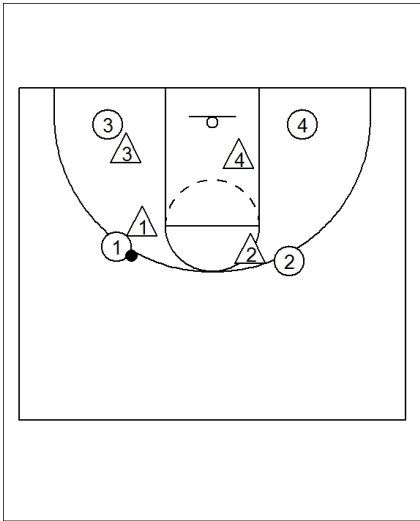




Husker drill



DEFENSE DRILLS: HUSKER DRILL

Skills Covered

- *All defensive aspects are covered
- *All offensive aspects are covered

Alignment

- *The four offensive players can start wherever they like in the halfcourt.
- *Each defender must get in proper defensive position in relationship to the person they are guarding and the ball.

Running the Drill

- *Teams will play 4-on-4
- *The drill will begin when the coach sees each defensive player in proper position.
- *The only way to score in this drill is when you are on defense. Offense scores

= 0 points, but they get to play defense.

*Defense gets a stop = 1 point, and they get to continue to play defense.

*First team to 5 wins.

A "Stop" is when the defense gets a turnover or defensive rebound WITHOUT having given up an offensive rebound in that possession.