

# Score With 'Power'

'Power Play' pits players in a 1-on-1 battle going strong to the basket with the offense attacking strong and not avoiding contact

## WHY USE IT

The most direct path to the rim sometimes requires a great deal of strength and power to get there. Teach players to attack the rim rather than spinning, contorting or leaning to get away from the contact.

## SET UP

Run this drill from different areas on the court. Try it from opposite blocks, elbows and corners.

## HOW TO PLAY

Pass to the offensive player on the block. The offense goes up strong and attacks while the defender attempts to block the shot [1]. In the second phase, add in an element of dribbling. Pass to the offensive player on the elbow. He or she dribble-drives toward the goal. The defender sprints through the lane and attempts to block the shot [2]. The final phase has players covering the most distance as the offensive player receives the pass and dribbles hard at the rim from the corner. The defender starts in the opposite corner and tries to block the shot [3].

## TECHNIQUE

Make the offensive player do the drill again if he or she jumps to avoid contact rather than taking the ball strong to the basket.

This is a catch, pivot and power to the rim from the offensive player

1



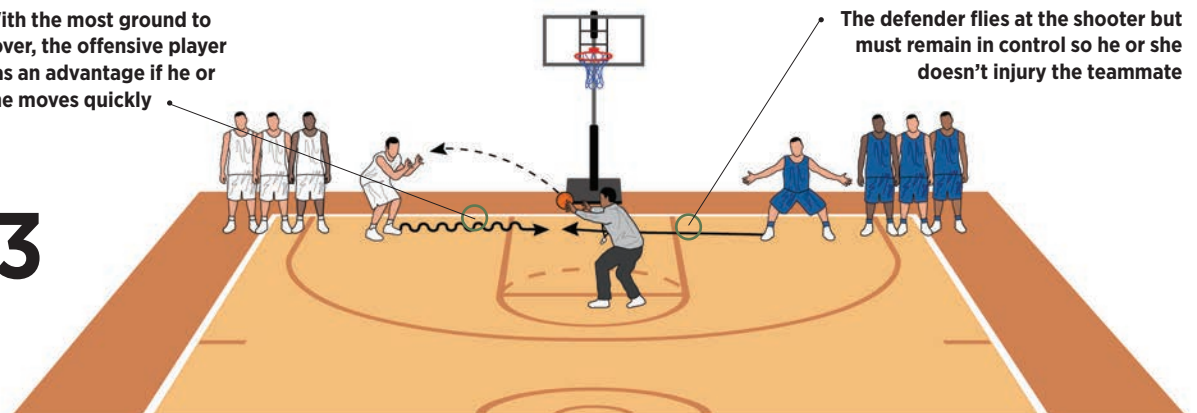
Only use one or two dribbles, otherwise the defender has more than enough time to gain position and defend the shot

2



With the most ground to cover, the offensive player has an advantage if he or she moves quickly

3



Player movement → Ball movement - - - → Dribble ~~~~~ → Shot →