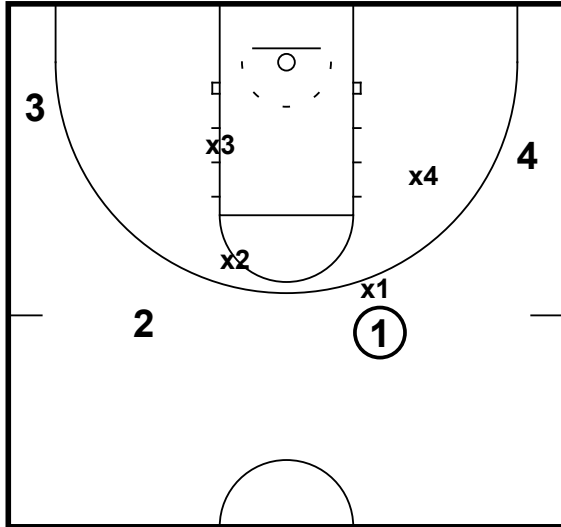
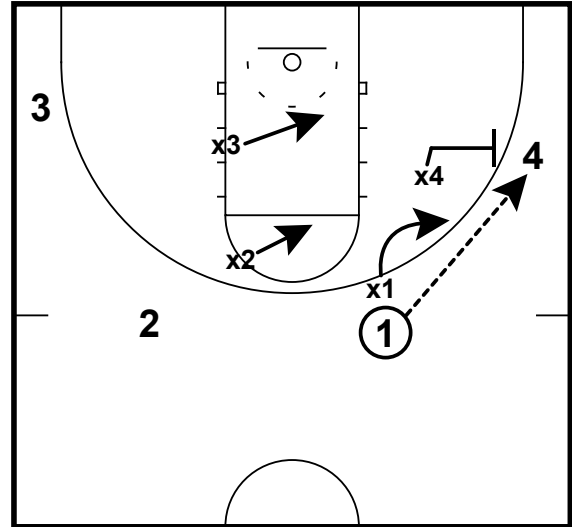


Lions

4-on-4 Scramble
DRILL



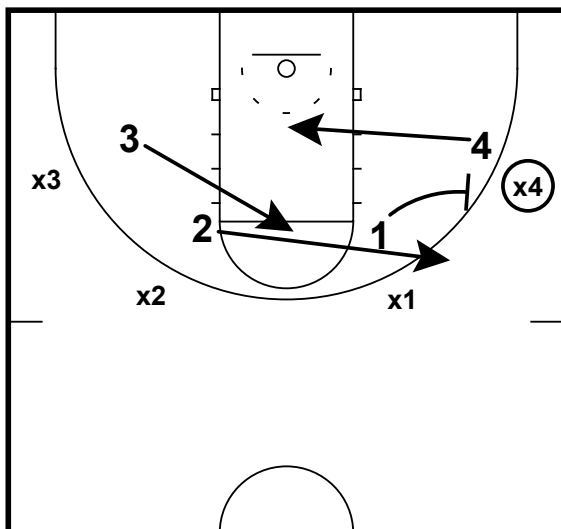
4-on-4 Scramble
DRILL



- Defensive Scoring
- Taking a charge=+2
 - Defensive stio=+1
 - Loose ball recovery=+2
- Offensive Scoring
- Off Rebound=+2
 - Defensive Foul=+1
 - 3 pointer=+3
 - 2pt FG=+2

- Offense passes ball around
- On each catch, player holds ball for 2 count while defense gets into gaps
- When coach blows whistle, offense puts ball down on the floor

4-on-4 Scramble
DRILL



- Defense becomes offense and offense becomes defense
- New defense cannot guard the person that was guarding them
- Players not defending the ball need to run to gap help
- Offense has to make 1 pass before they can try to score