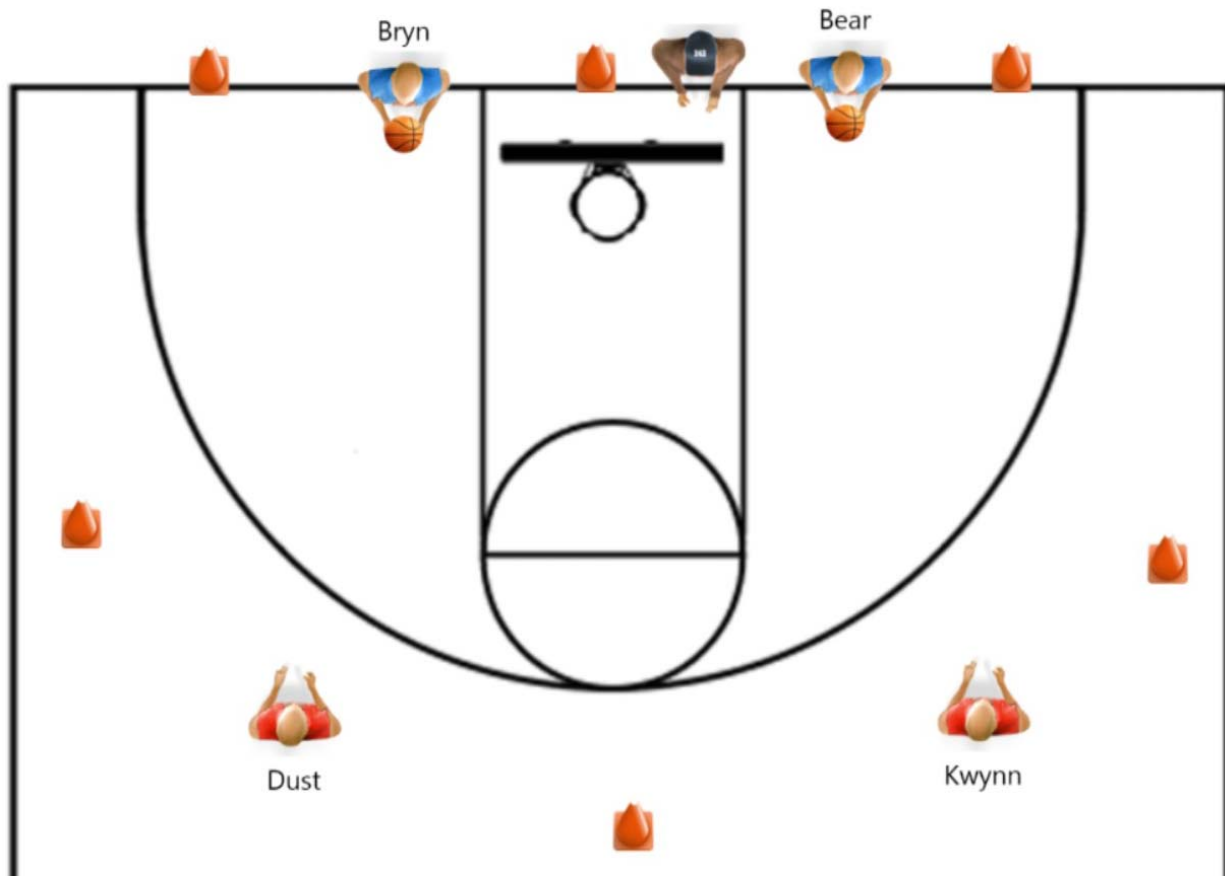
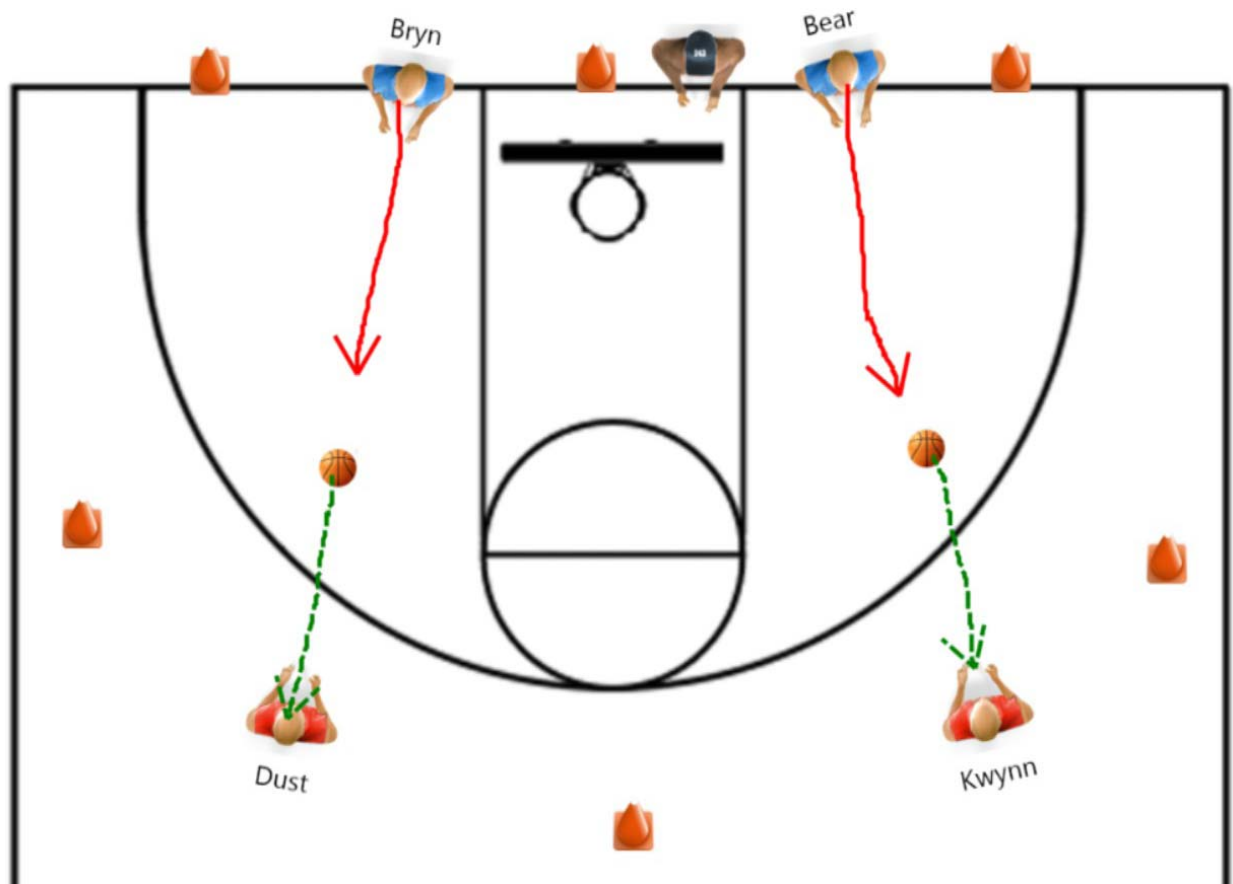


5 Spot Defense



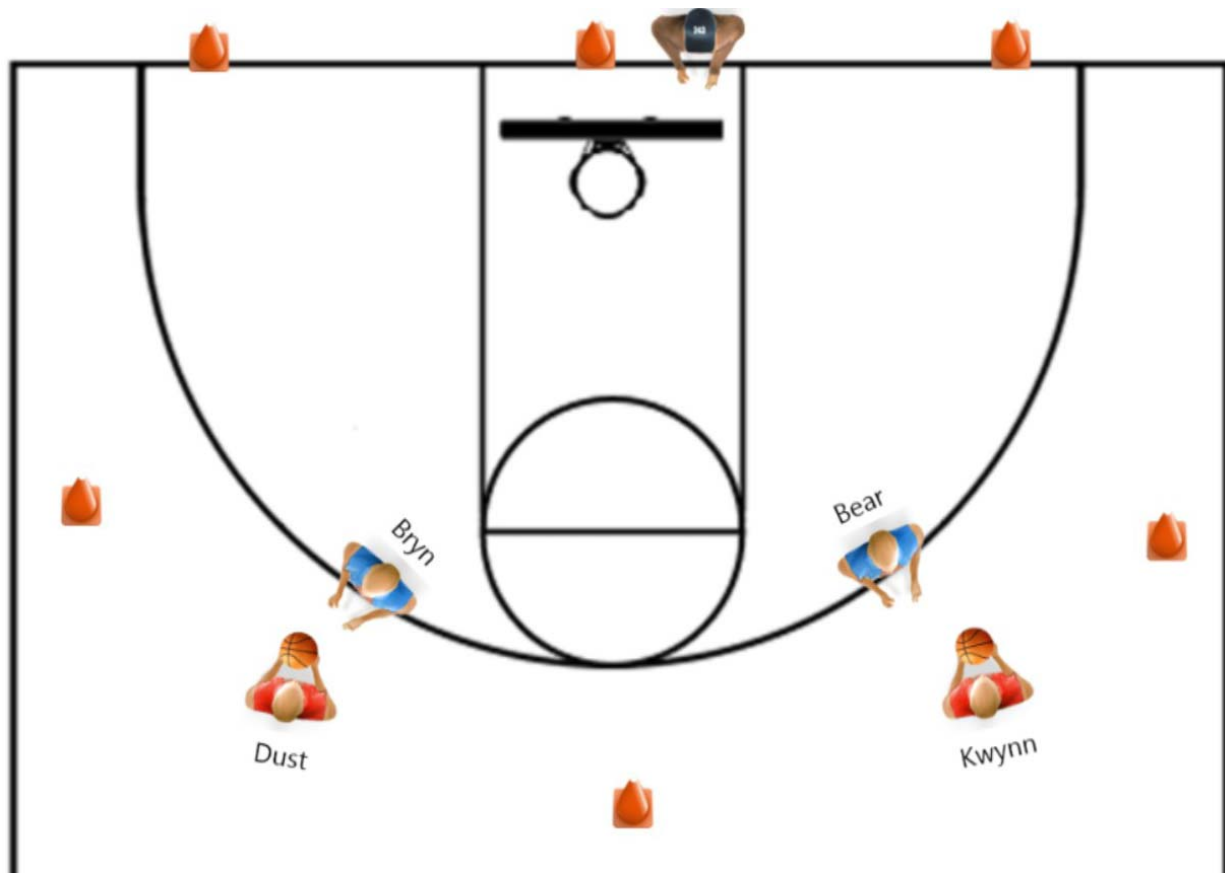
This is one of my favourite drills defensive drills. When I first starting using it I only had 10 players so that is why I named it 5 Spot Defense, obviously you can use this with 2, 3, 4 or 6 groups. I am only showing 2 groups but I have added pylons where the other groups would be. The first time you teach this drill it does take some time, however in future practices this drill goes much faster as the players know what to expect.

Set the players up into groups of 2 one of them on the baseline with a ball the other member of the group out past the 3 point line. Don't allow a group to set up too close to the baseline. Make sure all players know this is a defensive positioning drill. Tell the offense (Dust and Kwynn) that they must drive the direction you tell them to go and they must get into the key before they can shoot. Tell the defense they can't steal the dribble, they must work on keeping good defense position and beating the offense to where they are trying to go. Then tell the defense they can't try to block the shot they can only contest the shot then block out.



For the first set tell the offensive players they can only drive to the left. Remind the defense, you now know which way the offense is going, you know where they are going, so just work on beating them to the spot.

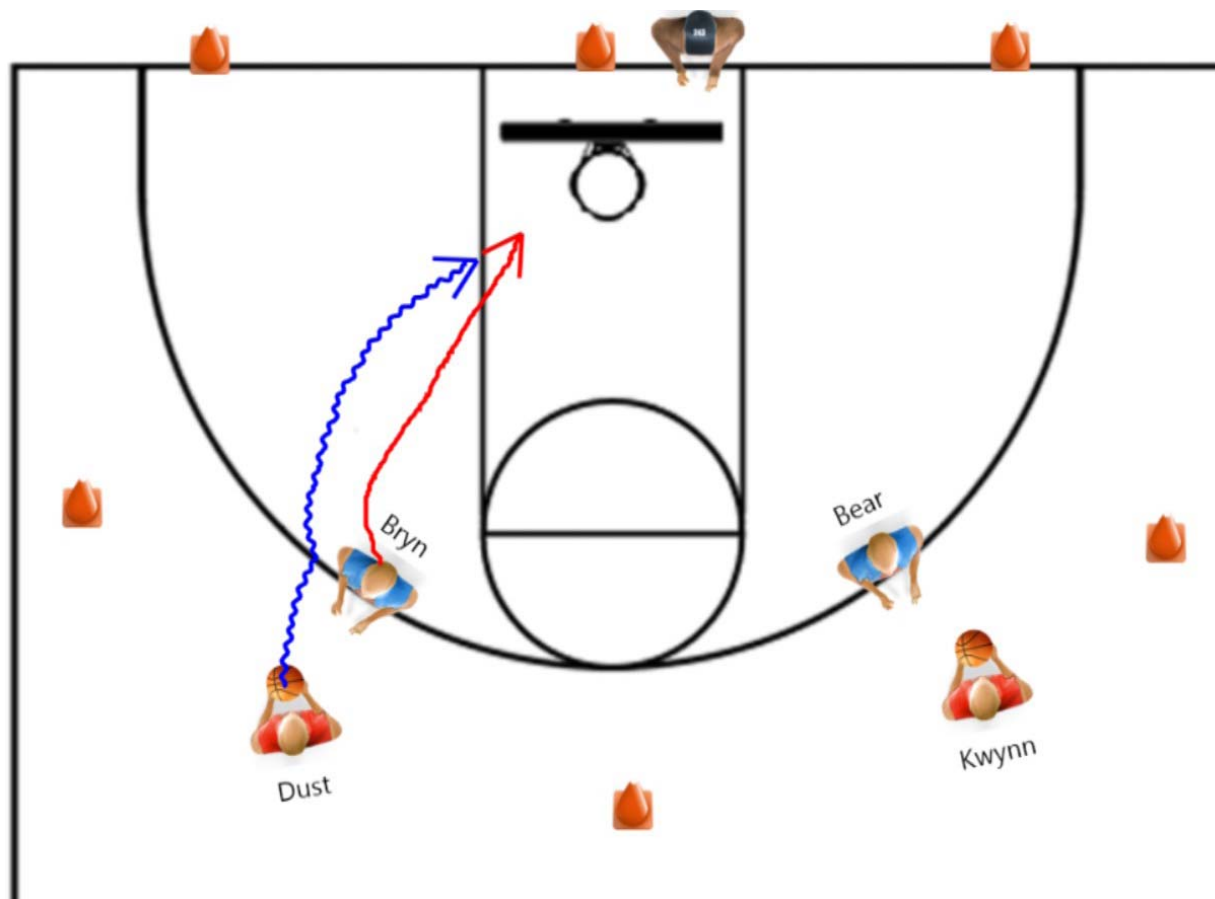
We start with the defense (Bryn & Bear) passing out to the offensive players (Dust & Kwynn). Then they run out to “D” up on them, breaking down into a good defensive stance (like sitting on the edge of a chair) with good spacing (1 full arms width away from the offense). Once they get there they must yell out, “I Got Ball”. For newer players I have them “D” up further away then 1 arms width. As they improve I move them closer.



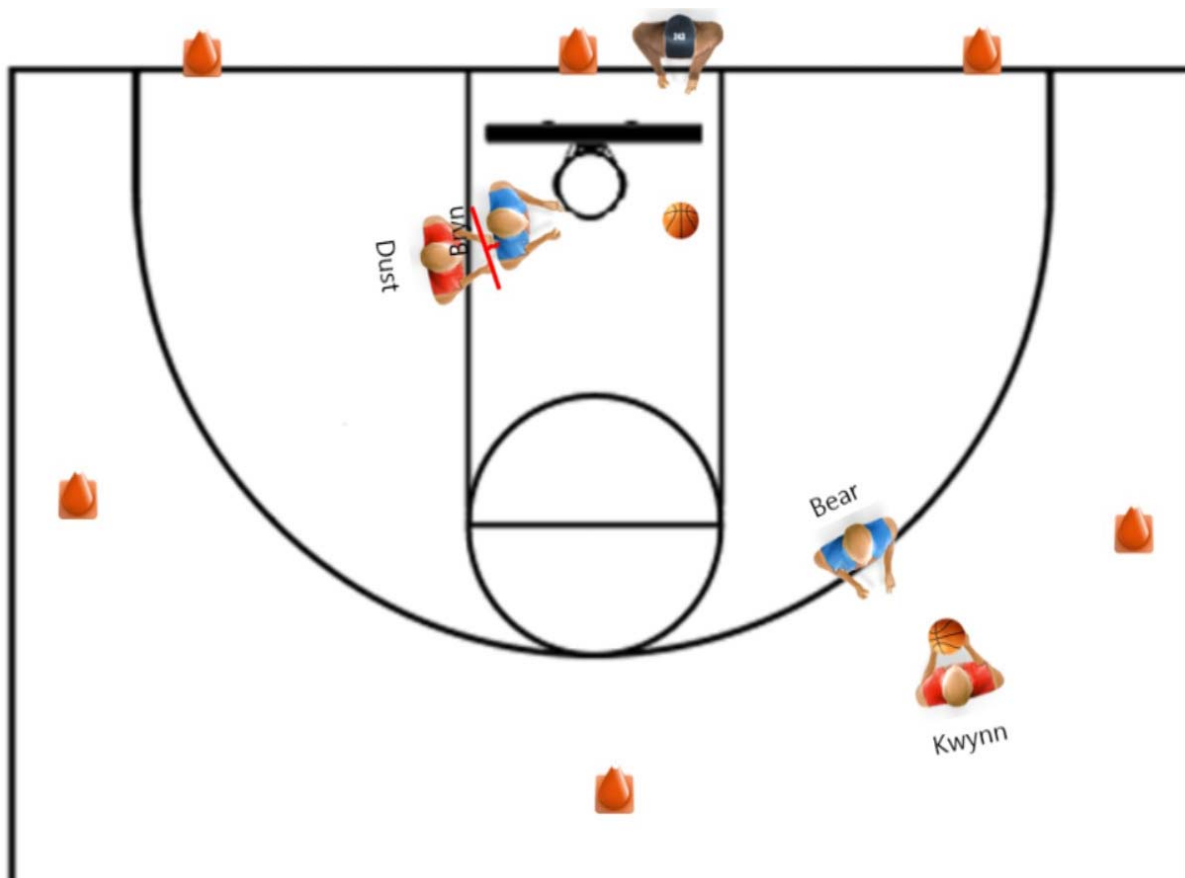
Tell the offensive players (Dust & Kwynn) not to dribble until you point at them. When you point at them they are to drive (this time to the left). Make sure all defensive players are in a good defensive position with good spacing, correct those that are not. Make sure that the defensive players are mirroring the ball, have the offensive player rotate the ball from side to side.

Coaching point:

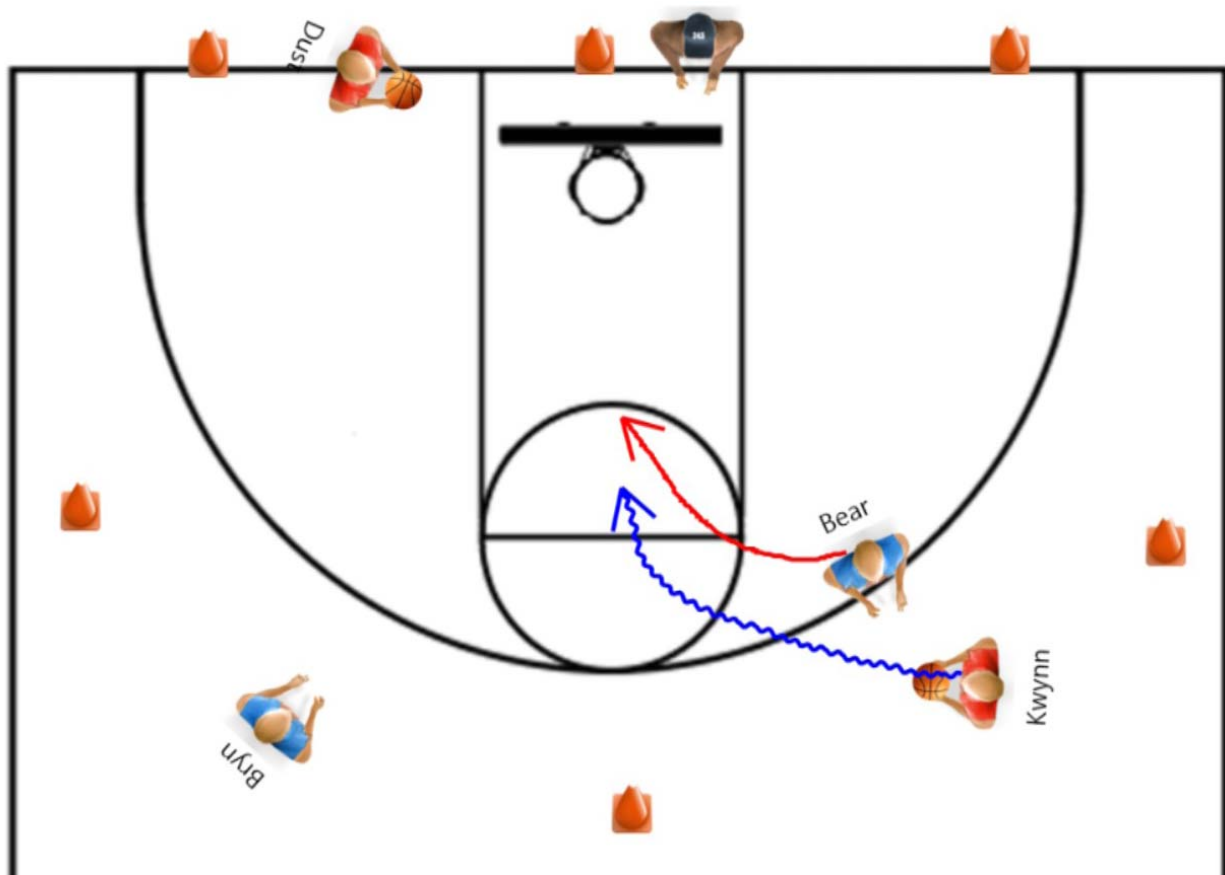
Watch that the defense is watching the belly and not the offensive player's eyes.



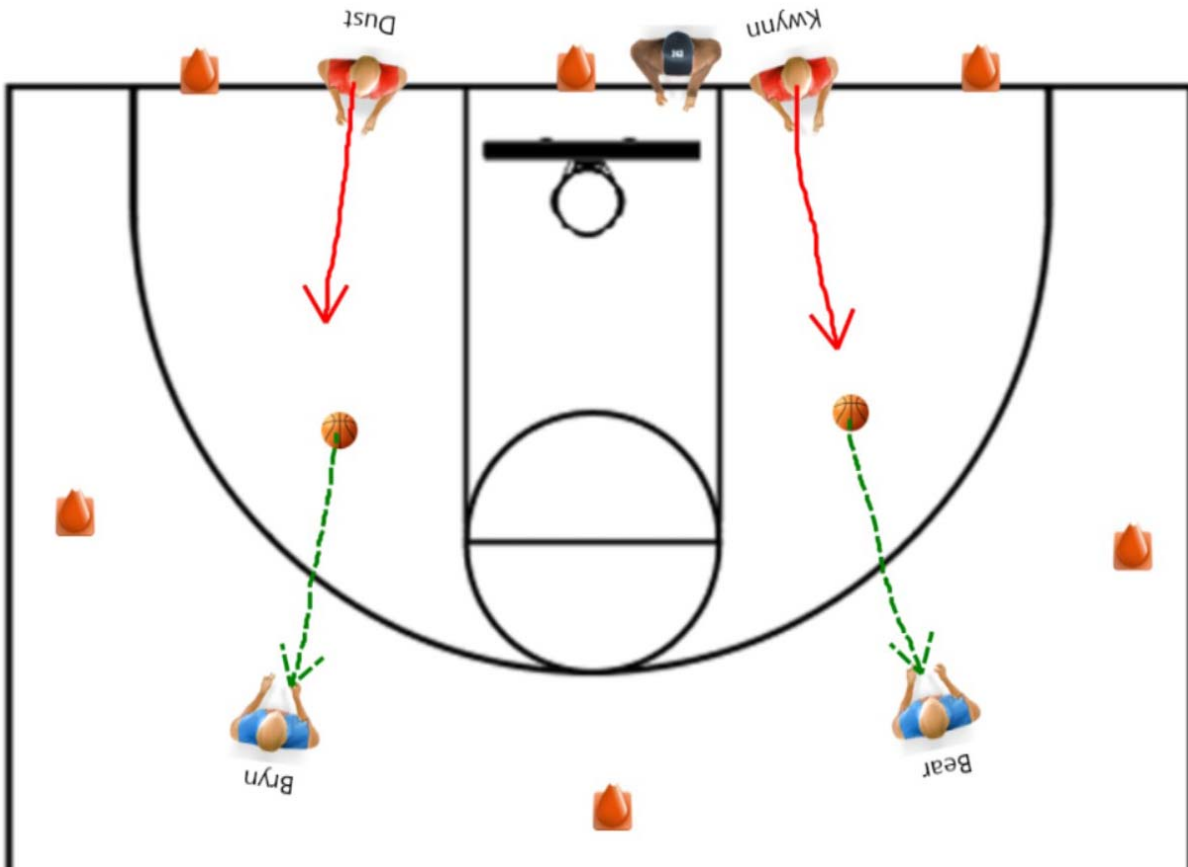
Here we show that the coach pointed at Dust first. Dust must drive to the left and get into the key before he can shoot. Bryn must work hard keeping good defensive positioning and beating Dust to where he is trying to go. He can't steal the dribble. When Dust shoots Bryn can't try to block the shot he must contest and be ready to block out. Remember this drill is to work on positioning and blocking out.



As soon as Dust puts the shot up Bryn must yell out "Shot". Then he must block out Dust until the ball hits the ground, even if the shot is scored. Coaches if we don't force players to block out in practice they will never do it in a game.



Next you see that the coach points at Kwynn. Kwynn must drive to the left while Bear works hard keeping good defensive positioning and beat Kwynn to the spot he is trying to get to. Contesting and blocking out. The coach would keep pointing at each group (represented by pylons here) 1 at a time. Don't point at a group if the defensive player is not in a good defensive stance, correct the problem then continue.



Now you see the players switch positions and the drill continues. Make sure both groups have to defend a drive to the left. Then you run it again with both groups but the offense must drive to the right. For the 3rd set tell everyone that the offensive players when pointed at by the coach can drive to the right or the left.

Coaching Point:

Force the players to talk, they must yell out "I Got Ball", "Dead", "Shot". Then the players must block out until the ball hits the ground. If you find the players keep forgetting I find that a set of suicide sprints helps to improve that memory.