

INDIVIDUAL DEFENSE/ REBOUNDING

Rebounding

Rodman Rebounding

War Rebounding

Circle Rebounding

1-v-2 Closeout

2-on-2 Closeout

3-on-3 Shell with Coach

Defense

1-v-1 Zig Zags

Mass Stance

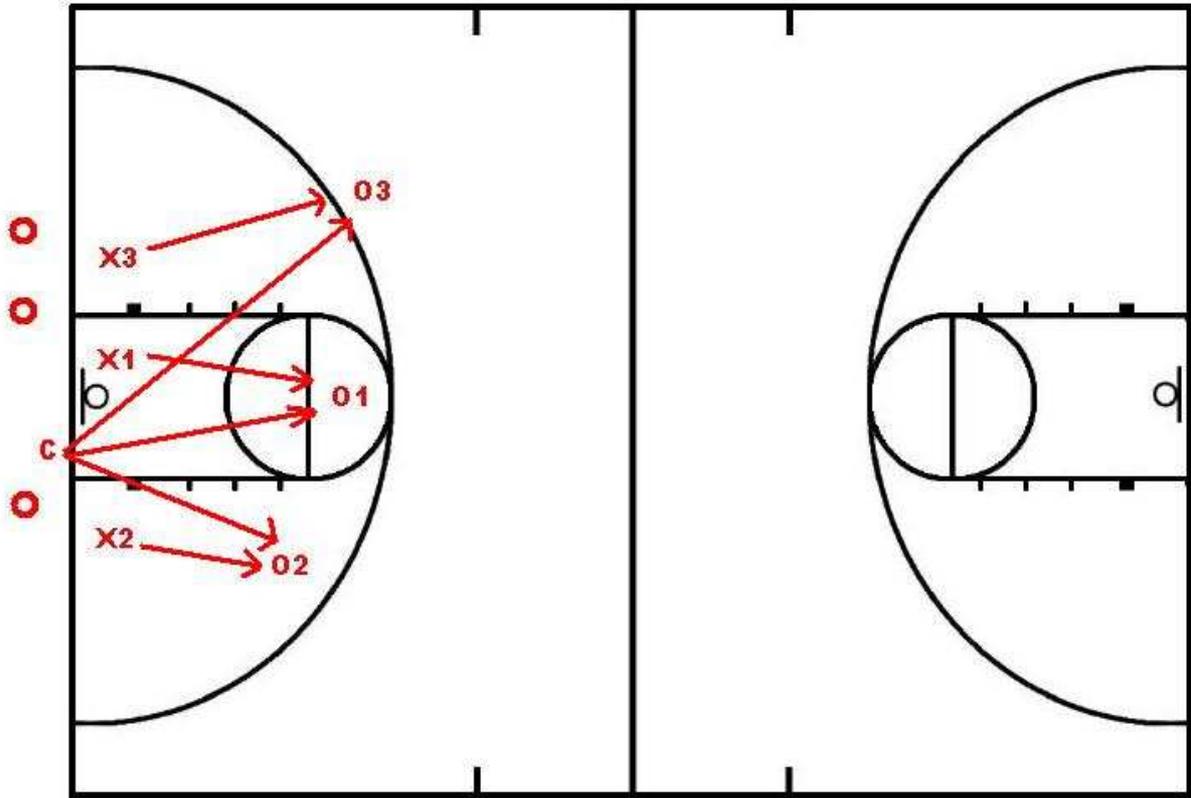
15 Passes

Offensive Defensive Recovery

PNR (Pick and Roll)

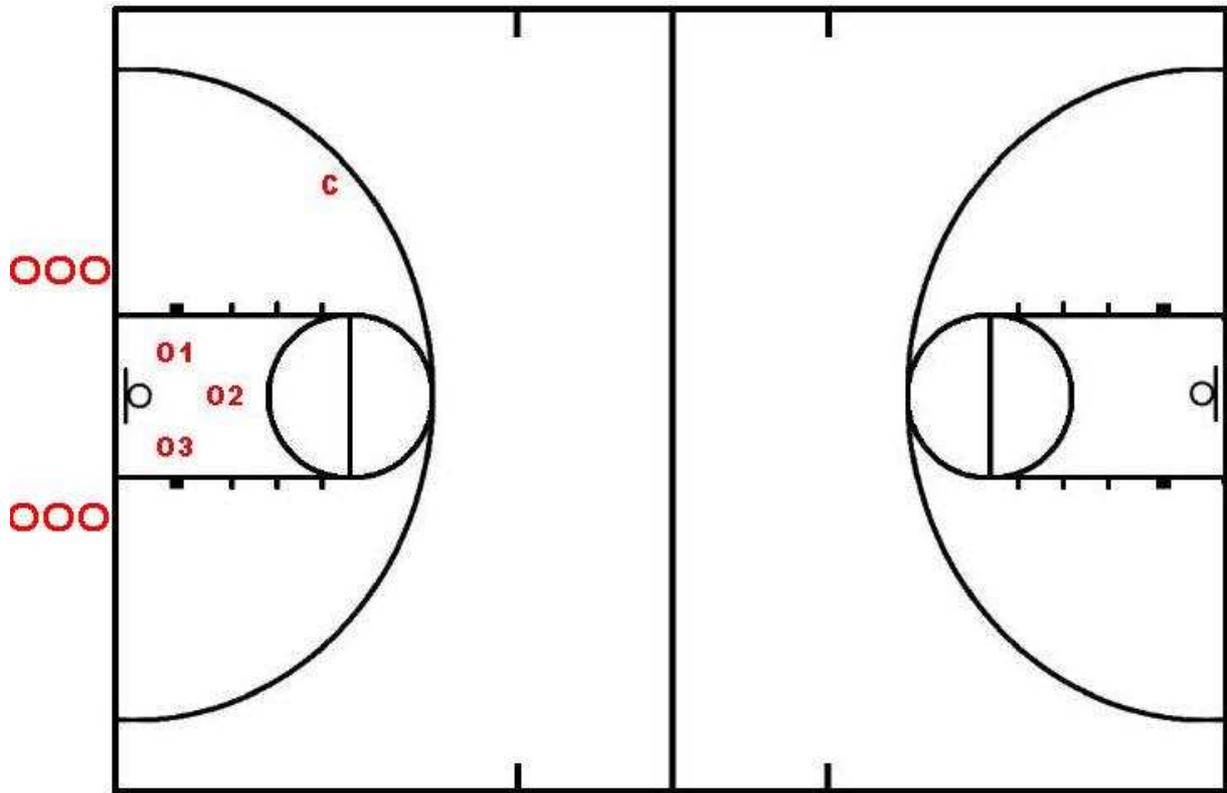
Rebounding

Rodman Rebounding



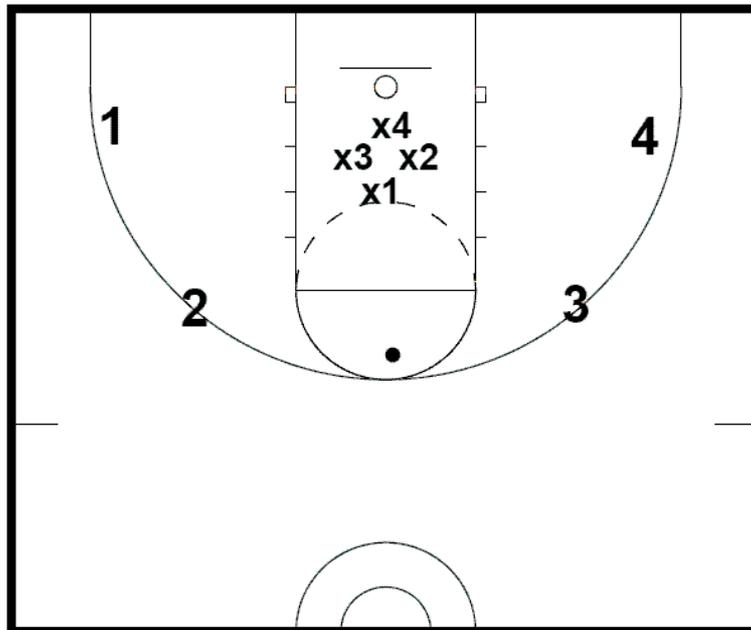
1. Coach has ball under the basket
2. Coach passes to O1, O2 or O3
3. If Coach passes to:
 - a. O1, they shoot
 - b. O2 or O3, crash offensive boards
 - c. X1, "closes" out on O1 (weight back, hand up)
 - d. X2 or X3, box out O2, O3 (make forearm contact turn, butt in gut)
4. Points:
 - a. If O scores then 1 point and stay on offense
 - b. If O gets offensive rebound then 1 point and play
 - c. If X rebounds then 1 point and X goes on offense
5. First team to 7 points, wins

Rebounding War Rebounding



1. Coach shoots the ball to miss
2. O1, O2, O3 each box out (fight) each other
3. Play until someone scores
4. After a basket, coach shoots again
5. O1, O2, O3 must score to get out
6. Keys:
 - a. Be physical
 - b. OK to be physical
 - c. Be aggressive

Rebounding Circle Rebounding

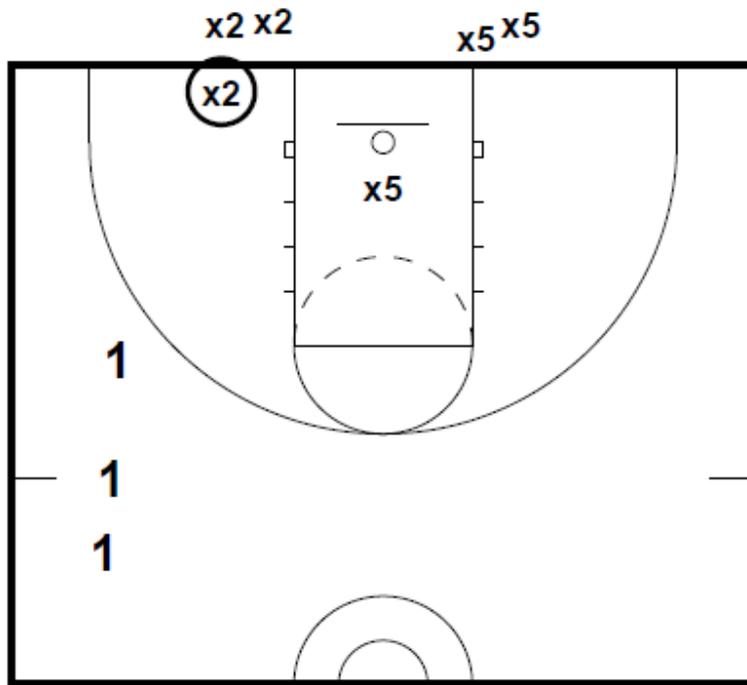


1. Defenders link arms and move in a circle.
2. On Coach shot they must TALK and BLOCK OUT.

Variations

- Change number of players going.

Rebounding 1-v-2 Closeout



1. X2 rolls ball out to 1.
2. They play 1 on 1.
3. X5 works as the help defender (initially as defender of weakside post)

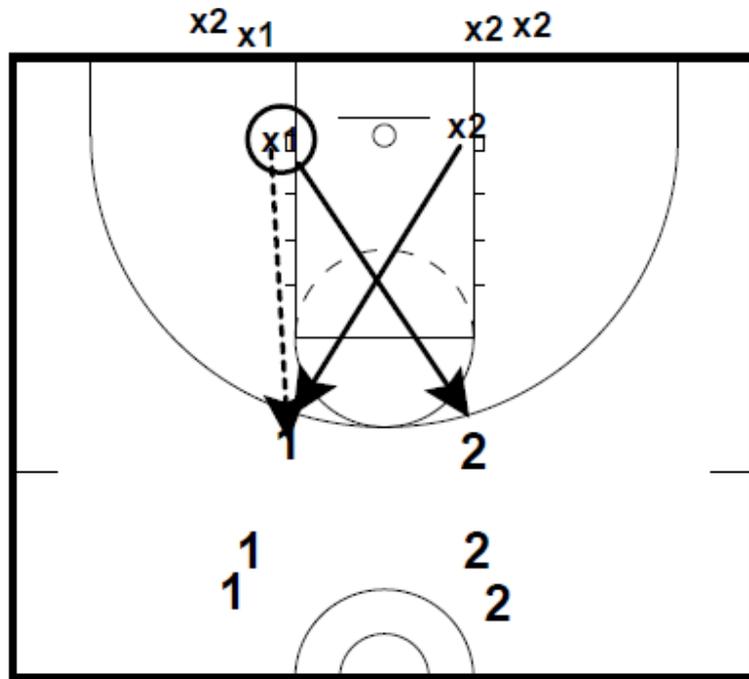
Goals

Contested 2 point shots

Variation

- Have x5 close out also to work on setting traps.
- Good trap has feet of both defenders touching, in a stance, with high hands following the ball.
- Offensive player can't try to "split" the defender by getting VERY low and going through.
- Or retreat dribble and attack one of the defender's front foot.

Rebounding 2-on-2 Closeout

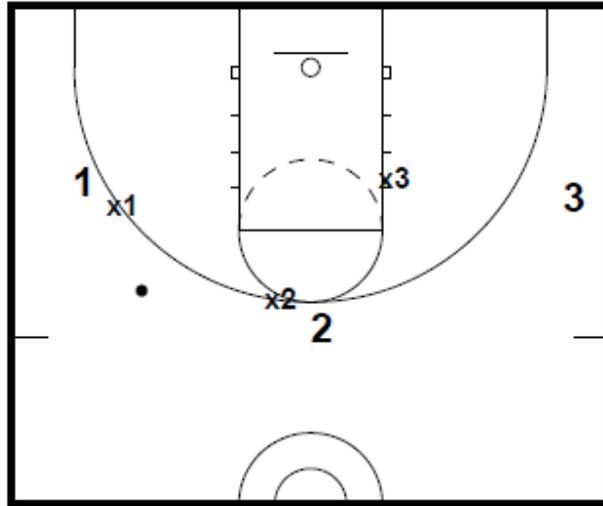


1. Rotation is after stop switch lines.
2. X1 starts with ball. Rolls ball out to 1 or 2.
3. X1 and X2 closeout diagonally from their line.
4. Once defender covering the ball taps it can play live.

Variations

- Different spots on the floor (top-wing)
- Screening Action (offensive player pass to coach and then screens)

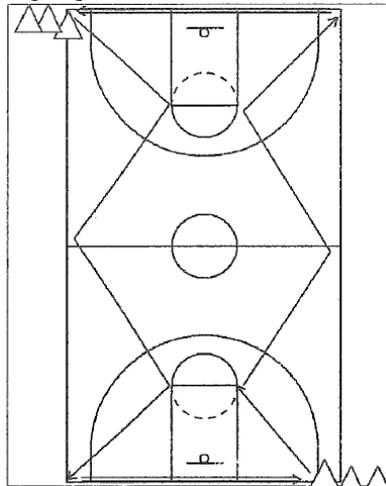
Rebounding 3-on-3 Shell with Coach



1. Coach has ball on side working on denying wing & dealing with screening action or cuts away.
2. Coach can bring ball across to other wing with dribble.
3. On pass in play live.
4. Each rep about 25 seconds.
5. Can use to defend any action in game prep.

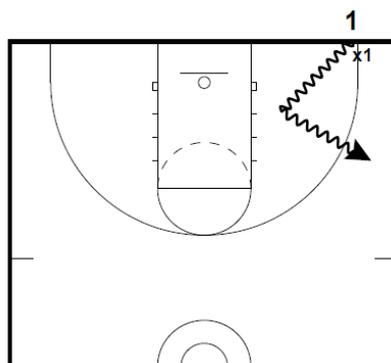
Defense

1-v-1 Zig Zags



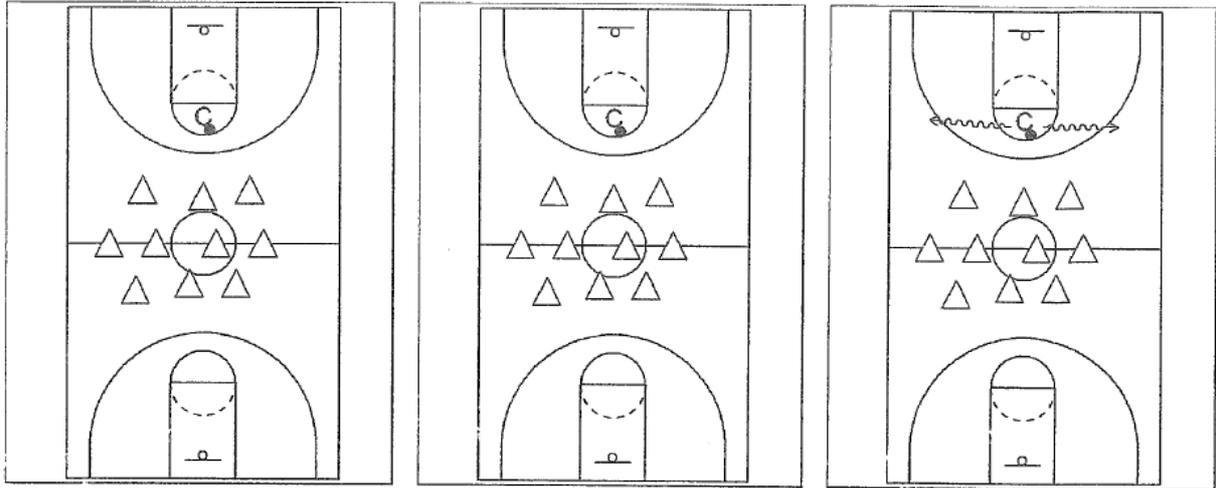
Concepts: Drop Step

- Allow players to change direction without losing sight of the ball
 - Take the outside foot and drop it at a 45 degree angle
1. Players line up at opposite baseline corners
 2. The first player slaps the floor and gets into a defensive stance
 3. Player slides to the elbow constantly talking
 4. At the elbow the player slaps the floor, yells defense, and drop steps to mid-court
 5. Player continues the length of the floor, dropstepping at $\frac{1}{2}$ court and the elbow
 6. When they reach the baseline, they sprint across and gets in the other line
 7. The second player starts once the first player has passed the elbow



1. EVERYONE GETS 2 REPS - 4 MINUTES
2. 1 on 1 zig zag play live to other baseline not to rim.
3. If offense beats defense - offense must pull back.
4. Defender must sprint back in front of ball.
5. 2 dribbles and turn.

Defense Mass Stance



Concepts: Stance and Communication

Stance

- Feet shoulder width apart balancing on the balls of their feet
- Knees bent like sitting in a chair
- Arms out wide with palms up

Communication – ALWAYS talk on defense

- “Ball” – when playing the ball
- “Deny” – 1 pass away
- “Help” – if you get beat
- “Dead” – when the opposing player picks up the ball

1. Have players spread themselves out on the court
2. Stand in front of the players with a ball
3. On the whistle all players should yell “STANCE!” and jump into defensive stance
4. Players should foot-fire while calling “ball, ball, ball”

Concepts: Defensive Slides

- Feet should stay shoulder width apart
- Focus on pushing off the back foot rather than dragging it

1. Instruct players that they are guarding you and should stay in front of you.
2. Dribble to the right, allow players to slide at least 3 times
3. Dribble to the left, allow players to slide at least 3 times

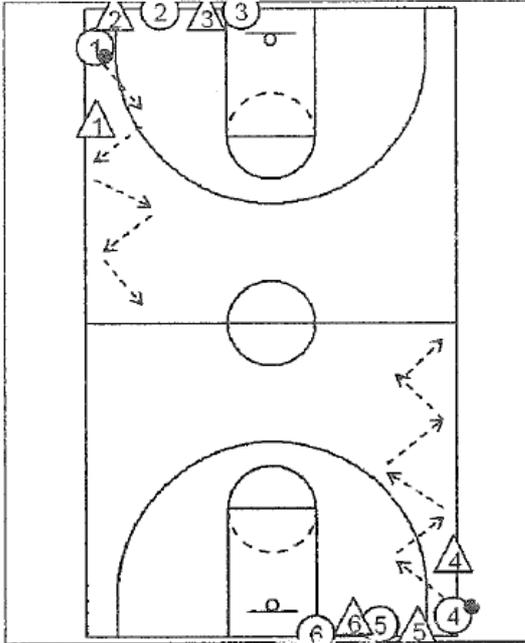
Defense

15 Passes

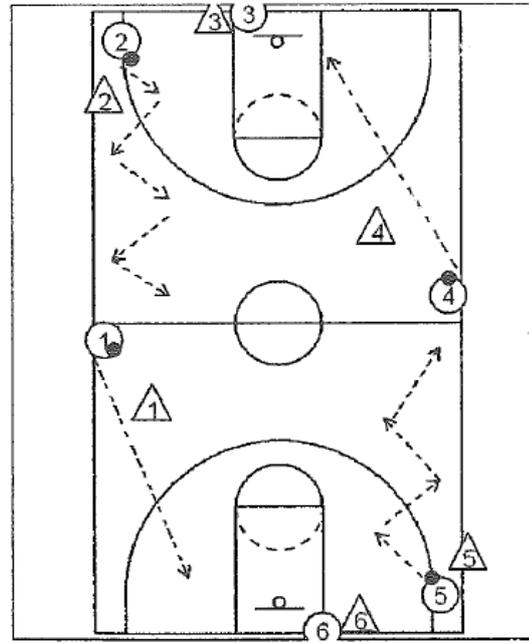
1. Players must complete 15 passes prior to taking a shot.
2. Coaches can limit dribbles as well to increase the challenge.
3. Good drill to work both on team defense, passing, pivoting, and ball handling.

Defense

Offensive Defensive Recovery



1. Players line up on both endlines.
2. First player in line steps out on defense.
3. Second player in line has the ball.
4. The offense dribbles about 3 dribbles in each direction.
5. Defense tries to slide in front of the offense and stop their progression.



1. Once the players reach half court, the offense picks the ball up.
2. Defense mirrors the ball with their hands and calls "dead".
3. After 3 seconds, offense attempts to drive to the hoop for a layup.
4. Defense works to keep the offense outside of the key (don't give up the middle).

Defense

PNR (Pick and Roll)

Executing the Pick and Roll

1. Two offensive players (one of them has the ball) communicate with one another to begin the pick and roll. This may be by calling a play, using a set signal (holding up arm), a phrase- "screen" or "use me" or simply making contact.
2. The player setting the pick (aka picker) approaches the area of the ball handler.
3. The picker reads where the ball handler's defender is guarding.
4. The picker sets up about 2 to 3 feet away from the ball handler's defender in a spot that will allow the ball handler to get to the basket or get an open outside shot.
5. The ball handler must wait until the picker has established position with feet set for at least one second before driving past the pick.
6. When driving past the pick, the ball handler should make contact with the picker, so there is no room for the defender to get through.
7. The ball handler must be sure to keep his/her dribble alive.
8. If the picker's defender does not provide help defense, the ball handler should drive right to the basket or take the open shot.
9. After setting the pick, the picker opens up (facing the direction of the person using the pick) and rolls to the basket looking for a pass. When opening up, the picker should seal off the defender to allow for an easy pass.
10. The ball handler must read the defense and determine the best option:
 - a. Drive to the basket for a layup
 - b. Take the open jump shot
 - c. Pass to the picker, who is rolling to the basket for a shot or layup
11. Tips & Warnings
 - a. As the team progresses with the pick and roll, slipping screens and flaring out for jump shots can provide additional opportunities.
 - b. Be sure to look for other teammates, as the defense will tend to pay a lot of attention to the pick and roll, which could provide opportunities for open players.

Defending the Pick and Roll

1. Try to anticipate what the players running the pick and roll want to do. Are they hoping to get an open jumper for the player with the ball or does he want to drive to the basket? Is the player setting the pick going to pop out to take an open jumper or is he going to roll hard to the basket? By understanding what aspect of the pick and roll the offense wants to take advantage of the defense can know how to best defend the pick and roll.
2. Call out the pick. The player whose man is setting the pick must call out that the pick is coming and alert his teammate to what side e.g. "pick left".
3. Provide help defense - jump the ball handler. The player with the ball must be stopped. If the defender whose man is setting the pick does not step in front of him, he can either take an open shot or drive to the basket. When a player sets a pick, the player guarding him must step in the way of the ball handler.

4. Fight through the pick. The defender who is being picked cannot simply stand there and hope his teammate is able to stop the play. He must fight over the screen and get back in position to guard the player with the ball.
5. Get back in position. As the picked player returns to guard his man, the man who set the pick will either be popping out or rolling to the basket. The defender who jumped the ball handler must return to guard the player who set the pick.
6. Switch as a last resort to defend the pick and roll. If the picked player cannot fight over the screen, he must tell his teammates and call a switch. In this situation the players will stay with the man they are now closest to.
7. Tips & Warnings
 - a. Any well executed pick will cause the defense to be temporarily out of position. In order to defend the pick and roll the defense must make sure that they get back in position as quickly as possible.
 - b. Whenever the defense switches there will likely be a size mismatch that the offense can take advantage of. To defend the pick and roll a team must use sound team defensive philosophies by being ready to help and rotate to make up for any advantage the offense has gained.