



## 2 on 1 Progression

Mike M<sup>ac</sup>Kay  
Manager coach Education and Development



### Speed lay ups

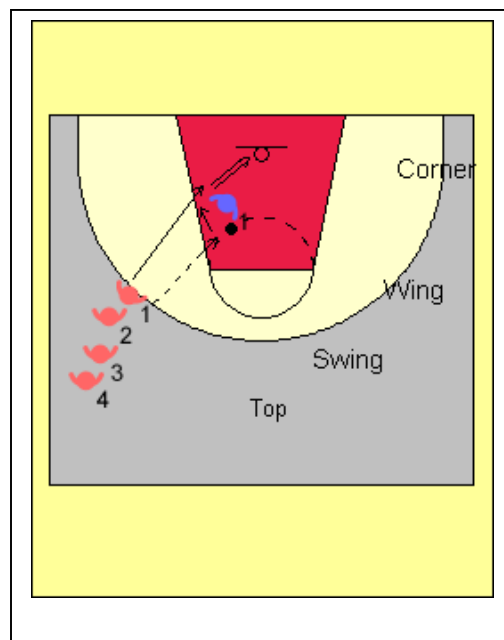
In finishing a 2 on 1 players needs to be able to complete a lay up while handling the ball at speed. We use the following drills to work on scoring lay ups while dribbling or receiving a pass at speed.

The players line up in a designated spot. Each player has a ball. There are two types of lay ups:

- The players pass the ball to the coach and run full speed to receive a return pass. Score the lay up.
- The player dribbles hard at the coach and scores going by the shoulders of the coach. Add a little inside out move or a fake pass.

### Load the drill:

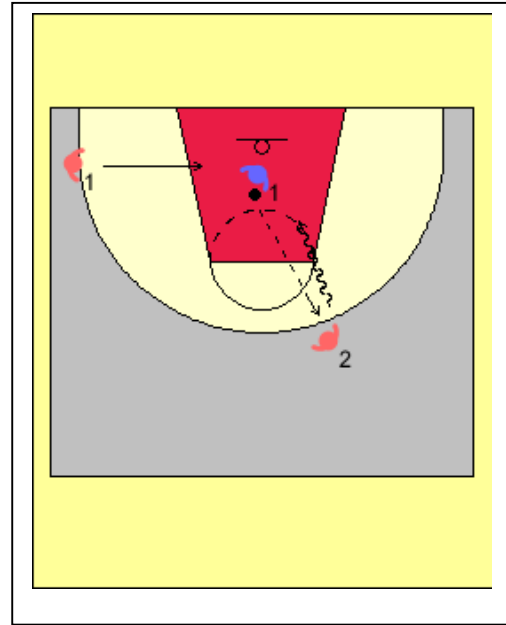
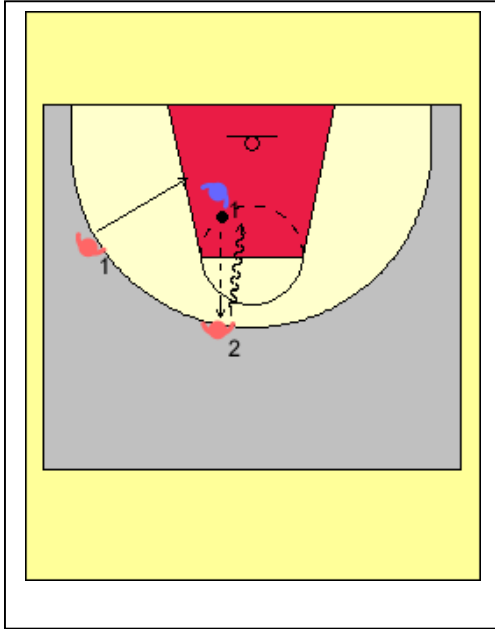
- If the coach shows "ten fingers" the player drives. If not dribble the ball hard to score.
- Have someone disrupt the lay ups with a shield or disruptor (pool noodle to hit the arms)
- Go from different spots on the floor. Vary the pass and dribble angles.



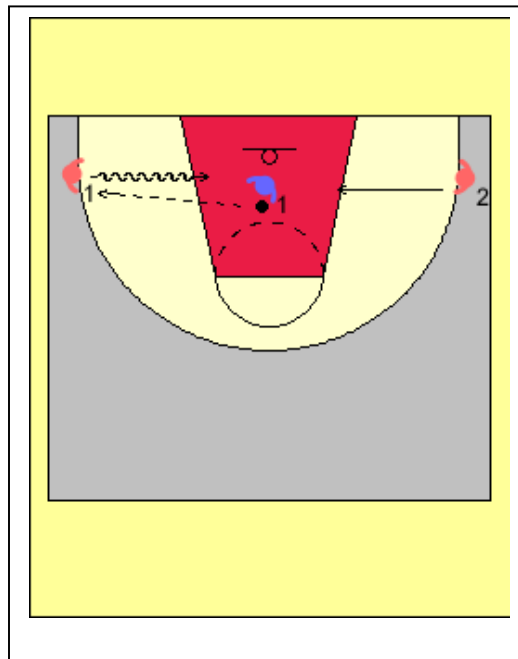
## 2 on 1 in tight spaces

The defender starts with the ball. He/she may pass to either player. Both players attack the basket looking to create a 2 on 1. Allow only one pass. We are looking for a lay up or a foul. No jump shots at first. The defender works on faking into the passing lane. Block out one player on the shot. Play to a defensive rebound or a score.

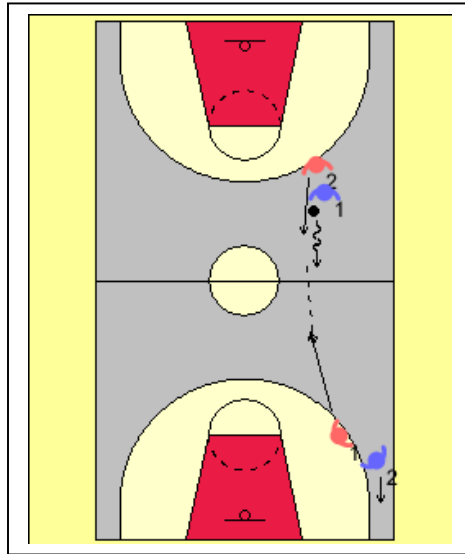
In these examples we are playing from the swing and the wing and the corner and swing.



Corner and corner

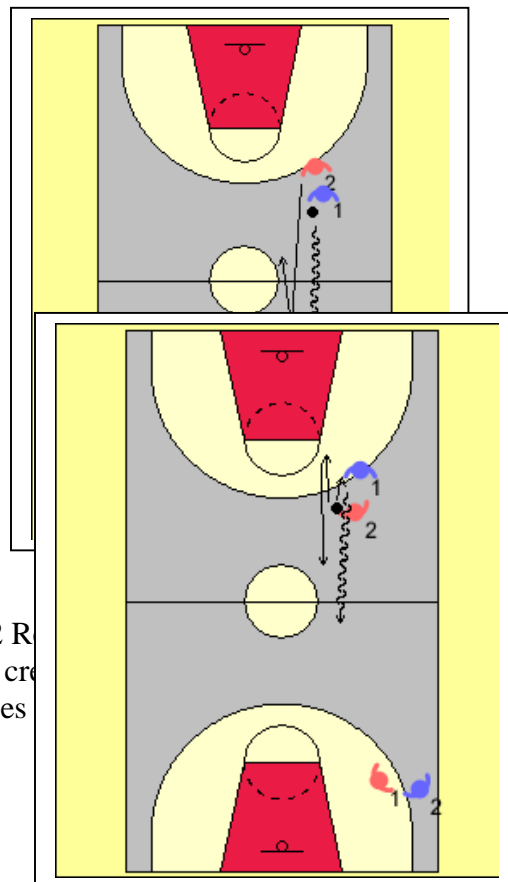






**Creative 2 on 1 - Stunt and shoot the passing lane**

In this situation Blue #2 and Blue #1 have a 2 on 1 against Red #1. Red #2 is trailing the play. As Blue #1 drives, Red #1 stunts (fakes a help into the drive line). Blue #1 throws a soft bounce pass to Blue #2. Red #1 shoots the gap and creates a 2 on 1 going the other way with Red #2. Blue #2 trails the play.



**Live 2 on 1 up and back.**

We can now play it live. #2 R... Blue starts to drive the ball cr... a turnover is created red goes

s one step beside him/her. #1... to stunt and buzz the ball. If... ball is scored play 2 on 2

