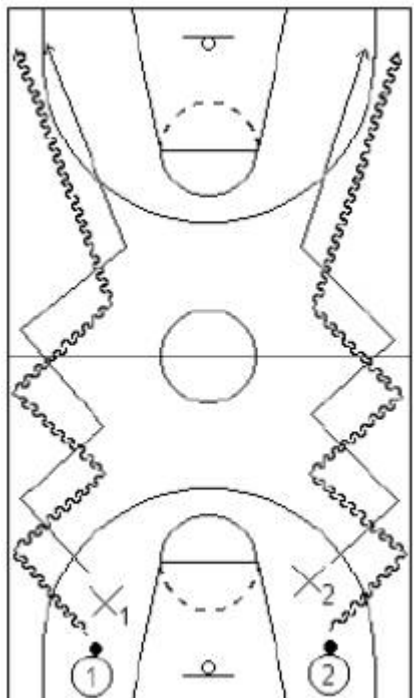
	Drill	Skill
	<b>46 – Turning &amp; channelling the dribbler</b>	<ul style="list-style-type: none"> <li>● Individual defense</li> <li>● Dribbling</li> </ul>

Description	
<ul style="list-style-type: none"> <li>● Players in pairs, using both sides of the court.</li> <li>● One player in pair is on defense and that player steps onto court with ball and hands offensive player the ball.</li> <li>● Each pair must stay on own side of the court.</li> <li>● Using good defensive stance and footwork to gain correct position, defensive attempts to turn the dribbler at least three times in the back court and then attempts to channel offensive player to the sideline in the front court.</li> <li>● Upon reaching end of court, both players sprint back to other end and rejoin line.</li> <li>● Next time down, offense and defense swap roles.</li> <li>● Swap groups to opposite sides of court halfway through allotted time.</li> </ul>	
Variations	
<ol style="list-style-type: none"> <li>Initially defense should not attempt to get ball.</li> <li>To stress footwork have defense play with hands holding towel behind back.</li> <li>Add a third player to attempt trap at half-court line.</li> </ol>	
Points of emphasis	
<ol style="list-style-type: none"> <li>Correct defensive stance and footwork.</li> <li>Nose to ball and overplay to turn dribbler.</li> <li>Quickness.</li> <li>Emphasis is on defensive position and footwork.</li> <li>Dribbler - protect the ball.</li> </ol>	