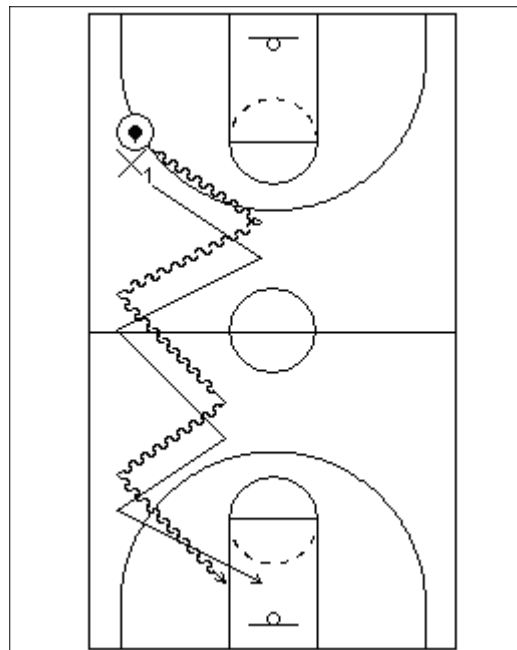


## Defense Drill: 1 2 3 Progression

### Drill Purpose (All Ages)

This is a progression drill that improves defensive footwork, one on one, and wing defense.

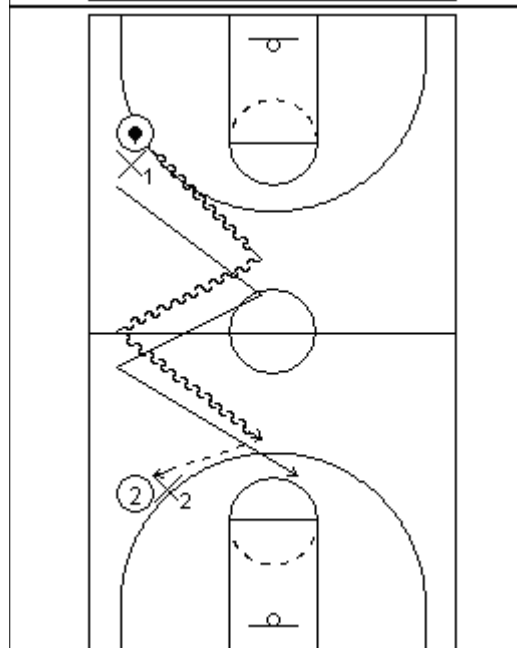
**Progression 1** 1 on 1 full court zig zag. The defensive player should focus on footwork, playing the angle, and staying in front of the ball handler. Once the offense gets past half court, they can go live. All these drills should be played live to a score.



### Progression 2

2 on 2 - Full court zig-zag with wing defense.

Be sure that your wings get in the correct defensive position and do what ever it takes to stop the ball.



**Progression 3**

3 on 3 - full court zig-zag with 2 wings.

