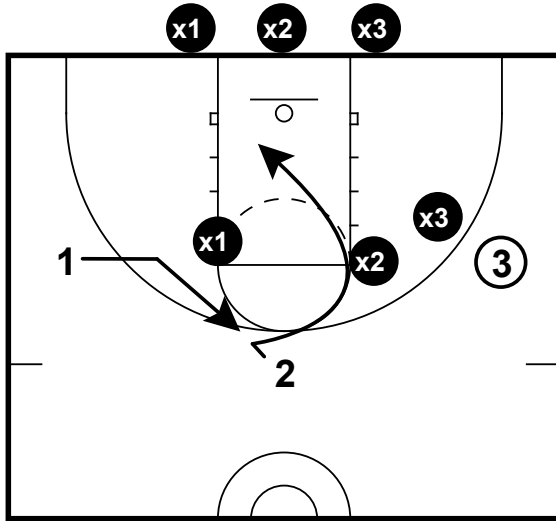


Drills

3-on-3 Shell vs Basket Cut
Defensive Drills



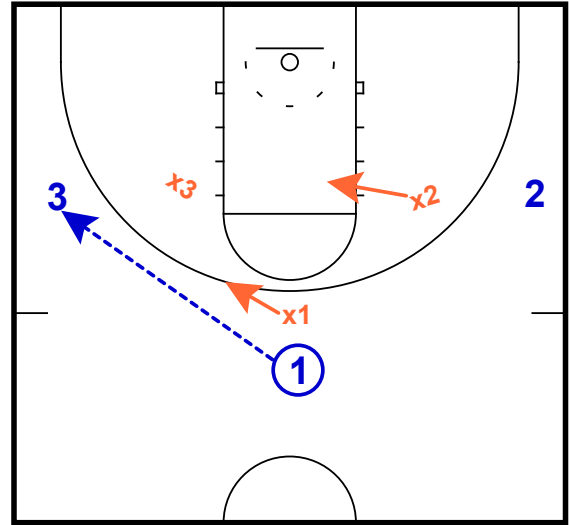
Offense basket cuts each time after passing to the wing. Emphasize:

*Talking on defense

*Jumping to the ball

*No face cuts - defense cannot let the offensive play cut between them and the ball. Must go behind them.

Screen Away 3v3
Defensive Drills

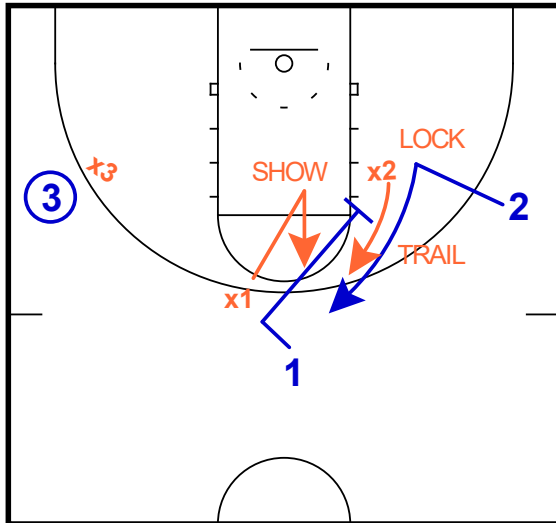


Setup: 3v3 with point wing and wing. Defense in the gaps when one pass away. Defense moves on airtime of the pass.

Offensive Rule: when you pass off the top, down screen away

1 may pass to either wing to being the drill. 1 passes to 3

Screen Away 3v3
Defensive Drills



1 down screens for 2

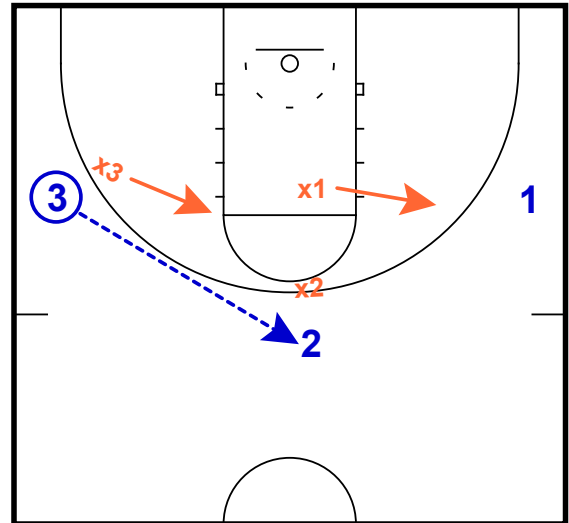
X2 - Force a "one way go" by locking into 2, you cannot let him reject and go backdoor. Get into the body of the cutter. No help responsibilities.

You cannot melt on the screen or dance at the point of the screen. Trail the screen and get back into the play to contest.

X1 - Alert X2 of the down screen. Contact show to stop the curl or catch-and-shoot if X2 is taken out by the screen.

X3 - ball pressure, no baseline

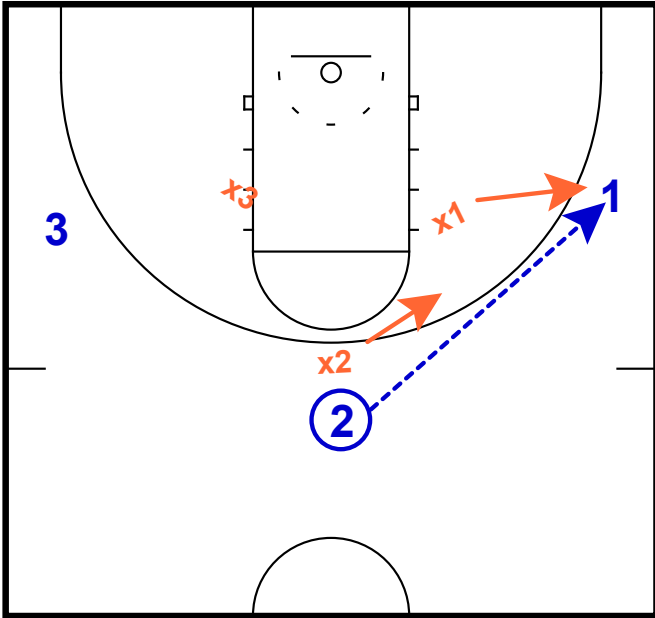
Screen Away 3v3
Defensive Drills



3 passes to 2, defense moves to position on airtime of the pass

Drills

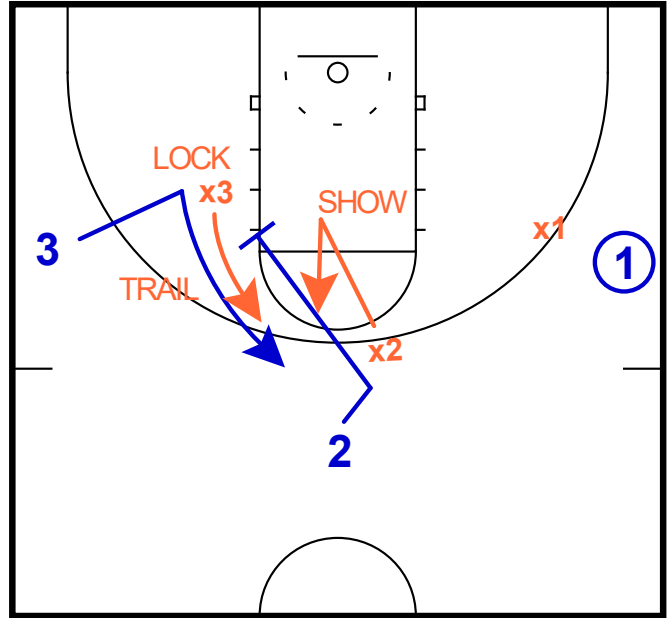
Screen Away 3v3
Defensive Drills



2 reverses to 1

Move on airtime! X2 to gap, X1 to ball, X3 to help

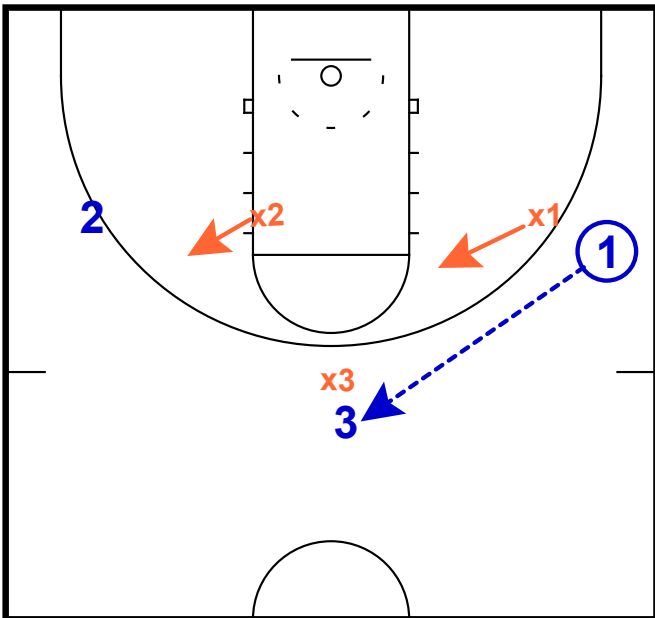
Screen Away 3v3
Defensive Drills



2 screens away for 3

Lock and trail, show and recover again.

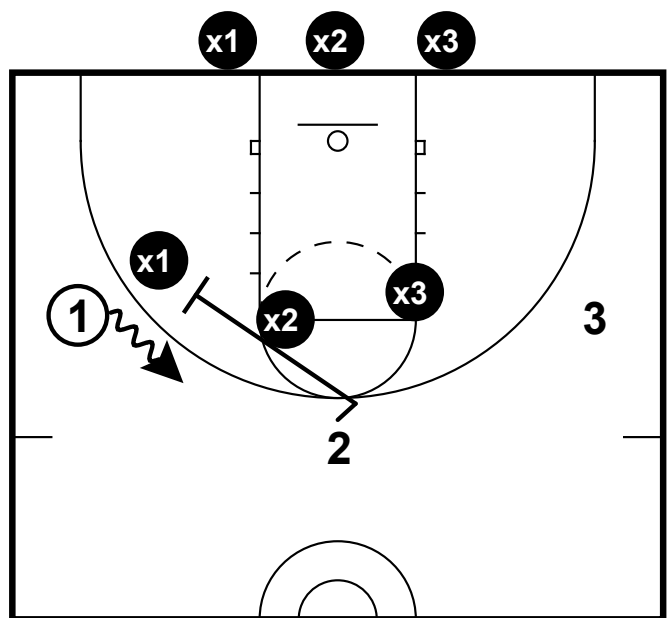
Screen Away 3v3
Defensive Drills



1 passes to 3, defense moves to position on airtime of the pass.

Follow the pass and screen away cycle until all three offensive players have been screened for them go "live" maintaining the pass and screen away offensive restriction.

3-on-3 Shell vs Ball Screen
Defensive Drills



Begin and end this drill the same as Shell vs. Pass. However, offense follows his pass to the wing and ball screens. Emphasize:

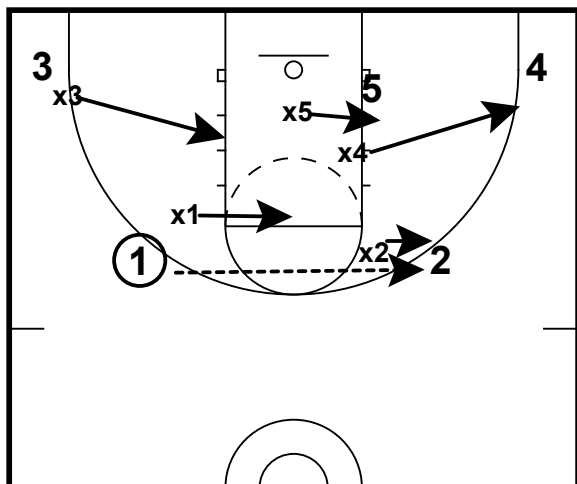
*Talking our defense

*Taking the ball into the screen

*Showing hard

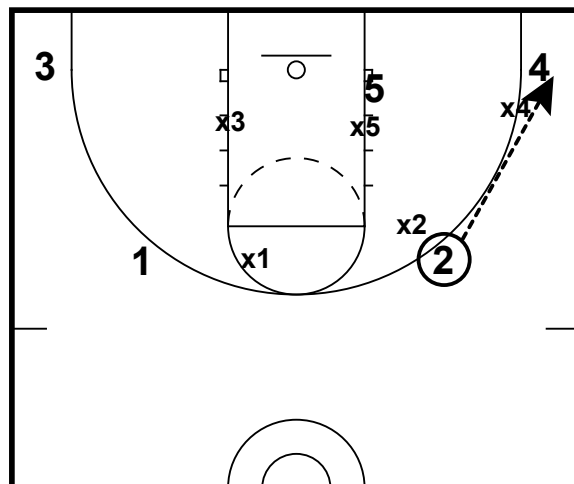
Drills

Defensive Shell Drill
Defensive Drills



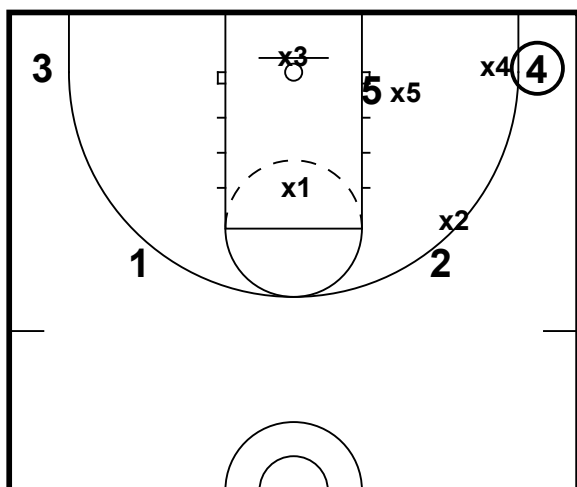
- Rules:
- No stealing until drill is "live"
 - Let the offense catch the ball until drill is "live"
 - Offense stays stationary until drill is "live"

Defensive Shell Drill
Defensive Drills



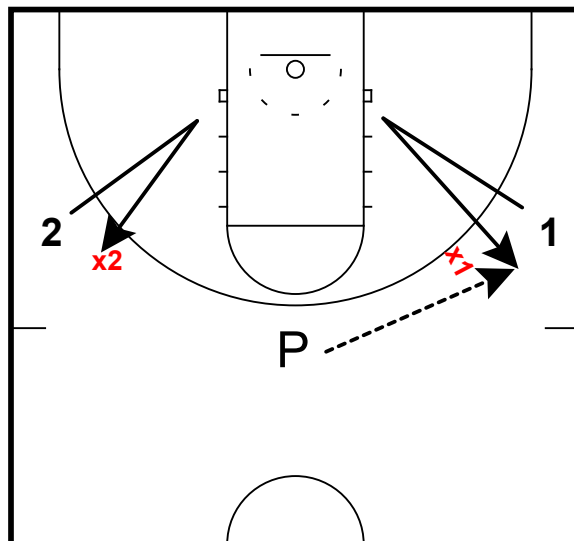
- Ball shout move around the perimeter without minimal skip passes
- Offensive players should hold the ball for 2 seconds to allow the defense to get into position
- Ensure players understand help positions based on how far away the ball is from their player
- Teach the defenders to be between ball, man, and basket. They should always be able to see both ball and man.

Defensive Shell Drill
Defensive Drills



- Once the ball has went around the perimeter a couple of times, then the coach says "live"
- At that point, the offense can move and run the offense. The defense should then practice the principles just taught:
- position
 - deny if one pass away
 - jump to the ball with every pass

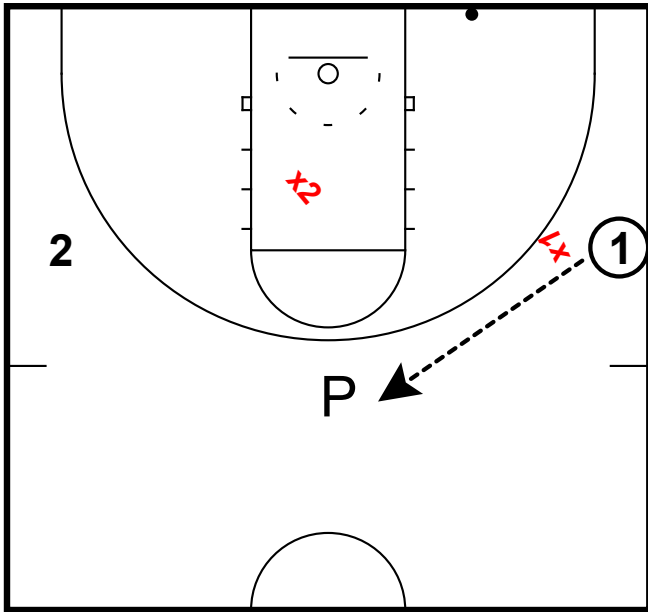
Wing Deny-Close Outs
Defensive Drills



- Drill begins with a passer at top of circle with the ball and offensive players (1&2) on the wings
- X1 and X2 are in deny stance with butt to the ball, chin on their shoulder, hand and foot in the passing lane, palm away and thumb down
- 1 and 2 v-cut to get open - as cutter gets closer to the rim defender moves closer to cutter, as cutter gets further from the rim defender moves closer to the ball.
- Deny out and make cutter receive the pass going away from the basket with back to the rim

Drills

Wing Deny-Close Outs
Defensive Drills



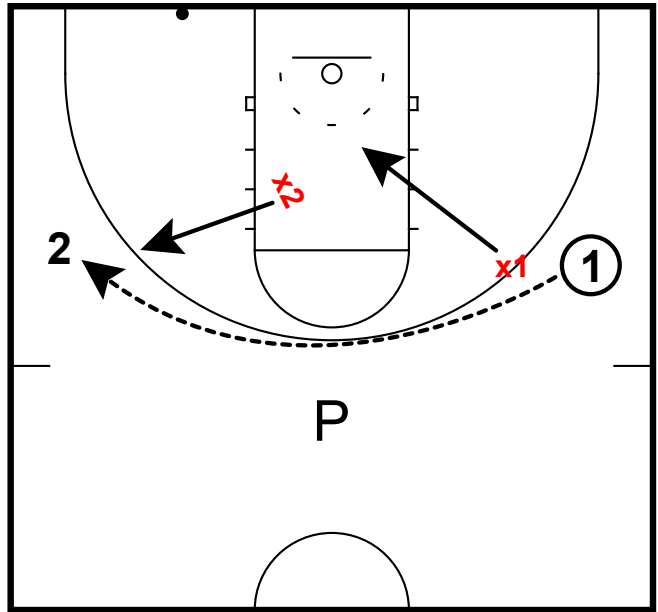
Pass it made to 1

X1 in on-the-ball stance has high foot up not allowing the middle drive.

X2 moves to midline, but NOT in an open "pistols" stance. Stay in deny stance with chin on shoulder

X1 influences man to the baseline checkpoint (dot in diagram)

Wing Deny-Close Outs
Defensive Drills

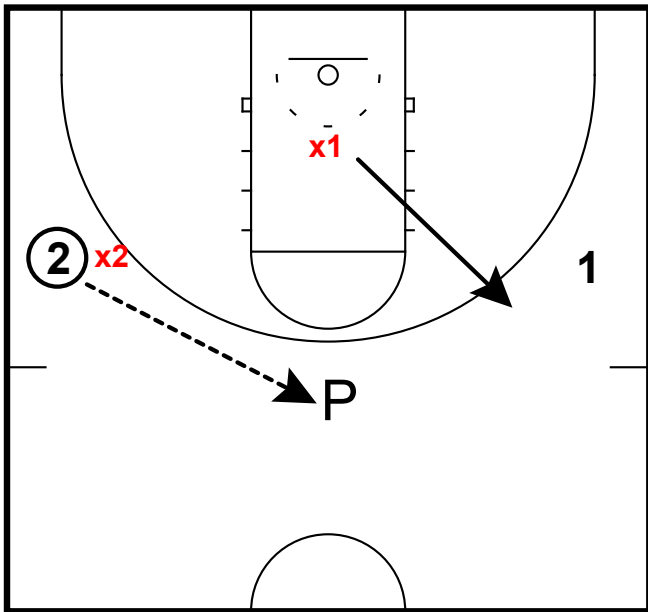


1 may pass back to Passer or skip pass to 2 (shown)

X2 executes a close out on 2 and forces to the baseline checkpoint (dot in diagram). Cannot give up a three point shot!

X1 sprints to help on the flight of the pass

Wing Deny-Close Outs
Defensive Drills

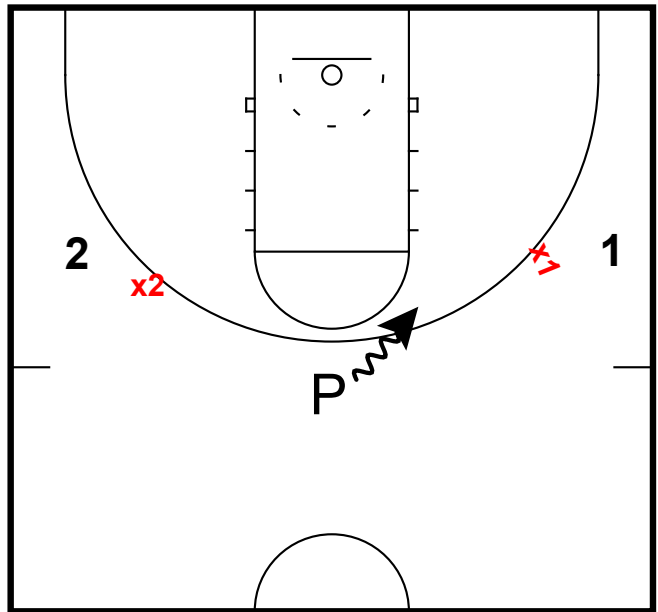


2 can skip pass to 1 or pass to passer (shown)

X1 gets out quickly to deny quick reversal

When passer has the ball both defenders are denying their man and offensive players are v-cutting to uncover

Wing Deny-Close Outs
Defensive Drills



Drill Advancement

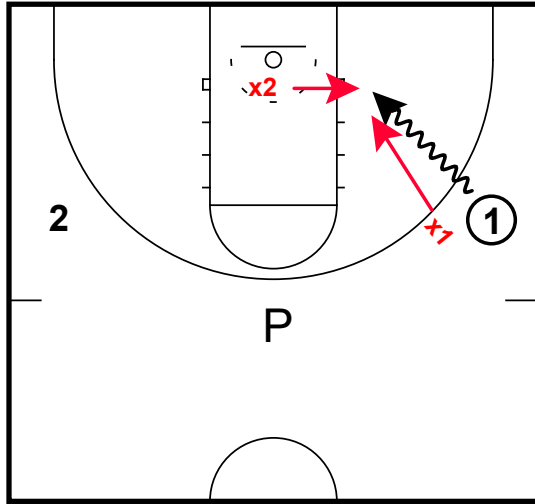
Passer dribbles as if penetrating

X1 DOES NOT open up and lose sight of his man to seal the drive! Instead he stays in deny stance and "plugs the drive with his butt."

Teaching tip: Plug with your butt!

Drills

Wing Deny-Close Outs
Defensive Drills



Drill Advancement

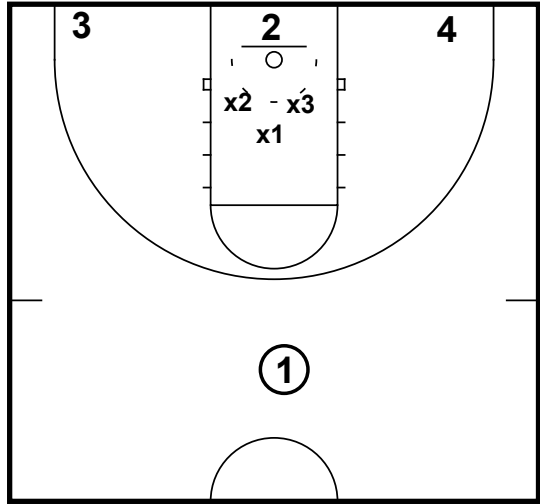
1 attacks the baseline

X2 (lowest guard) helps seal the baseline drive at the checkpoint

1 passes out to Passer or 2 and players recover accordingly

Finish the drill with Passer taking a shot. 1 and 2 crash and defenders must block out

4 vs 3 No Threes
Defensive Drills

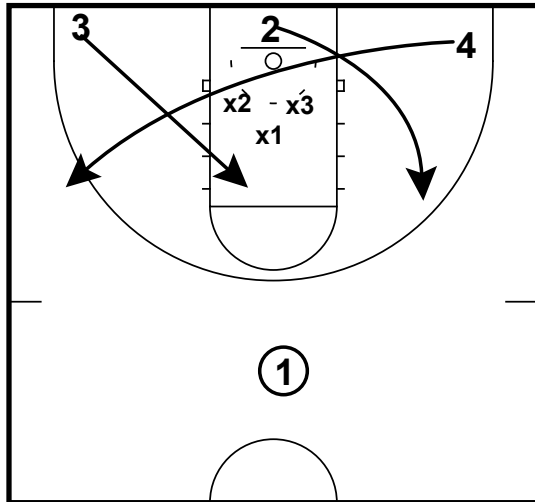


Starting Position for the drill

Four offensive players and three defenders

Option--change starting positions for offensive or defensive players before starting drill

4 vs 3 No Threes
Defensive Drills

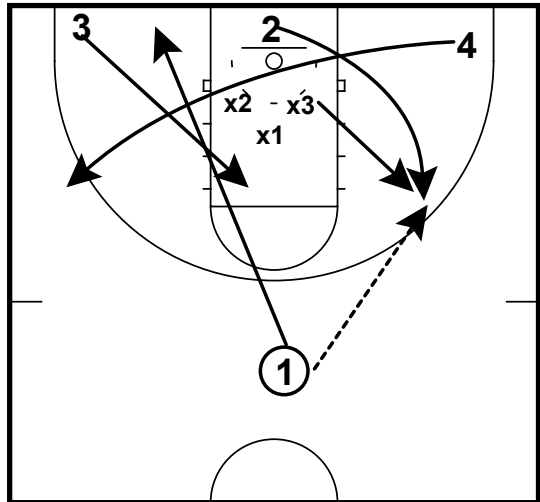


Offensive players can cut into any area on floor.

DEFENSIVE RULE:

1. Must be there on the catch by offense
2. Ball pressure at all times
3. Communication entire possession
4. Two non-on ball defenders protect basket and lay ups
5. Secure rebound with two hands

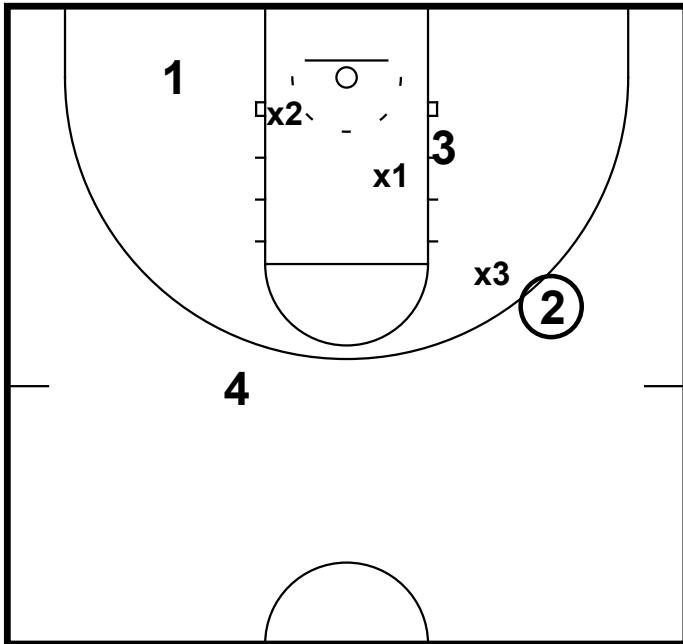
4 vs 3 No Threes
Defensive Drills



1 enters ball to 2 and cuts through the lane as other two offensive players move also

Drills

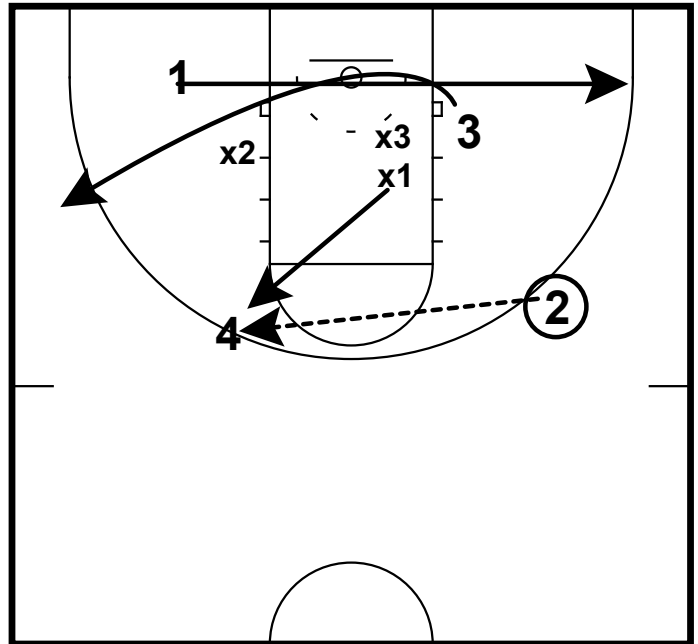
4 vs 3 No Threes
Defensive Drills



X3 rotates to 2 and is there on the catch. X2 and X1 adjust their positions according to players and basket.

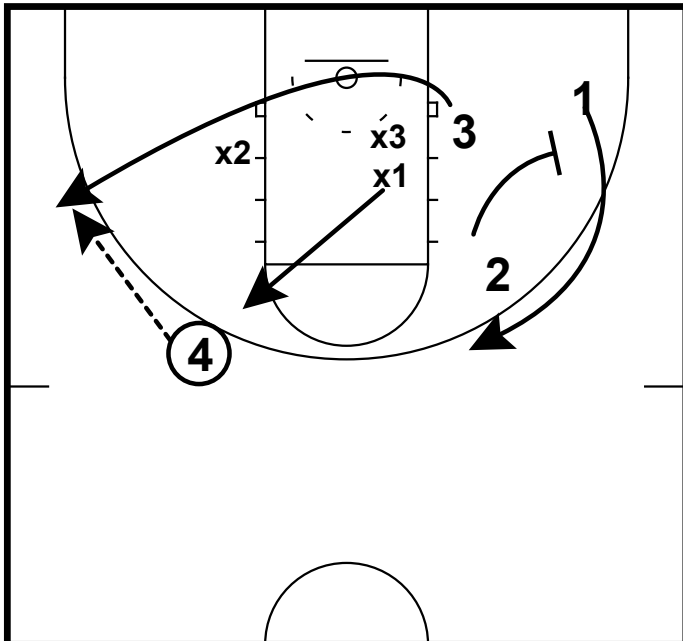
It is KEY that X2 and X1 ANTICIPATE the next pass. The closest player has to sprint and close out to 4 and be there on the catch to take away the open 3.

4 vs 3 No Threes
Defensive Drills



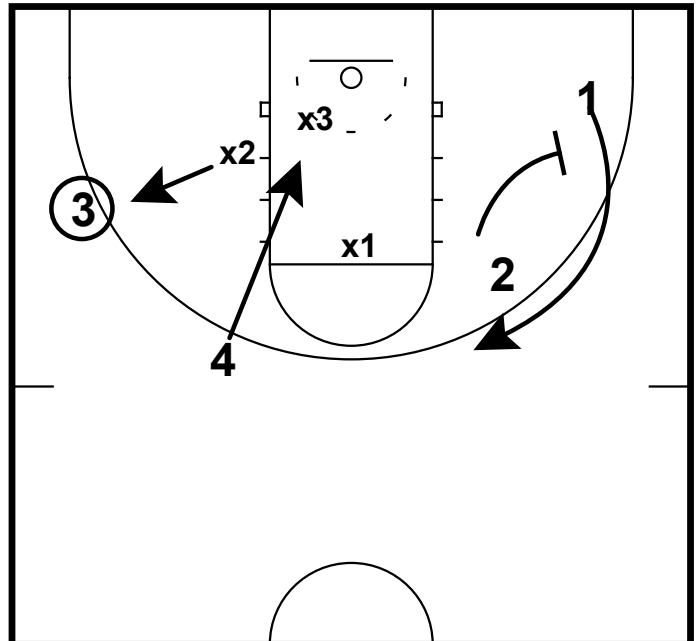
X1 takes ball and X2 and X3 adjust to offensive spacing and basket.

4 vs 3 No Threes
Defensive Drills



X2 anticipates pass to 3 and is there on the catch. X3 and X1 adjust.

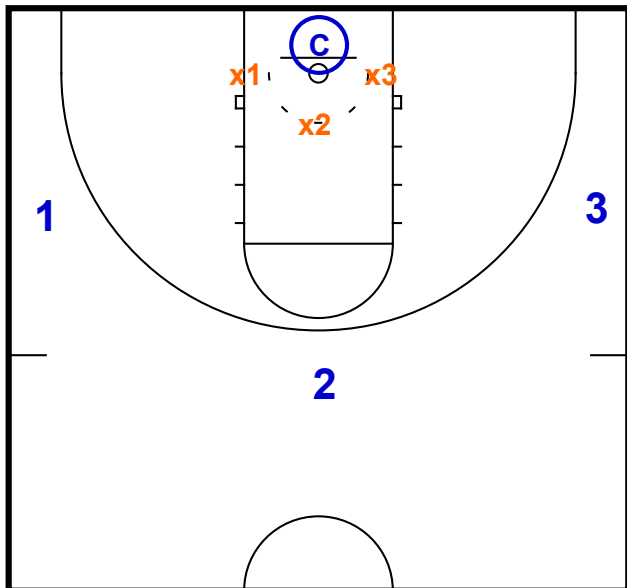
4 vs 3 No Threes
Defensive Drills



Every pass demands communication, sprinting to close out, being there on the catch, and proper defensive floor positioning to take away the basket.

Drills

3v3 On-To-Off
Defensive Drills

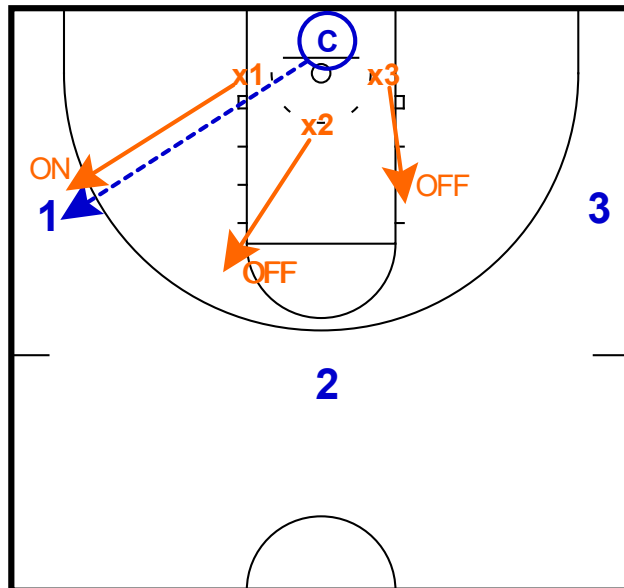


Setup: Coach with ball under the basket. Coach may pass to any of the three players to begin the drill.

Offense is arranged top side side

Defense arranged tightly in the paint

3v3 On-To-Off
Defensive Drills



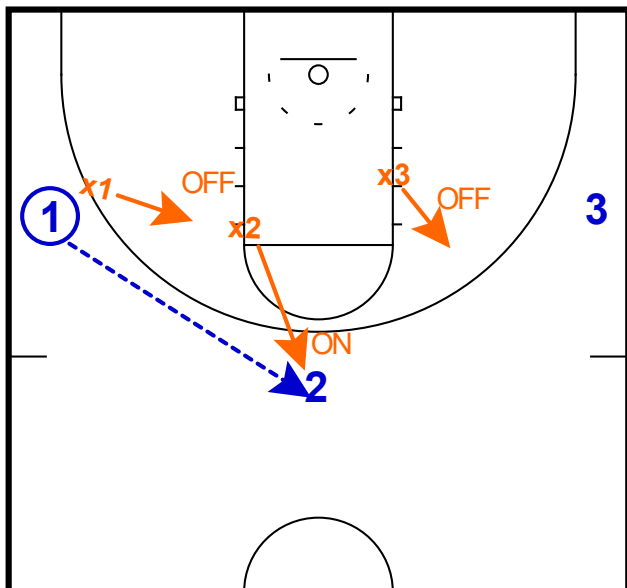
Coach passes to 1

X1 close out to the ball, no baseline! X1 is in "ON" position.

X2 sprint to gap ("OFF")

X3 sprint to help ("OFF" in help)

3v3 On-To-Off
Defensive Drills

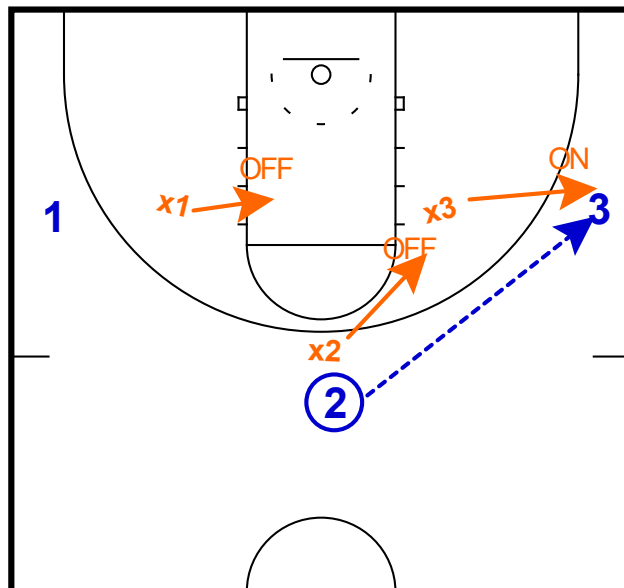


All three offensive players must touch the ball once, then it is live.

1 passes to 2. X2 moves to ON. X1 moves to OFF in the gap. X3 moves to OFF in the gap.

All players move on airtime of the pass!

3v3 On-To-Off
Defensive Drills



2 passes to 3.

X3 moves to ON

X2 moves to OFF in the gap

X1 moves to OFF in help

All three players have touched ball now it's live.