



NORDIC HOOPS ANALYTICS

1v1 constraints

COACHES / DRILLS & PLAYS

14 adapted exercise cards, with diagrams where available

01 First-dribble separation

1V1

COURT DIAGRAM



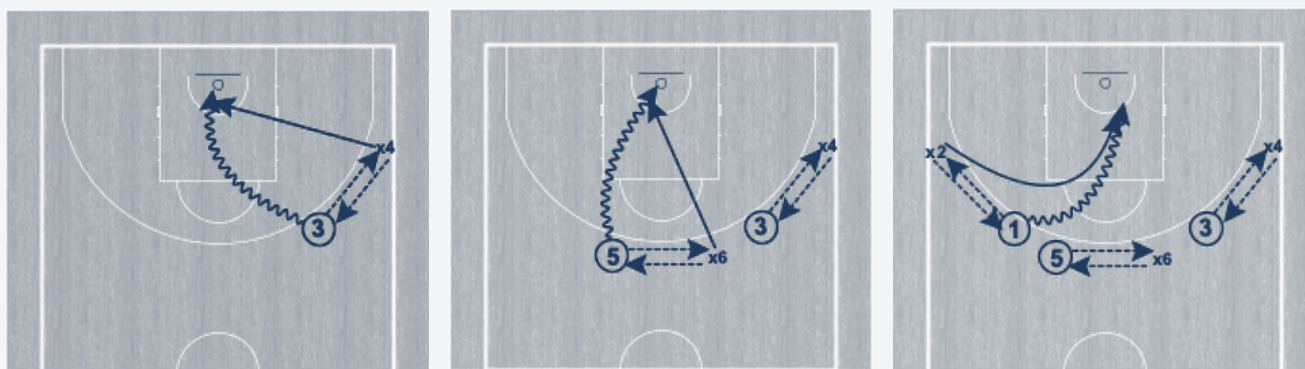
HOW TO RUN IT

In pairs, the defender holds the ball in triple threat. The attacker takes it on their own signal, crosses in front and drives with the ball away from contact. Only one pair attacks at a time.

02 Catch and go

1V1

COURT DIAGRAM



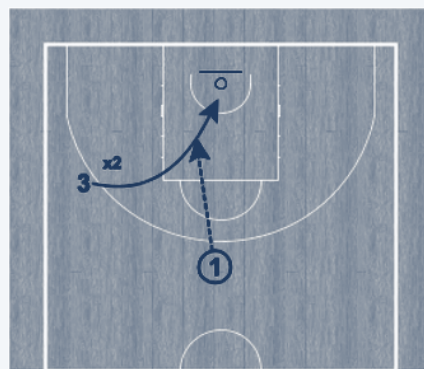
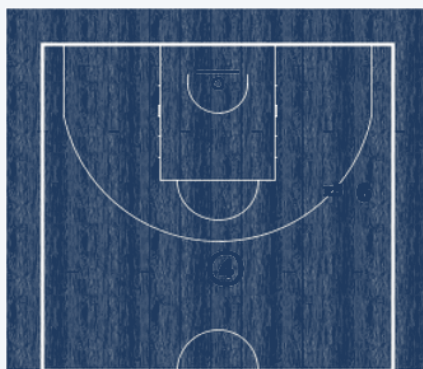
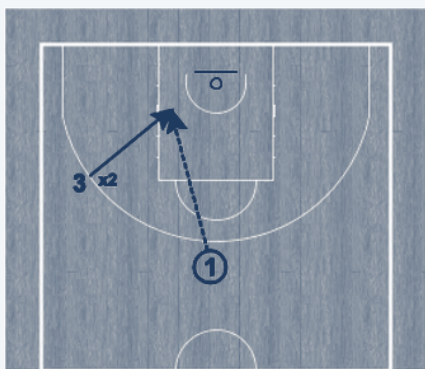
HOW TO RUN IT

Two players pass quickly around the arc. On the whistle, the player holding the ball drives to finish in the paint while the partner recovers to defend.

03 Create space on a cut

1V1

COURT DIAGRAM



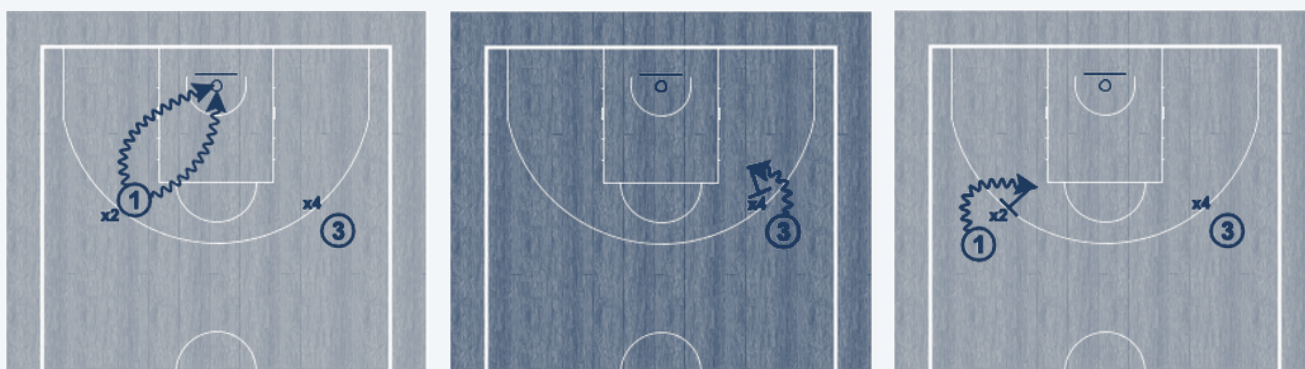
HOW TO RUN IT

In a group of three, an off-ball attacker starts beside a defender with closed eyes. Touch the defender to activate them, then choose a backdoor or curl cut to receive and finish.

04 Protect a dribble advantage

1V1

COURT DIAGRAM



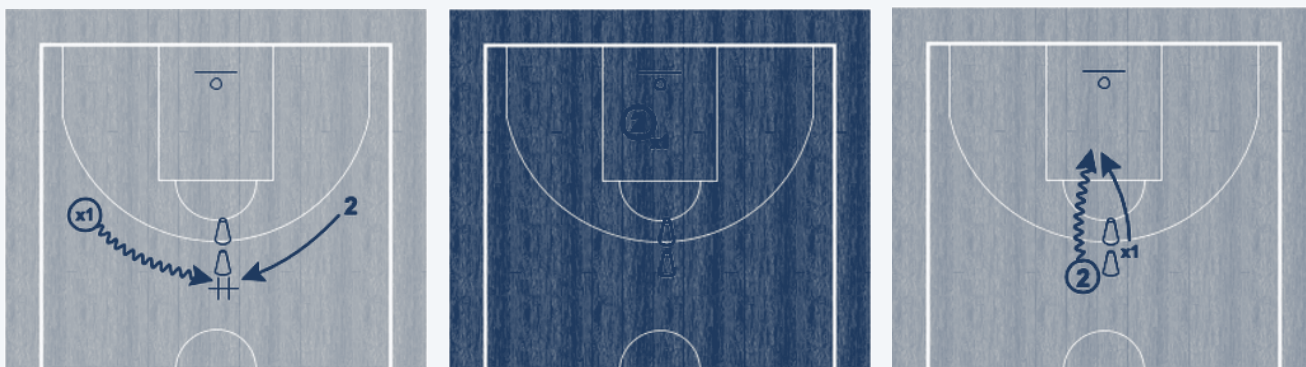
HOW TO RUN IT

The ballhandler moves in front of a stationary defender. Contact activates the defender; hold them on the back for three seconds with a live dribble before attacking the open lane.

05 Attack from a handoff

1V1

COURT DIAGRAM



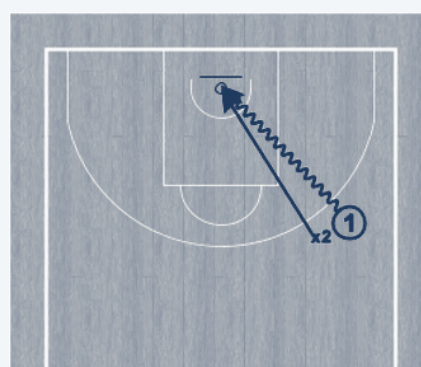
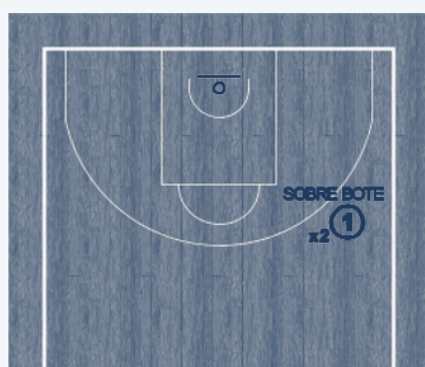
HOW TO RUN IT

A defender dribbles into a central handoff, then circles between two cones to recover. The receiver uses a zero step and an aggressive first dribble to attack the basket.

06 Lead with the contact shoulder

1V1

COURT DIAGRAM



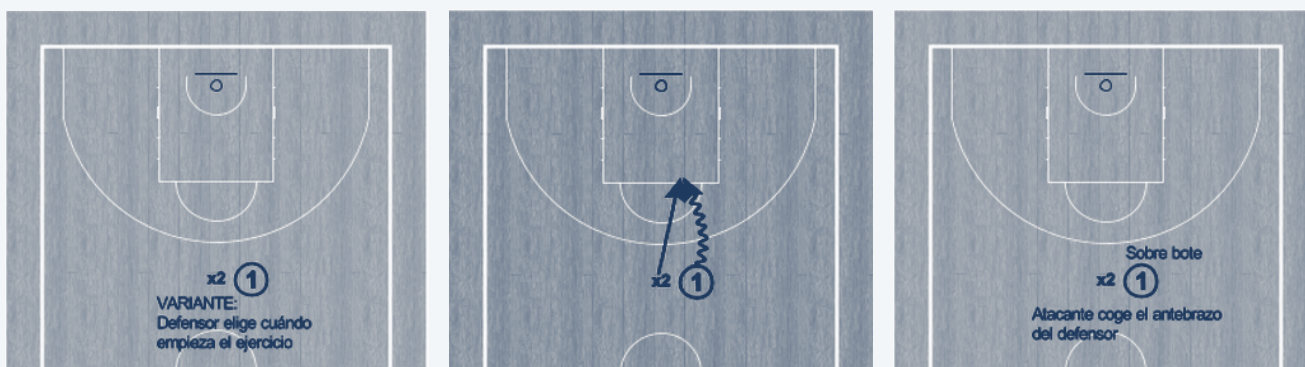
HOW TO RUN IT

The attacker starts dribbling with the shoulder away from the ball ahead of the defender. Drive across the defender's path and keep that shoulder in front to protect the advantage.

07 Use the inside arm

1V1

COURT DIAGRAM



HOW TO RUN IT

Attack and defense start shoulder to shoulder at the perimeter. The attacker dribbles while maintaining legal contact with the inside arm and keeps the ball outside the defender's reach.

08 Finish through contact

1V1

COURT DIAGRAM



HOW TO RUN IT

The defender starts in front but must keep both arms extended. The attacker seeks the defender's torso, creates space through contact and finishes at the rim.

09 Use touch at the rim

1V1

COURT DIAGRAM



HOW TO RUN IT

A defender with hands behind the back blocks the route to the basket. The dribbler chooses when to attack and must finish inside the paint with reach and touch.

10 Change pace to beat the defender

1V1

COURT DIAGRAM



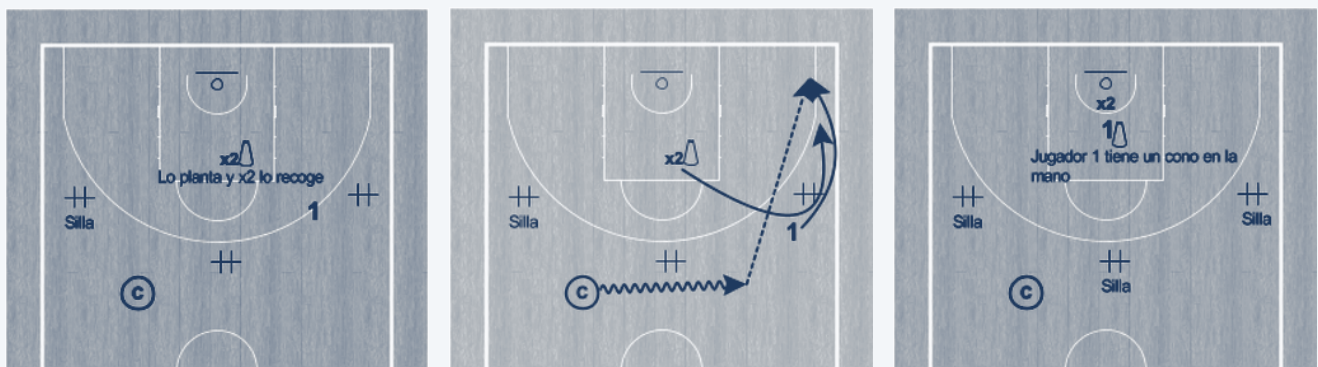
HOW TO RUN IT

The attacker and defender walk together from roughly ten metres out. The attacker controls the tempo, then changes speed; the defender may steal only inside the arc.

11 Catch and shoot off a screen

SHOOTING

COURT DIAGRAM



HOW TO RUN IT

The attacker drops a cone to trigger the defender, sprints around a chair as an off-ball screen, receives from a moving passer and shoots before the closeout.

12 Two-ball catch-and-shoot stop

SHOOTING

COURT DIAGRAM



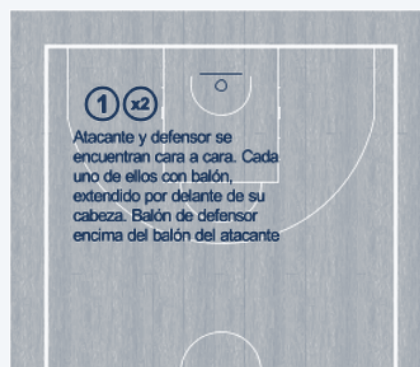
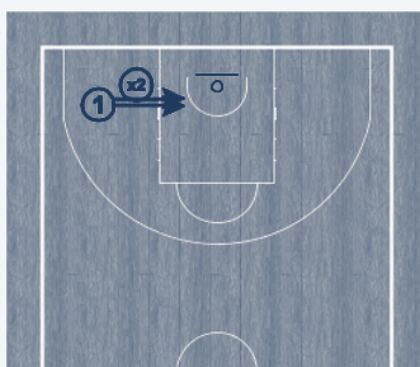
HOW TO RUN IT

The defender drops two balls and collects one after the bounce. The attacker sprints to the free ball, stops in balance and shoots without dribbling as the defender closes out.

13 Shoot under a contested closeout

SHOOTING

COURT DIAGRAM



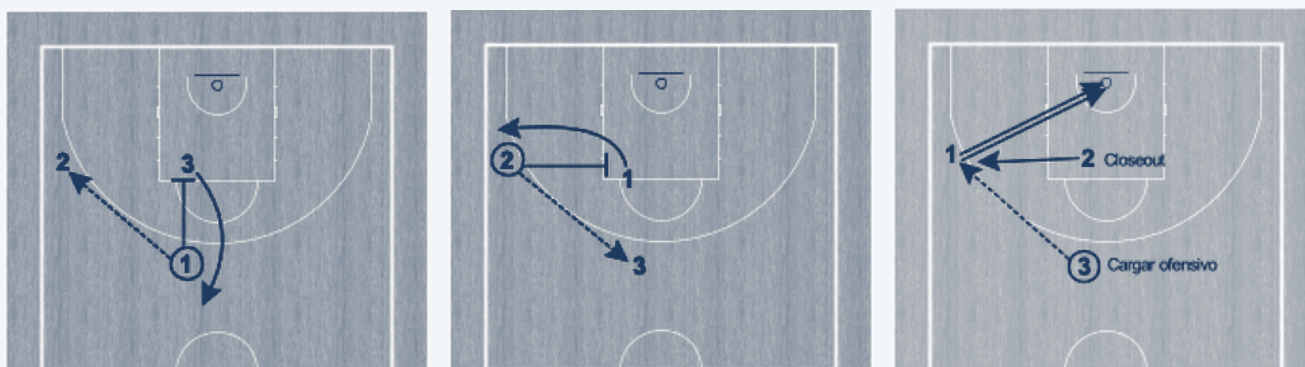
HOW TO RUN IT

Facing each other, both players hold a ball. The attacker releases the lower ball; the defender releases the upper. The attacker catches the upper ball and shoots while the defender retrieves the lower before contesting.

14 Catch after screen-the-screener

SHOOTING

COURT DIAGRAM



HOW TO RUN IT

Three players form a high-post, wing and top triangle. Pass, set an off-ball screen, pass to the cutter, then screen the first screener; a coach's call triggers the shot and closeout.