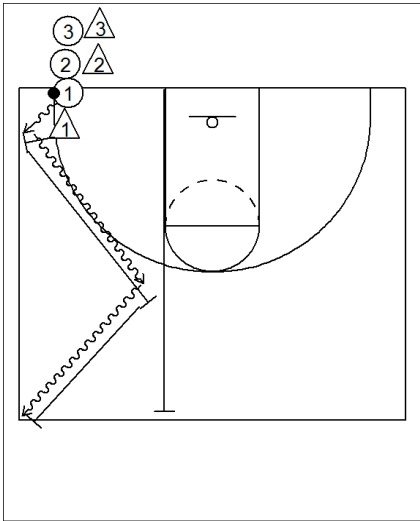




Langdon drill



DEFENSE DRILL: LANGDON DRILL

Skills Covered

- *On the ball defense
- *Ballhandling
- *Applying and dealing with pressure

Alignment

- *Players need a partner. Each pair needs a ball.
- *One player will be on offense. One on defense.
- *Pairs that are waiting to take their turn will be out of bounds.
- *1 starts with the ball on the baseline.
- *Defender 1 will start right in front of 1, in a good defensive stance.
- *Out of bounds will be the sideline and the lane line extended on the way to half court. On the way back, there is no out of bounds along the lane-line extended.

Running the Drill

- *This is done at full speed
- *1 tries to get to halfcourt as quickly as possible. They will use any ballhandling moves they can on their way to halfcourt.
- *Defender 1 will try to make 1 change directions as many times as they can. If Defender 1 gets a steal, they give the ball back to 1 and the drill continues.
- *When 1 gets to halfcourt they put the ball on the ground, Defender 1 grabs it to become the offense. 1 now becomes defense.
- *The new offensive player will try to score, and the new defender will try to prevent the score. Offense has five seconds to get off a shot. We want them to think "attack" the basket.

