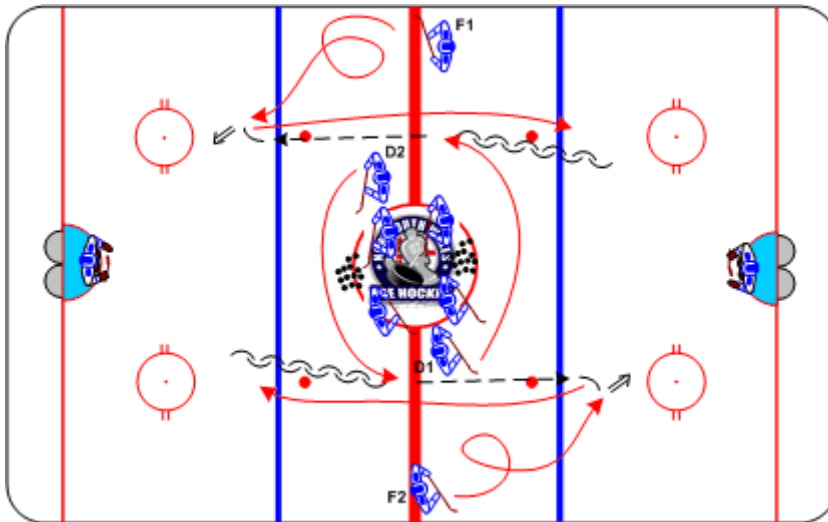




## Defensive 1-on-1 (Net Drive/Drive Delay)

Duration: 8 mins

- **F1** initiate with shot in stride on net, quick transition to attack
- **F1** receives pass from **D1**
- **F1** vs **D1** using offensive individual tactics
- **D1** force to outside using proper angling and checking techniques



### Coaching Tips

- Net drive (scoot vs cross-over)
- Drive delay
- Defensive angling

### Execution Tips

- Drill may run both directions at the same time
- Communication between **D1** & **F1** to initiate drill