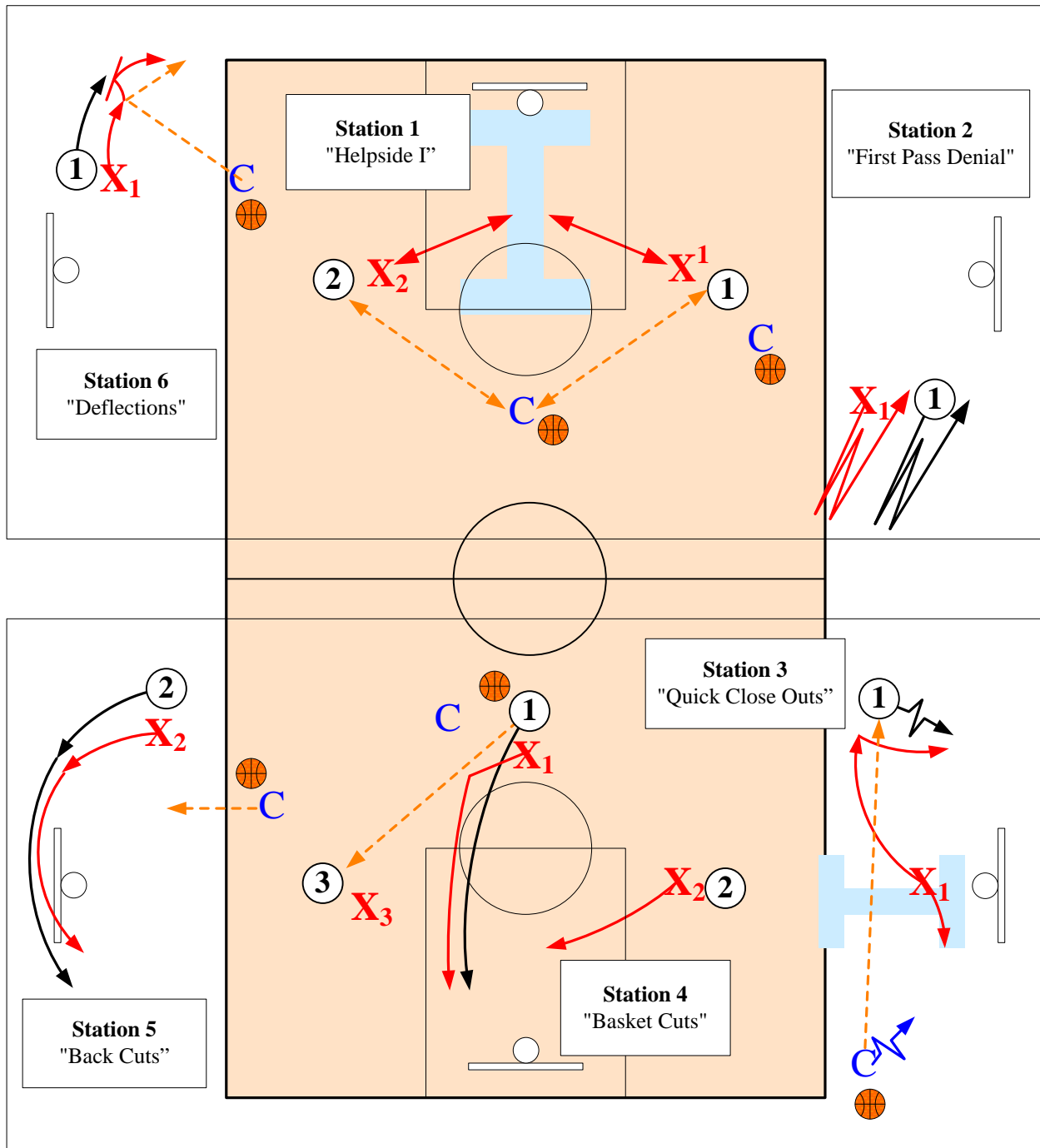


Circuit Training – “Off” Ball Defense

Individual defensive fundamentals: One-on-One, Two-on-Two and Three-on-Three break down drills. Use both sides of basket.



Total “Off” Ball Defensive Fundamentals Review