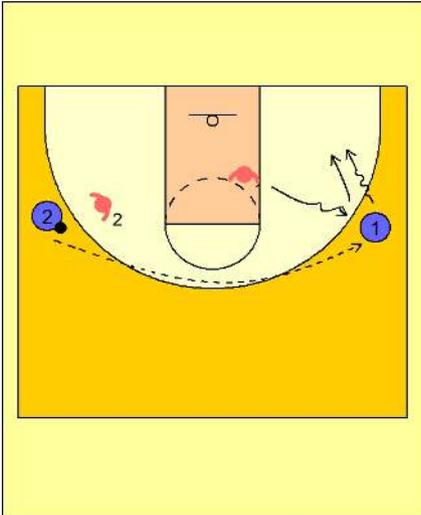




**Individual defence**

**FLY WITH THE BALL**

Procedure: Offensive players are positioned on each wing. Defensive player on high split. As pass is thrown defensive player closes out and forces handler to corner-baseline. No uncontested shot, no middle penetration, effective hand pressure. Passer becomes next defender.

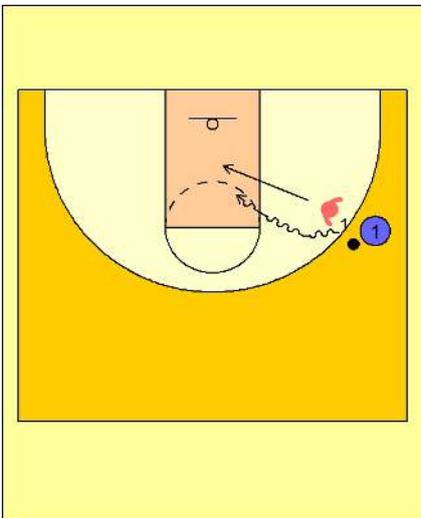


- a) If shot missed and defender rebounds play 2v2 to opposite end
- b) Same drill from guard spot
- c) Same drill wing to corner pass

**1v1**

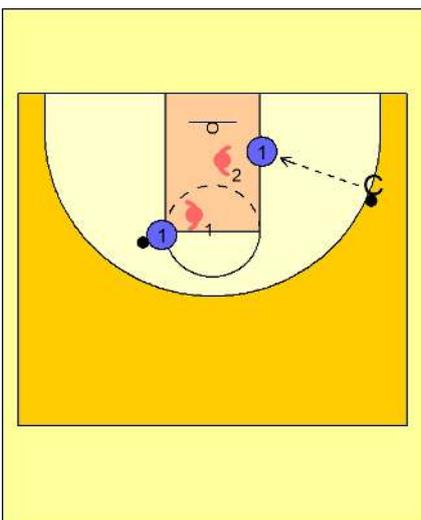
Procedure:

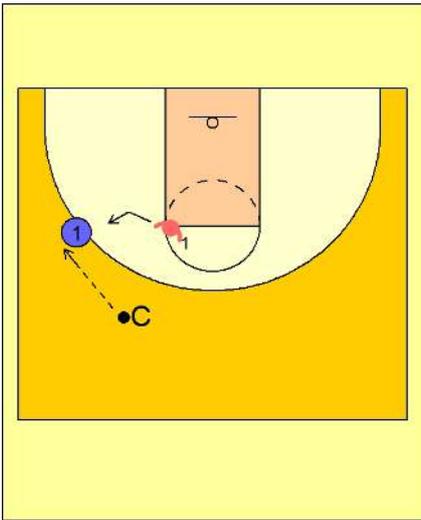
- a) Defender hands the ball to the offense outside the 3 point line, ball is now live, offense can either stand and shoot or if they put the ball to the floor they are allowed one or two dribbles and they must shoot a layup (no pull up jumpers) the rebound is live if the offense gets it or stop if the defense gets it.
- b) As above except the offensive player now must shoot a pull up jumper or a step back (no layups)



**1v1**

- c) As in 1 & 2 except now they begin from the elbow, offense can only take one dribble now, layup or jumper
  - d) Low post - offense begins with the ball, coach can pass, start in low post position, defender is behind, ball is live once the offensive player picks it up - one or two dribbles
- Note if offence can't see defnders feet play front to basket





**1v1**

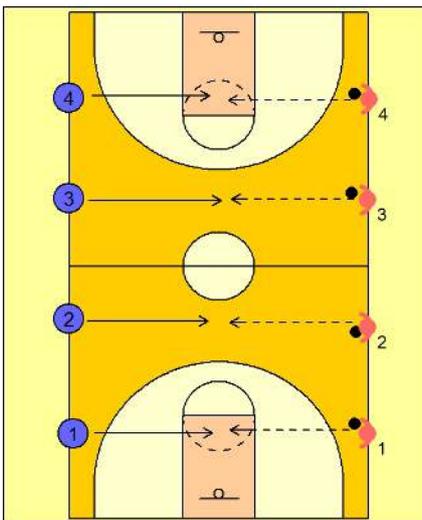
X1 starts in help stance, playing the low shoulder of the Offence in a low flat triangle(open Stance)

- O1 is allowed 2 dribbles only
- X1 has butt pointing to the opposite sideline
- to give good defensive position
- X1 straddles the "Jab Foot" of Offence
- X1 has inside hand on the ball and other hand in the passing lane
- X1 is in ready stance

Defensive Change of Stance  
On Pass - Defense Closes Out

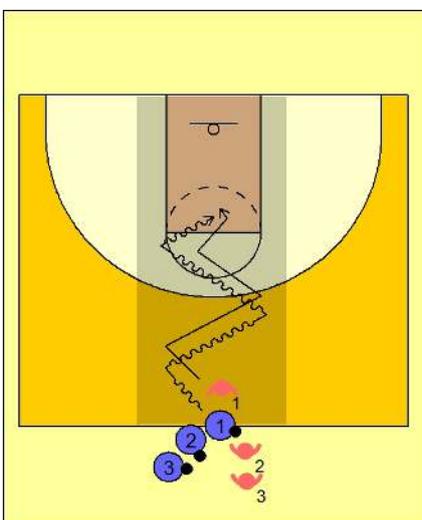
- On Receive - Defence Ready Stance
- On Dribble - Inside hand on the handler cannot cross over
- On Pick Up (dead) - "Stick"
- On Pass - Help

Defence must get nose in chest-head over ball in the "Point" Position



**DEFENSIVE FOOTWORK DRILL**

- Procedure:** Players line up on sidelines facing a partner with a ball each. Players with ball roll the ball to centre of court and sprint to close out.
- a) Close out with hands up, correct spacing
  - b) Close out, defend two hard dribbles to slide step, 'stick' dead ball
  - c) Close out, defend two hard dribbles at lead foot, swing step, stick dead ball
  - d) Close out, defend two dribbles, crossover move
  - e) Close out, defend reverse dribble move
  - f) Close out, play 1v1, look to take charge on swing step or reverse dribble move
  - g) Close out, block out

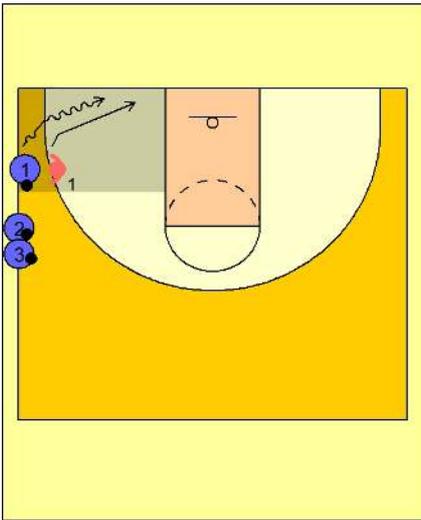


**JACOB'S CONTAINMENT DRILL**

**Procedure:** Players line up 1v1 at half court. Offensive players are restricted to playing between imaginary lines bounded by the edges of the circles. Defensive players must work on containment skills required by maintaining correct spacing. Rehearse footwork then allow full 1v1 with effective hand pressure.

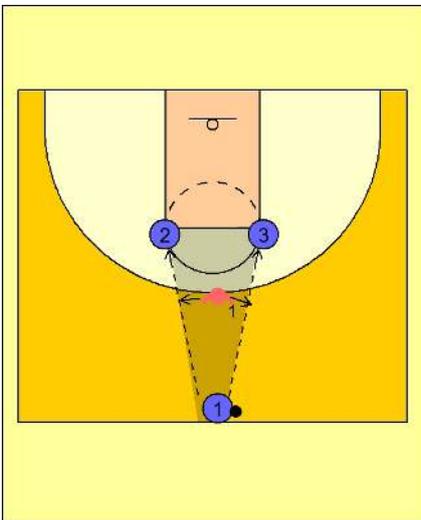


### JACOB'S CONTAINMENT



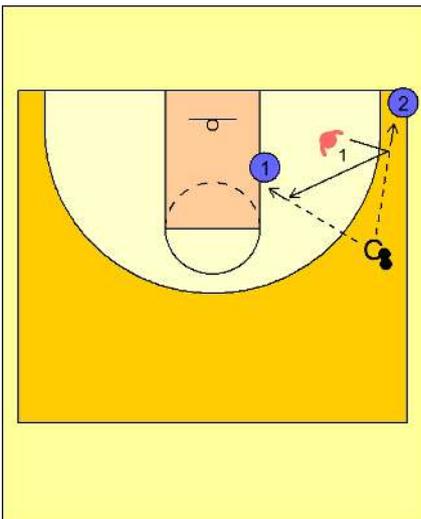
Procedure: Same as previous drill except containment area is bounded by dotted line to sideline.

### REACTION DRILLS



Procedure: Anticipation drill; O1 is in the centre circle and can pass to either O2 or O3. O1 must space appropriately to get deflections, learn to close down angles, hedge to initiate pass in the direction there want and play with hands up and ready.

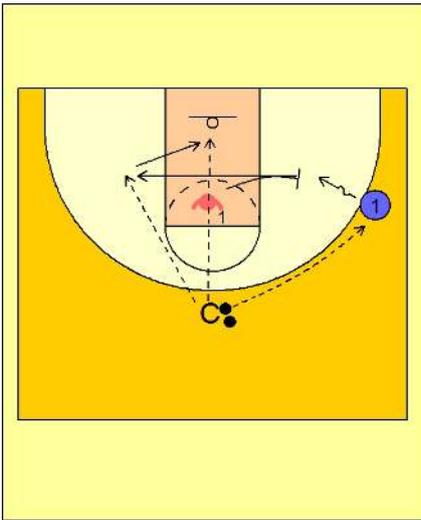
### REACTION DRILLS



Procedure: X1 is in help position 1 third-2 thirds. Coach passes to either O2 or O3. X1 must deflect pass then recover to deflect second pass.



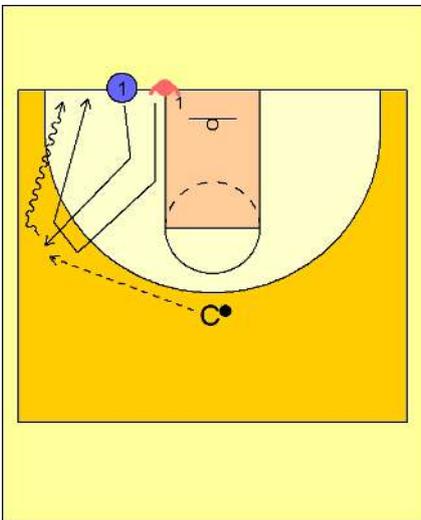
### TAKE CHARGE AND RECOVER LOOSE BALL



Procedure: O1 drives at basket, X1 slides to from high split to take charge or force retreat dribble.

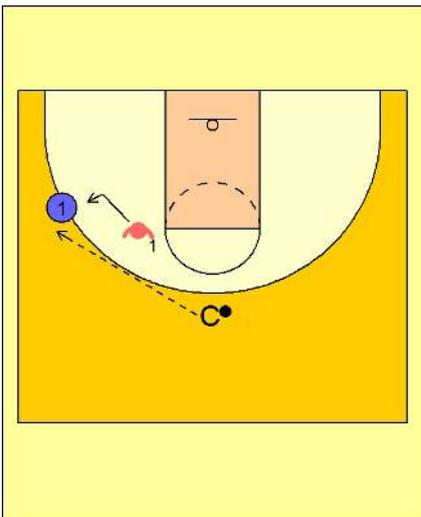
Coach immediately rolls ball to opposite wing, X1 must recover ball and pass back to coach, then receive return pass for lay up.

### DENY AND CHANNEL



Procedure: O1 breaks to elbow and leads to wing, X1 denies pass to O1. On O1 receiving ball he attempts to drive to basket, X1 contains and forces baseline-corner. No middle penetration.

### 1v1 from WING



Procedure: Coach passes to O1, X1 closes out from 1 third-2 thirds position and jumps to ball. Play 1v1 from wing forcing corner-baseline.

- a) Correct footwork
- b) Correct spacing
- c) Effective hand pressures

No uncontested shots. No middle penetration. No lay ups.

Same drill from guard spot and corner. From there top of key defender has to choose direction of channel.

Can build to 2v2, 3v3.