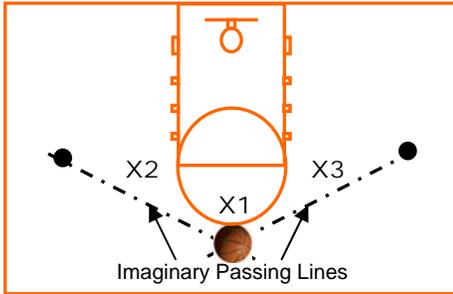
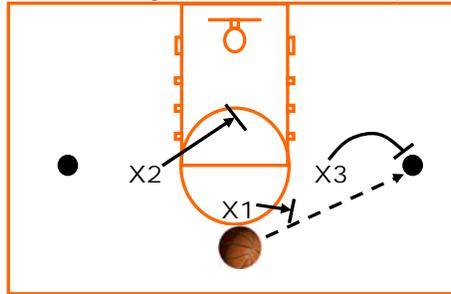


The Principles of "On the Line / Up the Line (OL/UL)

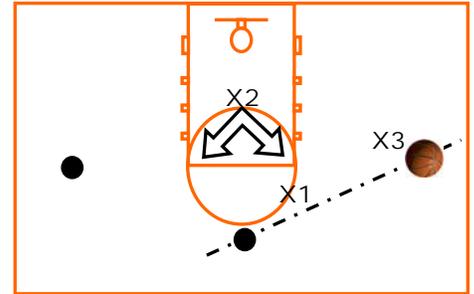
The basic set: Starts with 3 offensive players and 3 defenders. Ball is up at the top.



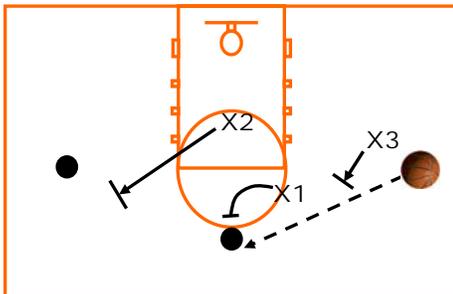
The drill starts on the first pass to the wing (in this example the first pass is to the right, the side X3 is on).



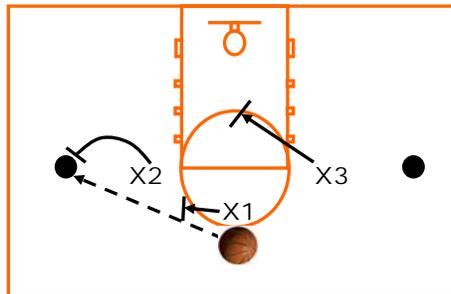
All defenders "run" to their spots: X3 is on the ball, X1 is on the line – up the line, and X2 is in "help" side.



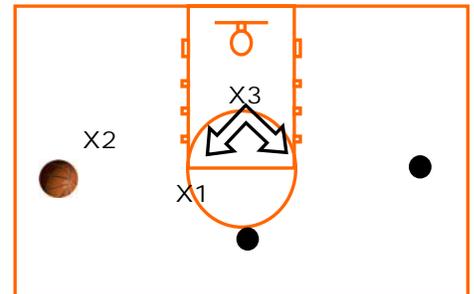
The pass goes back up top. The defenders "run" back to their original starting positions. Defenders should run as the pass is in the air!



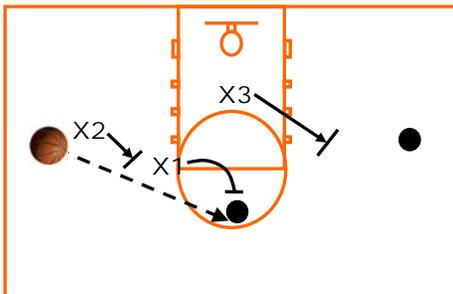
The next pass goes to the opposite wing (to the side X2 is on). As the pass leaves the "passers" hands the defenders "run" to their spots!



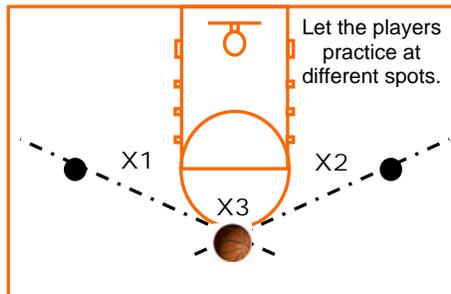
All defenders "run" to their spots as shown: X2 is on the ball, X1 is on the line – up the line, and X3 is now in the "help" side position.



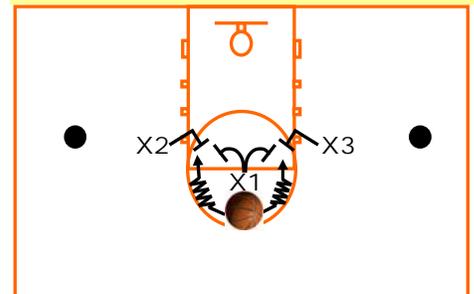
The pass goes to the top. The defenders "run" back to the starting positions.



Note: Defenders should change spots every 90 seconds, and the 3 offensive players should switch positions with the defenders and play defense.



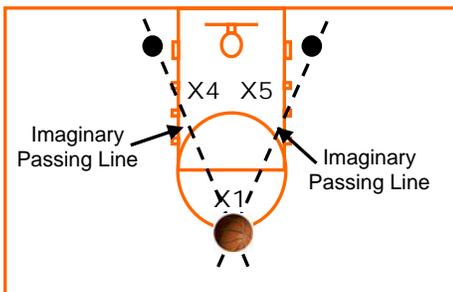
Help Angles for X2 and X3: The diagram shows the "help" angles that X2 and X3 should take if X1 gets beat (needs help).



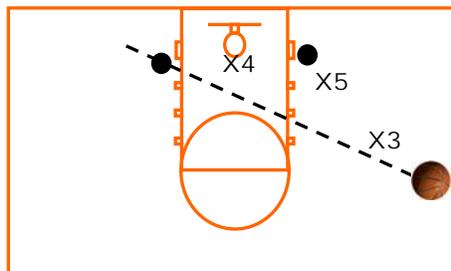
Let the players practice at different spots.

The Principles of "On the Line / Up the Line - "Post Players"

Post players must always use the "fronting, behind, and quarter-turn" principles, but when necessary must also follow the "on the line – up the line rules as well.



Ball on high wing: X5 is "fronting," and X4 is in a "on the line – up the line" position. X4 must see ball and the player they are guarding.



Ball in the Corner: X5 must come out and get on the ball (player they are guarding), and now X4 is "fronting." X3 is on the line-up the line.

