

Defensive Drills

A. Ball Pressure Drills

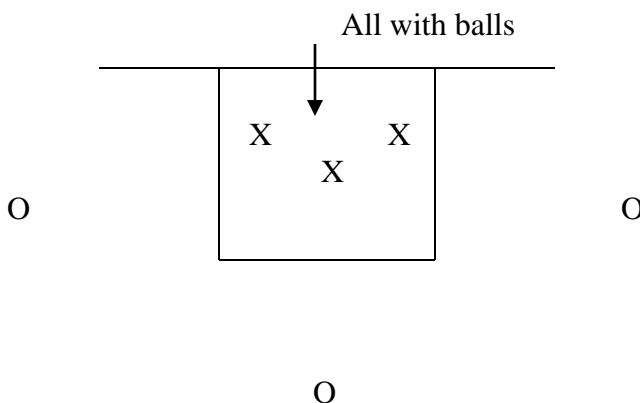
1. Mass Slide Drill

- Scatter Formation working on stance, slides, close-outs.

2. Zig Zag Drill

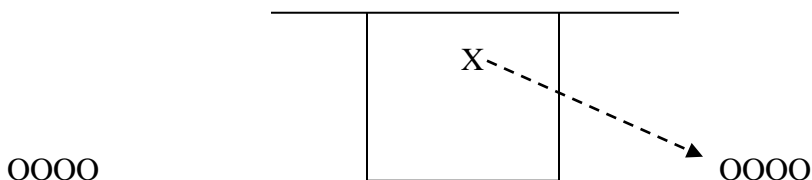
- 3 lines no offense
- Offensive dribbler and defense
 - Defenders hands behind back
 - Hands free
 - Roll the ball to offense and close-out then perform drill
 - Dead Pick-ups – Offense will pick ball up at FT line, Half court, opposite FT line and end line. Defender will get all over offense, mirror the ball and yell dead.

3. 15 second ball pressure drill



- A. On the coaches signal, roll your ball to the offense and close-out. Close-out so that you force baseline on the sides and straight up on the top. You will have 15 seconds to pressure the ball. Offense attack/retreat and cross over. On Coaches signal, pick up the ball and make dead call. Rotate defense to offense and out.

4. Wing Close-Outs into 1 on 1

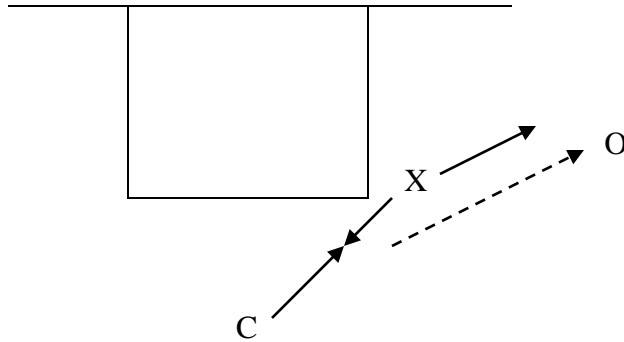


- A. Defender will roll the ball out and close-out. The defense tries to force the dribbler to the baseline.

- B. Offense and defense and live 1 on 1. Offense gets 3 dribbles to score. If the offense wins, the defender must rebound ball roll to other side. Defense is not out until they stop the offense.
- C. If defense stops the offense the offense goes to defense and rolls it to the other side.

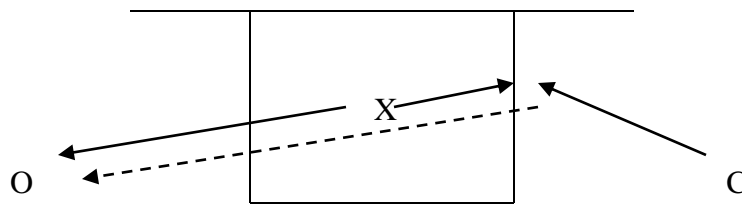
5. Help and Recover Drills

A. Point to Wing into 1 on 1



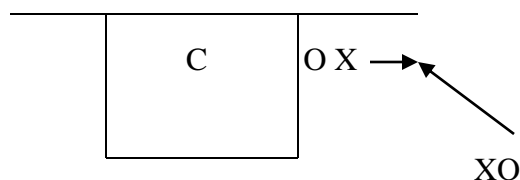
- Defender positions themselves in the dribble gap.
- Coach will dribble at them. They must help stop the dribble
- The coach will kick it to the offense. Now the defender must recover and play 1 on 1.

B. Wing to Wing (Ballside/Helpside) into 1 on 1



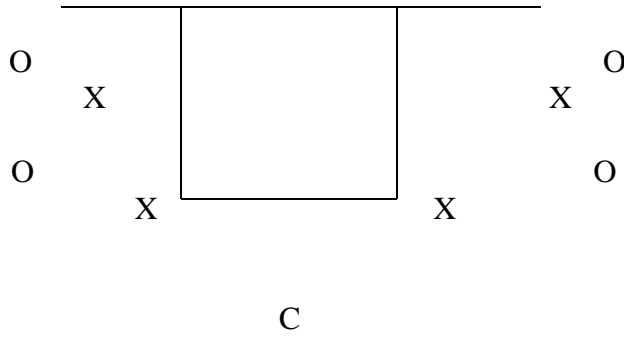
- The coach has the ball and dribbles to the basket
- The defense must help stop the ball(Help outside the lane).
- The coach will kick it to the offense
- Defense must close out and then play 1 on 1

C. Post to Wing

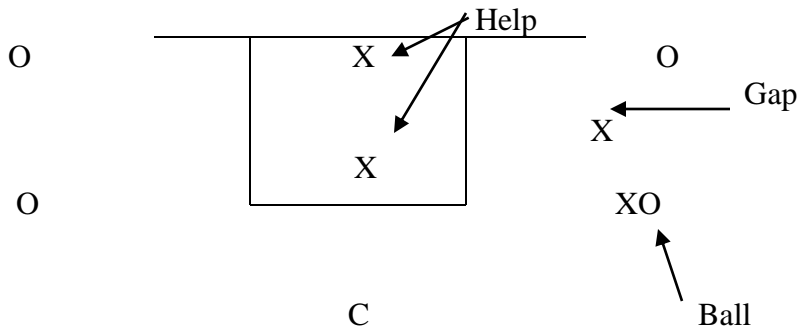


- Defender on the ball forces the offense to dribble the ball to the baseline.
- Defender fronting the post will help. Coach is their to simulate weak side help coming over.

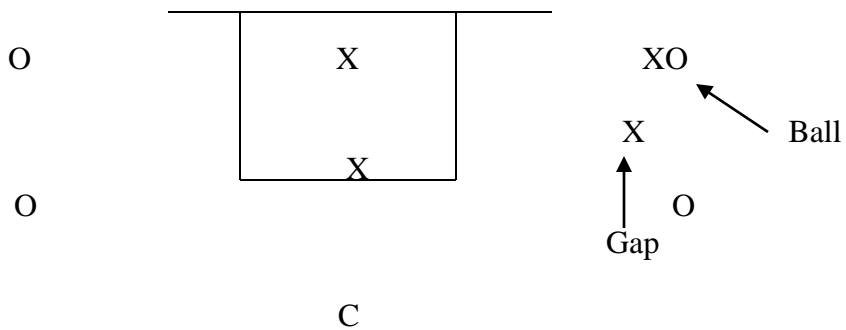
6. Shell Drill
A. 4 out Shell



- Ball on top. Everyone is in gaps



- Ball on the wing. One pass away in the dribble gap, two passes away on helpside in middle of the lane.



C. Shell Drill Progression

1. Positioning – Offense hold ball for a two count and then pass
2. Dribble attack – Offense try to dribble through a gap. Defense must help and recover. Offense do not try to score.
3. 7 passes to live. Offense can pass and cut but no screening. Defense can't steal the ball until 7 passes. Defense is working on positioning. After 7 passes it is live 4 on 4. Offense can also try to dribble attack but don't try to score until 7 passes.
4. 7 Passes to live with screening – Same as above but now we let them screen. It is not live until 7 passes.

Note: This is the shell drill(4 Out) that we do the most. We will also set it up so we have two wings and two posts. The posts need to now work on fronting.