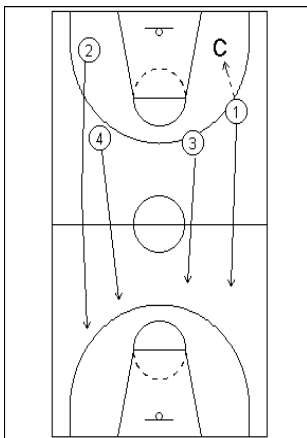


Drills to Teach the Defence

Convert – Transfer quickly from offence to defence

- Sprint back
- Establish 5 v 5 as soon as possible

Drills for Teaching Conversion



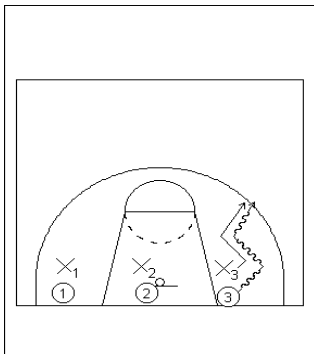
Notes:

- 4 or 5 players
- on shot by coach players sprint to defensive end, calling out number of player they are guarding
- point guard comes back out to mid court line to establish point of pick up
- rehearsal drill for ‘get back and get ready’
- players **MUST SPRINT BACK**

Pressure – Playing the Ball

- Ball pressure is the foundation on which the defence is built (first thing to go and last thing checked)
- Ball pressure and the ability to contain the ball vital to the defence – impossible to help if the ball is not contained properly
- Verbalize “ball”
- No middle – fan to the “outside”
- Active hands - hands should be like “cobras” – striking at the ball to take the offensive player out of the comfort zone
- Footwork drills should be done in smaller area to simulate game situations – short & sharp – big to bigger
- Stance “out top” (above the foul line extended) – ball – you – basket
- Stance “on the side” (foul line extended and below) – shoulders square to the side-line
- Stance “in the corner” – nose to the corner (if the defender stays “square”, ball can be brought back into the middle)
- On the “dead call”, vital defender stays down in stance and does not stand up

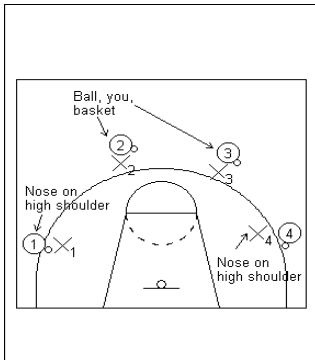
Drills for Teaching Pressure



1 v 1 Zig Zag

Notes:

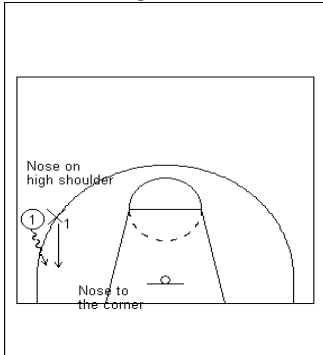
- 1 vs 1 in small area
- maintain stance; big to bigger footwork
- the defender cuts off dribbler and makes the player turn
- defender maintains arms length, active hands
- concentrate on footwork active and quick
- contain the ball handler



Driving Line Drill

Notes:

- must contain the ball from perimeter driving lanes
- influence outside from the top
- force baseline from the wing
- maintain stance, big to bigger footwork
- quick active feet, active hands
- get to dead call



Force Baseline

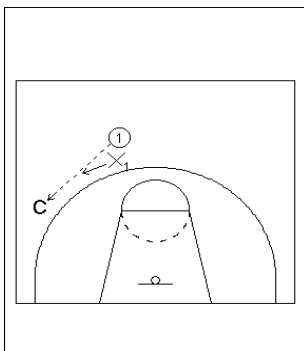
Notes:

- 1 vs 1 from the side
- defender has nose on high side, shoulders square to the sideline
- no middle
- as offensive player reaches corner area, defender adjusts stance to have nose to the corner
- maintain stance, big to bigger footwork
- quick active hands and feet
- get to a dead call

Positioning and Help/Recovery

- Understand positioning both one pass (closed stance on the line, up the line) and two passes (open stance) from the ball
- Constantly adjust stance off the ball to be ready to help and verbalizing
- Close out properly when ball is passed to your man (run-run/slide-slide), recover to gap
- Get in a stance and stay in a stance
- Point hands – see your man & the ball
- Play with “high hands”(fingers to the sky)
- Be an “unselfish” defender – don’t let a teammate look bad
- “Help without recovery is no help at all!”
- Important to “bluff” – create doubt in the mind of the offensive player
- Help on the downward flight of the dribble, recover as it returns to the dribbler’s hands
- Stay close to “home base” on the split-line – don’t get caught too deep(the deeper the helping defender, the more susceptible to screens)
- Defensive positioning about establishing 5 v 3 advantage to the defence

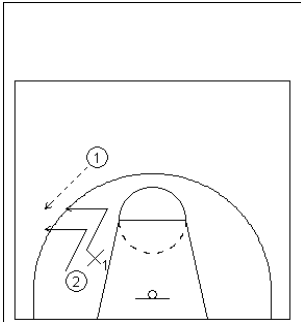
Drills for Teaching Positioning and Help/Recovery



1 v 1 jump to the ball

Notes:

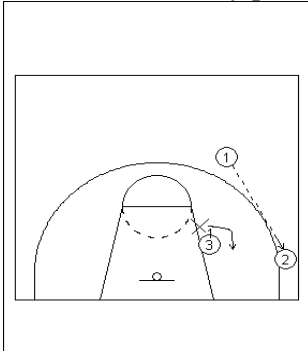
- defender pressures ball and calls “ball”
- on pass the defender jumps to the ball in up the line/on the line stance and calls “gap”
- offensive player makes basket cut
- defender stays in contest stance between ball and player they are guarding



Contest the entry pass

Notes:

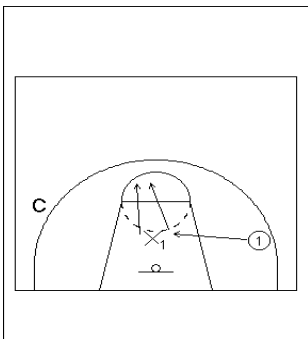
- defender takes up the line/on the line stance on offensive player
- contest pass and force offensive player to catch the ball going away
- keep ball and line in front of you
- no backdoor cut
- after offensive player catches the ball, the defender takes side stance forcing baseline and calls “ball”
- no middle



Front the post

Notes:

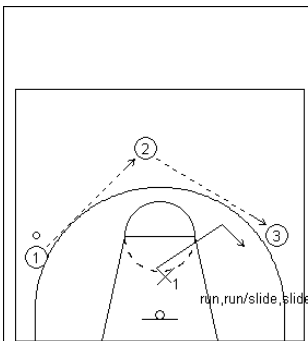
- defender takes up the line/ on the line stance on the post player
- on pass the defender steps across front of post to establish stance on other side of post player
- defender calls out “backside” when they step across to alert helpside teammates



1 v 1 Defend the flash

Notes:

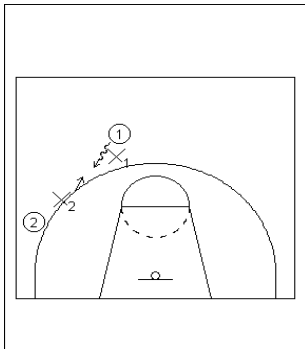
- defender has helpside stance at the ‘home spot’ on the split line and calls “help”
- as the offensive player flash cuts to the ball defender steps into on line/ up line stance to prevent lane catch
- offensive player goes out top, defender maintains stance



Recover to shooter

Notes:

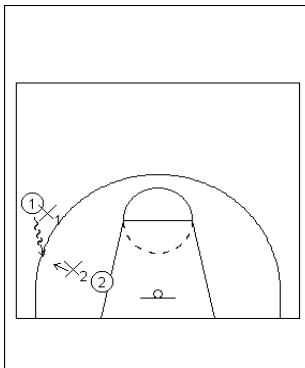
- defender goes from helpside to recovery position as ball is swung to the person they are guarding
- defender recovers with run/run slide/slide footwork and high hands to discourage shot
- once recovered the defender takes proper stance on the ball



2 v 2 "Seal gaps" G/F

Notes:

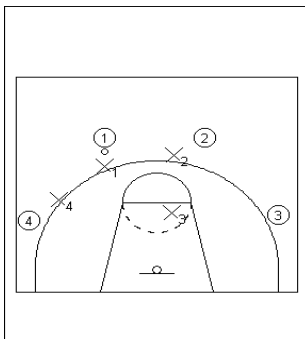
- offensive player punch dribbles the ball back and forth into the gap
- defensive player guarding the gap is in up line/on line in a closed stance 'bluffing' at the ball to seal gap and calls "gap"
- repeat and rotate



2 v 2 Help & recover F/C

Notes:

- offensive player attempts to penetrate baseline
- defensive player guarding the post 'bluffs' to the ball to discourage drive and calls "help"
- repeat and rotate



4 v 4 Defensive positioning
- Shell

Notes:

- test for all points of 1/2 court positioning
- move when the ball is in the air
- rehearsal of movements and calls of "ball, gap and help"
- maintain stance, active feet and work through the 'home spot'
- incorporate different cuts and movements of an offense

Finish –

- Play the full defensive possession
- Block-out and rebound the ball
- Scramble after loose balls
- Consistency of effort possession by possession

Summary –

- Value the defence
- Simple rules and attention to detail
- Work at the defence every training session
- Talk, talk, talk
- "Play goes to those who continue to play!"