



Full-Court Chair 1-on-1

Setup:

- This drill is from Mike Rice at Rutgers.
- It is a more competitive version of the classic zig-zag drill.
- The chairs should be positioned in line with the lane lines.
- Players should line up on the baseline in groups of 2; 1 on offense and 1 on defense.

Diagrams	Notes
The diagrams illustrate the court setup for the drill. The top diagram shows a player (numbered 1) positioned on the baseline within the key area. The middle diagram shows a chair placed on the baseline, centered between the lane lines. The bottom diagram shows a player positioned on the baseline within the key area, mirroring the top diagram.	<ul style="list-style-type: none">• Offense must stay in lane• Defense tries to turn offense• Drill ends when offense goes out of the lane, offense scores, or defense gets a stop