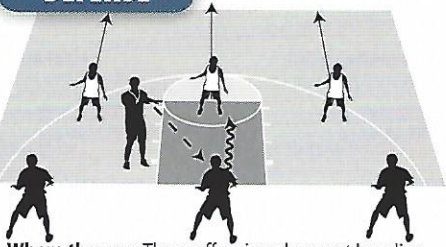


CATCH-UP DRILL

Getting back on defense, stopping ball **G/T**

DEFENSE



Where they go: Three offensive players at baseline, each with defender 15 feet away. Coach in middle with ball.

• Coach passes to any offensive player. Offense then advances ball up floor as fast as possible, trying to score. Defense must get back, stop ball, and match up with offense. After basket or defensive stop, 3 new offensive players step out, offense goes to defense.

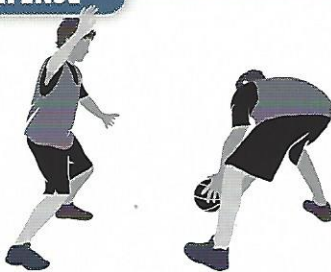
Key point: Defenders should sprint back and, after crossing mid-court, turn and backpedal while pointing toward their man and communicating with each other.

Make it a game: Defensive player matched up with player who catches ball from coach must first sprint to baseline, then catch up.

CLOSE OUT AND CONTAIN

Attacking the offensive player, rebounding **G/T**

DEFENSE



Where they go: Defender starts in lane. Offensive player on wing, behind 3-point line.

• Defender rolls ball to offensive player and sprints out to "close out" and guard. First time through, offense stays stationary. Next time through, offense dribbles twice to right or left.

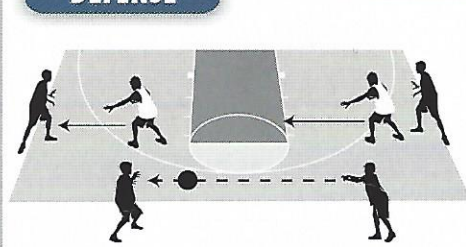
Key point: Defender should have inside foot and hand nearest opponent so as to force him away from basket, to baseline.

Make it a game: After completing stationary and 2-dribble sequence, offensive player can try to score. Made basket = Offensive player wins. Rebound = Defender wins.

DENY TO HELP SIDE

Denying ball and sliding to help side **G/T**

DEFENSE



Where they go: Two passers behind 3-point arc, one on right, other on left. One offensive player on each wing, with a defender.

• Passers move ball back and forth. When ball is on left side, defender responsible for left wing tries to deny pass in. Other defender slides over near middle of lane (help side). Passers move ball to right side, right defender denies pass and other defender slides to help side.

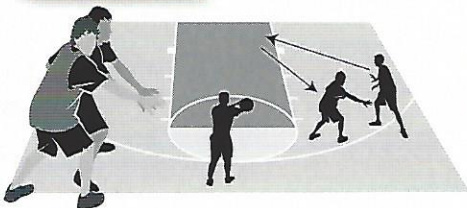
Key point: Passers move ball back and forth several times.

Make it a game: Finally, ball is passed in and players go 2 on 2 until made basket or defensive rebound.

DENY THE BALL

Defensive footwork, rebounding **G/T**

DEFENSE



Where they go: Coach or player at top of 3-point line. Offensive player starts on wing, guarded by defender.

• Defender has near hand and foot in passing lane between coach and offensive player, denying pass. Offensive player cuts to basket and back, trying to get open.

Key point: Defender stays in stance, arm's length away.

Make it a game: If offensive player catches pass, 5 seconds to shoot. Players battle for rebound. Offensive player scores = moves to defense against new opponent. Defender gets rebound = stays in at defense with new opponent. See who stays at defense most consecutive.

DEFENSIVE BOARDS

Rebounding and blocking out **G/T**

DEFENSE



Where they go: Offensive player away from basket. Defender nearer to basket. Coach shooting from foul line. Both go for rebound after shot.

Key point 1: Defender should step towards basket to see which way opponent plans to cut. Pivot into offensive player, knees bent, hands up, using rear-end, back and shoulders to block player from going to ball.

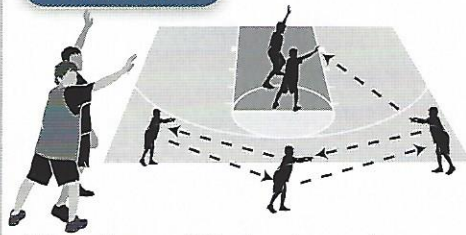
Key point 2: Defenders should make contact, then release and go to ball. Drill can be done with 1 on 1 up to 5 on 5.

Make it a game: Defense gets one point for each rebound, loses point for each offensive rebound. Switch offense to defense after each shot. Play to 5.

POST DEFENSE

Defense down low, rebounding **G/T**

DEFENSE



Where they go: Offensive player and defender in lane, in front of basket. Three passers at top of key and on wings.

• Offensive player cuts from block to block trying to get open. Passers move ball around perimeter trying to pass it in.

• Defender stays between man and ball with near hand and foot in passing lane, denying the pass.

Key point: Defender should be body-to-body with offensive player (above).

Make it a game: If pass completed, offensive player tries to score. Both go for rebound. Score = defender stays in. Deny pass or get rebound, new defender comes in.