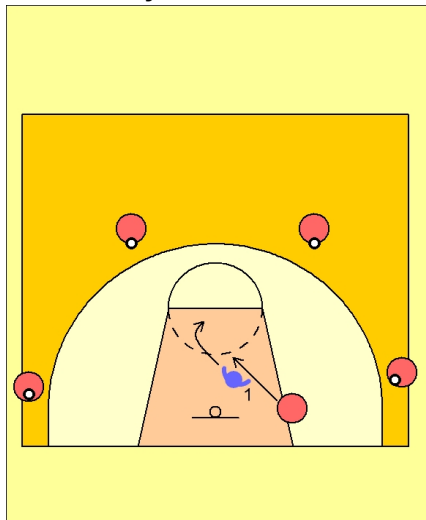


Knock away

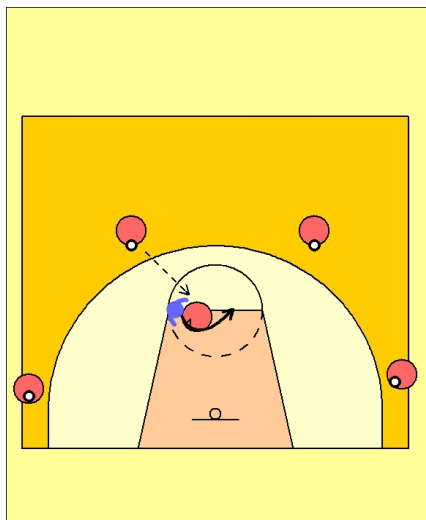


Knock Away

In this drill, we are teaching players to defend cutters coming to the ball.

Similar to guarding the ball, players are allowed to deny the path of a cutter if they can establish position in time.

The drill is set up to give a player many repetitions in denying a cutter and then force them to recover quickly as the ball moves.



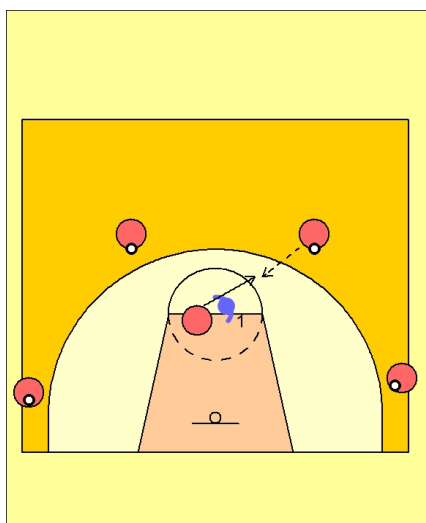
4 players are spread on the perimeter as passers each with basketballs and two others are matched up offense and defense.

The offensive player moves in a set pattern as shown.

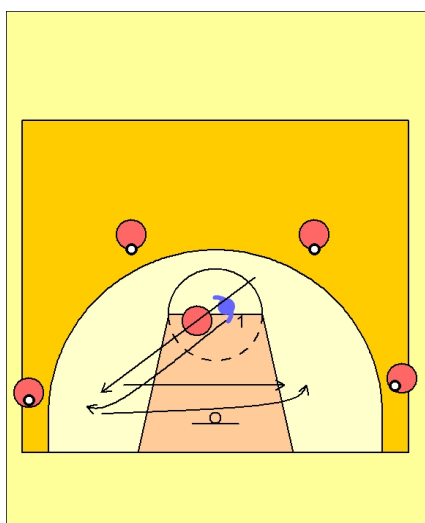
The defensive player will deny the ball and try to knock away or deflect the entry pass at each point.

If the offense gets a clean catch, they will just pass it back to same player.

The go to each spot twice and play live 1 on 1 from the final spot.



After the initial pass it is important for the defender to get under the offensive player and reposition in a deny stance.



The drill is set up so that each cut comes from the weakside of the floor.

NOTE: This is a very difficult drill. Conditioning will be factor if the intensity is high. It can also become very physical at times

