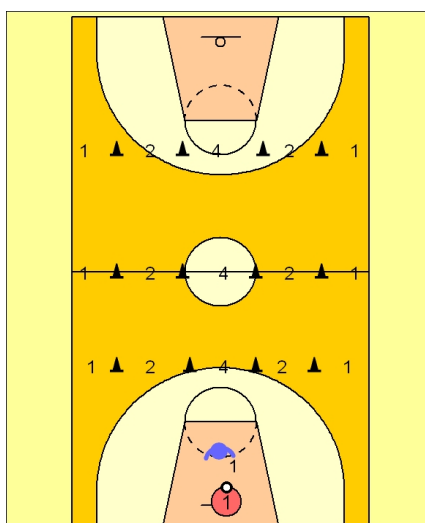
It is best to use flat pylons or court markers. Even pieces of tape would work.

The defensive player tries to keep the offensive player from the middle of the floor.

The offense is trying to get in-between the pylons at each point on the floor.

Make the drill competitive by awarding points for getting through the pylons and points for scoring at the end of the drill

Make it more difficult for the offence by putting a time limit to cross centre (6-7 seconds) and short shot clock. (10-12 seconds)



Another option may be to use a point system based on where on the court the offence can get to while the defense is channeling them.

It is important to use time restrictions for the offence in this drill.

Each zone has different points awarded for the offence depending on where they cross through.

Players take turns on offence and defense and compete to see who can accumulate the most points.