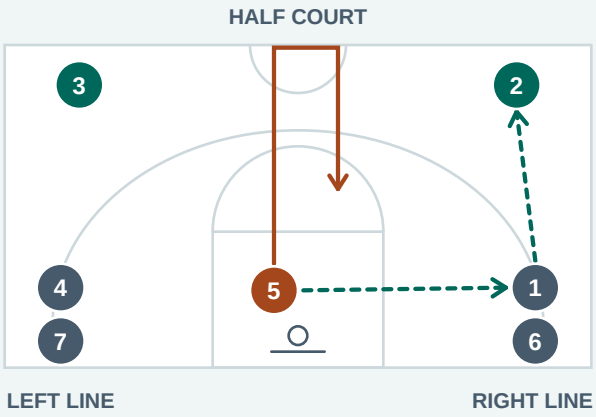
BASKETBALL PRACTICE

Continuous 2-on-1

7 players / Half court / One ball / Two baseline lines

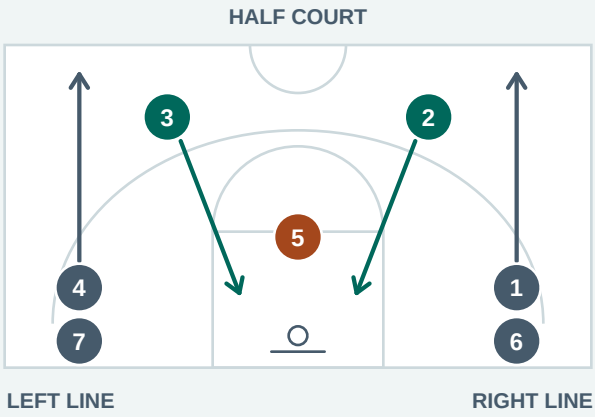
Pass Attack Defender sprint Rotate or fill a spot

1 Two passes and a sprint



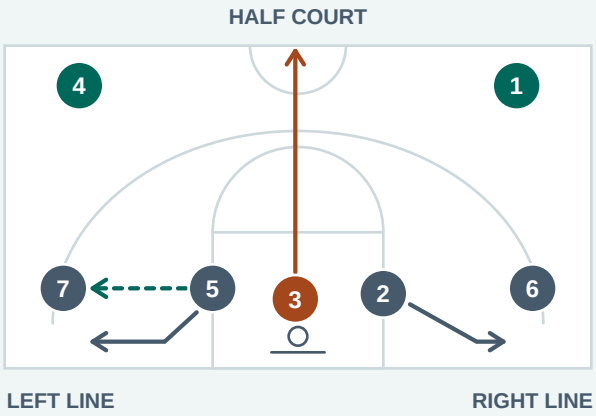
#5 starts under the rim and passes to **#1**, who passes to **#2**. After passing, **#5** touches half court and turns back to defend.

2 Attack and fill



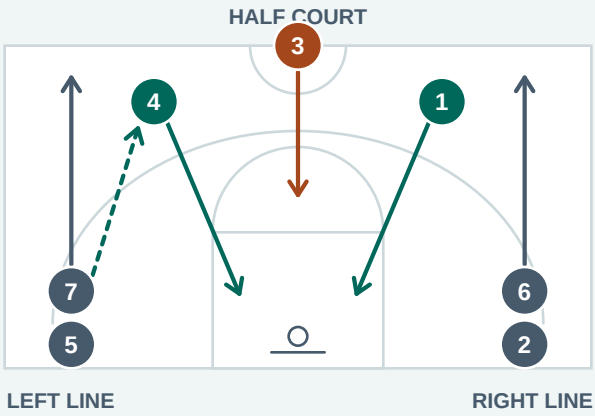
#2 and #3 attack **#5**. As they go, **#1** follows the pass to the right half-court spot and **#4** fills the left spot.

3 Shoot and rotate



#3 shoots and touches half court. Rebounder **#5** passes to a side (**#7** on the left here) and follows the pass into that line. **#2** goes to the opposite line.

4 Play the next 2-on-1



#7 passes up to **#4**. **#1 and #4** attack **#3**. **#7** fills the left half-court spot and **#6** fills the right.

On every shot

Shooter defends after touching half court. Rebounder follows the pass. Third player goes opposite.

Stay wide on offense. Attack the rim or pass when the defender commits.