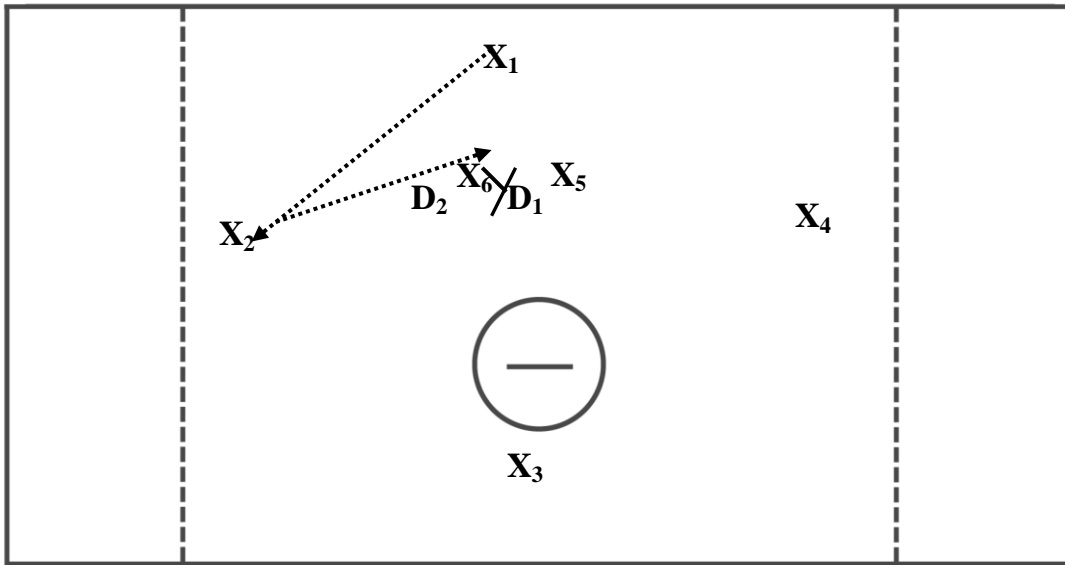


Settled Defense Skill Development Drill Feed the Crease Drill

Objective Practice defending offensive players on the crease & defending picks/cuts/feeds to crease.

Drill Description Set up 2 offensive players on the crease vs 2 defenders. Place offensive players on the perimeter to move the ball around perimeter looking to feed the crease. As ball moves from point to point defensive players must constantly adjust position staying between their man and ball to prevent a successful feed to the crease. Defenders must communicate to cover picks, pick & roll, etc on crease.



Skills Practiced

- Defending feeds to the crease
- Defending picks on the crease

Variation Have defenders practice covering offensive crease players as they work pick/re-pick, high-low cut, pick & roll.
