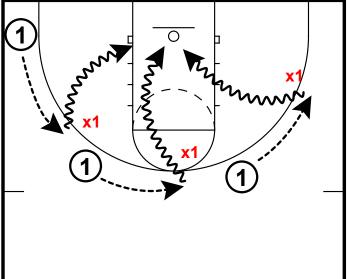
## ATTACKING AGAINST MOMENTUM

## ATTACKING AGAINST MOMENTUM



When attacking the basket you want your point of emphasis to be "attack" against the momentum of the defender. So if the defense is going one way, you want to attack the opposite direction. You can organize the drill any way you want. These are just areas around the perimeter that we work on attacking from. The drill always starts with the offensive player spinning themselves a pass. You may choose to have a dummy defender out there or whatever else you want to use to mimic the defense.

## **Teaching Points**

- 1. Attack against the momentum of the defender.
- 2. Catch the ball, square to the rim and see the rim.
- 3. First step should be Long, Low and quick when attacking.