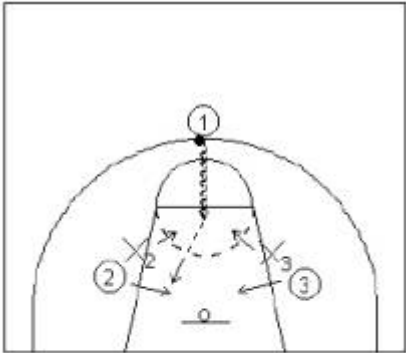


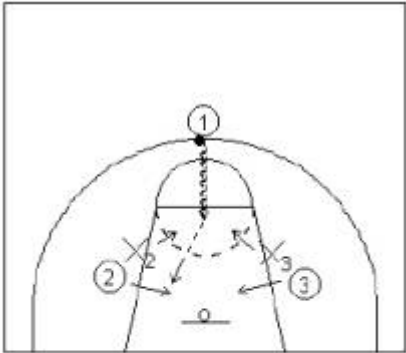


	Drill	Skill
	<b>32 – Penetrate &amp; dish</b>	<ul style="list-style-type: none"> <li>● Offense</li> </ul>

Description	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">A</div>  </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="margin-right: 10px;">B</div>  </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="margin-right: 10px;">C</div>  </div>
<ul style="list-style-type: none"> <li>● This drill is designed to teach the skills of dribble penetration into the key and passing the ball off to a team mate who have placed themselves in a good position.</li> <li>● The drill can be run from a 3 on 2 set (See <b>Diagram A &amp; B</b>), and can be run with the dribble penetration coming from any area of the offensive court (e.g. <b>Diagram A</b> shows penetration from the point, <b>Diagram B</b> shows penetration from the wing).</li> <li>● <b>Diagram C</b> shows one of the possible sets when running the drill 4 on 3.</li> <li>● Have the penetrating dribbler undefended with a defender on each of the other offensive players.</li> <li>● Dribble penetration should "split" two of the defenders.</li> <li>● Receivers must read their defender and cut to an advantageous position.</li> <li>● Dribbler should pass to best option but can continue drive to basket if defense sag off.</li> </ul>	
Variations	

a)	3 on 2, 4 on 3 or 5 on 4.
b)	Run from all parts of floor.

Points of emphasis	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">1</div>  </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="margin-right: 10px;">2</div>  </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="margin-right: 10px;">3</div>  </div>
1	
2	
3	
4	
5	

1	Direct penetration between the defenders - attack the gaps.
2	Drive to score.
3	Get into the key (two feet in the key).
4	Receivers read the defense and the dribbler.
5	Receivers face dribbler in ready position.
6	Receivers cut to the basket.