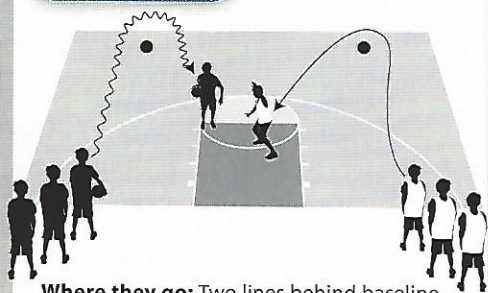


# RACE TO DEFEND

Beating the player to a spot

G/T

## DEFENSE



**Where they go:** Two lines behind baseline. One team is offense, other is defense. Cone or ball for each team behind 3-point line.

- Offensive player dribbles around his ball and towards basket. Defender sprints around his ball and gets in defensive position to guard.

**Key point:** Defenders should learn to anticipate a spot to set up so they have time to react and not commit foul.

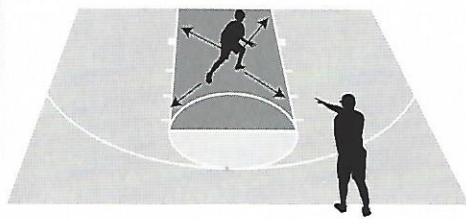
**Make it a game:** Player with ball scores = both players go to end of same line. Defender prevents basket = switch lines.

# SLIDE AND REACT

Defensive footwork

I/G

## DEFENSE



**Where they go:** Player or players start in middle of lane in good defensive stance.

- Coach points to one corner of lane. Player slides to that corner and back to middle.
- Before returning to middle, coach points to another corner. Work 30 seconds, rotate in new player.

**Key point:** Can be done with multiple players spread over court.

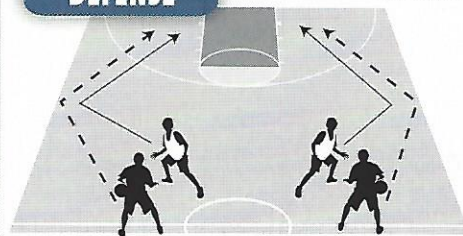
**Make it a game:** Coach points behind, over shoulder, players race to mid-court.

# SLIDE AND ATTACK

Forcing player to side and pressuring

G/T

## DEFENSE



**Where they go:** Two players, 15 feet apart at mid-court, each with ball. Defender on each player.

- Offensive players dribble at game speed to respective sidelines. Defender slides, staying half-step ahead of offense.

- At sideline, offensive player picks up dribble. Defender jams in closely and mirrors ball with hands.

**Key point:** Work mid-court to sideline, then sideline to baseline. Players should go twice from all four spots.

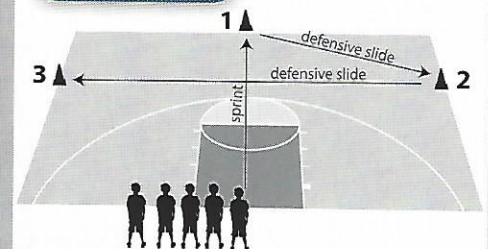
**Make it a game:** When going to baseline, if offensive player can get around defender on baseline side, defender must do 10 push-ups.

# SLIDE AND TALK

Defensive movement and communication

I/G/T

## DEFENSE



**Where they go:** Players lined up under basket. Cones or markers at points shown on diagram.

- First player sprints to Spot #1. When 5-6 feet away, break down into defensive stance and touch #1. Player slides in defensive position to #2, then #3, then goes to end of line.

- When 1st player reaches foul line, next goes, and so on with all players.

**Key point:** Players must talk while sprinting past foul line to avoid contact with teammates sliding from #2 to #3.

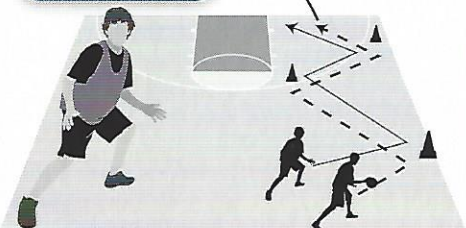
**Make it a game:** Coach says, "Reverse," players go from #1 to #3 to #2.

# SLIDE TO SIDE

Properly defending a dribbler

G/T

## DEFENSE



**Where they go:** Two teams lined up in corners. One team on offense, each with ball. Cones or markers as in diagram.

- On whistle, offensive player dribbles to each cone. Defensive player slides in good stance, (above) staying half-step in front of dribbler.

- At each cone, offensive player uses change of direction dribble (crossover, between legs, etc.).

**Key point:** Defensive player should be at arm's length from dribbler.

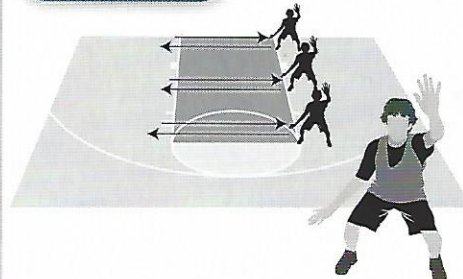
**Make it a game:** Upon reaching final cone, offensive player dribbles on breakaway to basket. Defender tries to stop lay-up. Offense and defense then switch.

# STANCE AND SLIDE

Defensive position and movement

I/G/T

## DEFENSE



**Where they go:** Line players up at lane-line, facing mid-court. Right foot touching lane-line.

- On whistle, players get in defensive stance (above).

- Next whistle, players slide to other side of lane and touch line with left foot. Continue back and forth for 30 seconds.

**Key point:** Lead foot should be pointing in direction player is sliding.

**Make it a game:** Coach blows whistle and points left or right to vary direction of players.