

### Drill Name

Kentucky 3 (Old Man Shuttle)

### Category

Defense

### Players Required

6-8 (if only seven, the coach can make eight)

### Instructions

First, you divide the team into two groups of three or four depending on how many you have. If you can make it two groups of five, that's great. Then you have one group line-up on the baseline at each end of the floor. The drill begins with a one-on-one situation. You play one-on-one until either the person with the ball scores a basket or the defender gets the rebound. In the case of either, the defender gets an extra teammate and the shooter thus defends a two-on-one going back the other way. When the two either score a basket or the former shooter gets the rebound, he gets an extra teammate. Thus making it two on two. The drill proceeds this way until all the players are on the floor.