OJR Defensive Drills For Basic Skill Development

**On Ball**

Lane slides

Stance and Movement

Open up Slides

Bobby Knight

3 man Close out Series

1 on 1 Full, Run Half

**Off Ball**

Cut with the outside hand

Jump to the ball

3 v 3 get under screen

Shell drill

**Rebounding**

Circle Box

1v1 Rebound

2 wings close/box

4 man close out

War