



Princeton 44

Appropriate Age Group: 13-18

Skill(s) Practiced: Defensive Rotations, Off-Ball Positioning

Drill Duration: 5-10 minutes

Resources: Balls

Description: The coach passes a ball to the top left ○ player to start the drill. As the ball is in flight, the on-ball defender must leave and go to the diagonal corner, forcing his teammates to rotate to a new position.

Progression(s): Vary the location of where the passes are delivered to start the drill.

Drill Diagram(s):

