**Purpose of the Drill:**

This drill forces the ball handler to beat two defenders. It improves ball handling and the ability to escape and beat the double-team.

**Instructions**



* 1 Starts on the baseline with the ball. The two defenders try to trap and/or stop the ball.
* 1 tries to beat the defense and score at the opposite hoop.



* You can also start this drill by having one defender force the defender to the baseline and bringing the 2nd defender to trap.



* You can also start at half-court, 3/4 court.

**Points of Emphasis:**

* To increase difficulty you can:
* Split the court in half.
* Restrict dribbles.
* Add a 3rd defender.