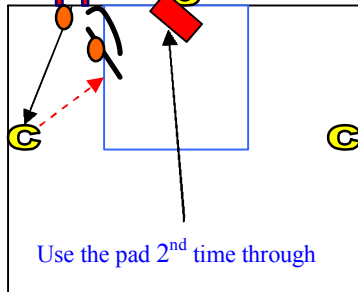


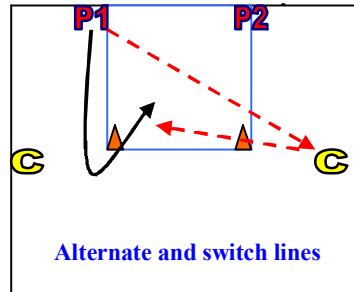
## 1.) "Get Four"



Use the pad 2<sup>nd</sup> time through

Players pass to the wings and duck in. – 4 in a row. Highest point of their jump – release.  
2<sup>nd</sup> time through with the pad.  
1 Ball

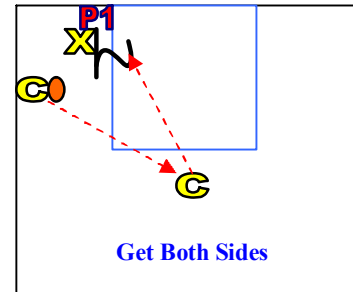
## 2.) Seal w/ Def.



Alternate and switch lines

P1 skip passes to the opposite coach and then curls off of the cone on the weak side for a jumper. This drill is continuous and P1 and P2 alternate. Everyone has a ball.

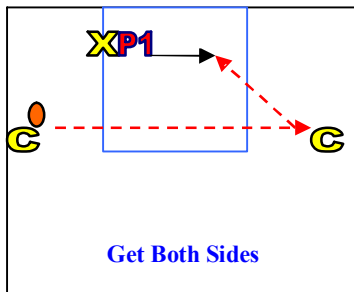
## 3.) Seal w/ Def.



Get Both Sides

Defense fronts for a 2 count and then the ball is reversed. Offensive player seals. Coach bounce passes it in. Power Up!

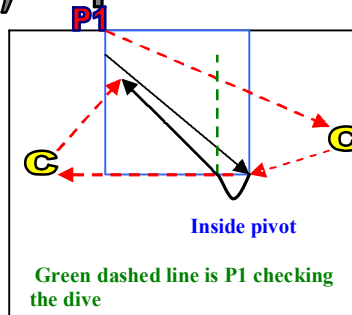
## 4.) Seal w/ Skip



Get Both Sides

Defense fronts for a 2 count and then the ball is skipped.. Offensive player seals. Coach bounce passes it in. Finish with anticipation of contact.

## 5.) Skip-Pivot-Dive

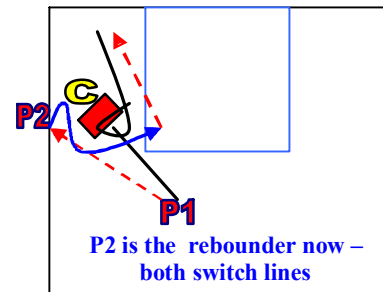


Inside pivot

Green dashed line is P1 checking the dive

P1 skip passes and flashes to the elbow. P1 receives the pass, pivots and checks the dive. Then, skip passes to the opposite coach, dives, receives the bounce pass and finishes the layup.

## 6.) Roll Short Corner



P2 is the rebounder now – both switch lines

P1 passes to P2 and screens the coach and rolls to the short corner. P2 dribbles off of the screen to the elbow and hits P1 with a bounce pass at the short corner (jump shot)