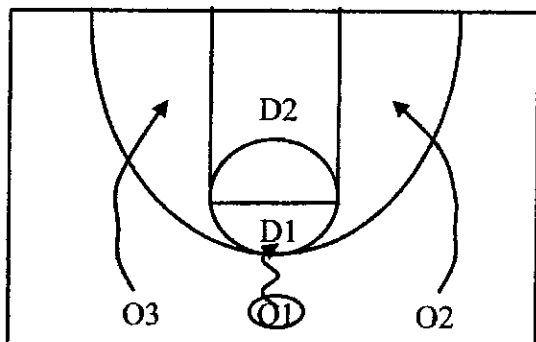
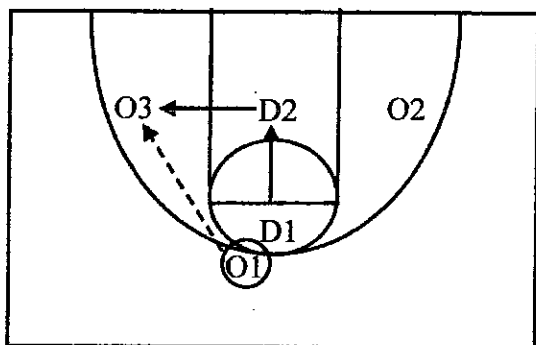


Defense

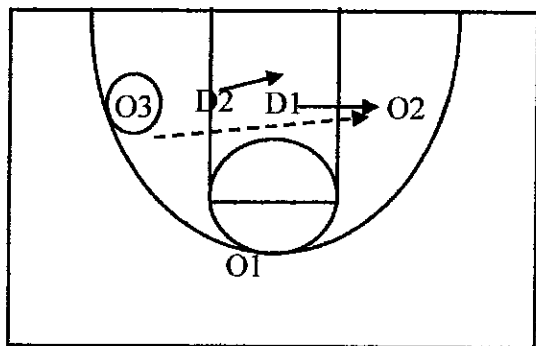
3 v. 2 Defensive Drill



- When the defense notices they are outnumbered, they should set up in a tandem set.
- D1 must stop O2 from penetrating beyond the foul line.
- Defense must talk. D1 saying, "ball" and D2 saying "back"



- On the pass to the wing, D2 runs while the ball is in the air to defend O3.
- D1 runs while the ball is in the air to fill the back position.
- Defense must talk. D2 saying, "ball" and D1 saying "back"



- If O3 passes to O2, D1 runs while the ball is in the air to defend the pass.
- D2 runs to fill back position.
- Players continue to alternate, "ball"/"back" while offense tries to score.

- = run/sprint
- ↪ = dribble
- - - → = pass
- O = Offense
- D = Defense

Keys:

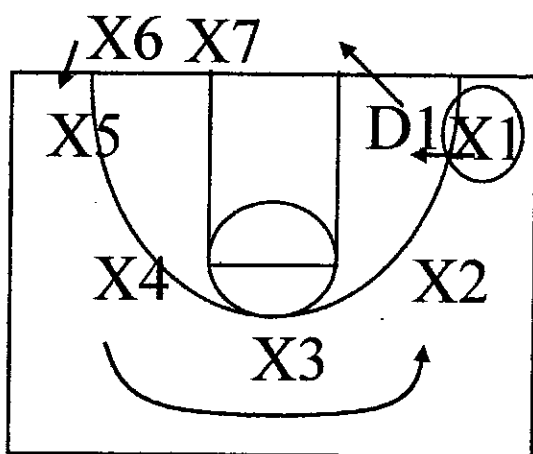
- Defense must communicate.
- Defense must run while the ball is in the air.

Help-Side Defense – Shell Drill

The Shell Drill is a great drill for teaching players at all levels how to play good help-side defense. Keys to remember when teaching the drill:

- Defenders must run while the ball is in the air.
- Defender must always see her/his player and the ball.
- Communication is essential – players should be saying “ball” every time their player catches the ball and should say, “help” when they get beat.

For less experienced players, start with one defender and 5 offensive passers and work up to 5 on 5. The drill rotation is: X1 goes to defense, D1 goes to the end of the line, passers rotate one position counter-clockwise. X6 takes the spot vacated by X5

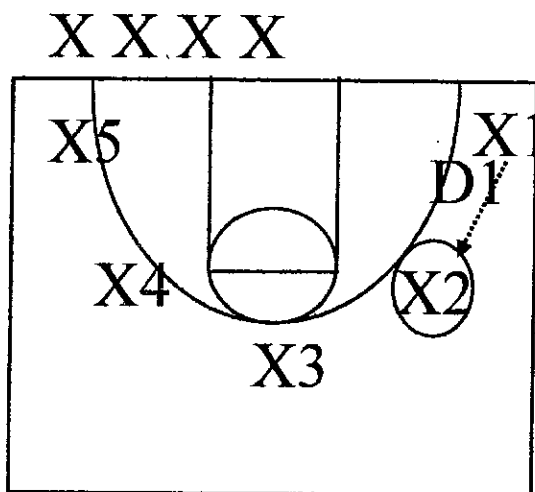


Starting Position:

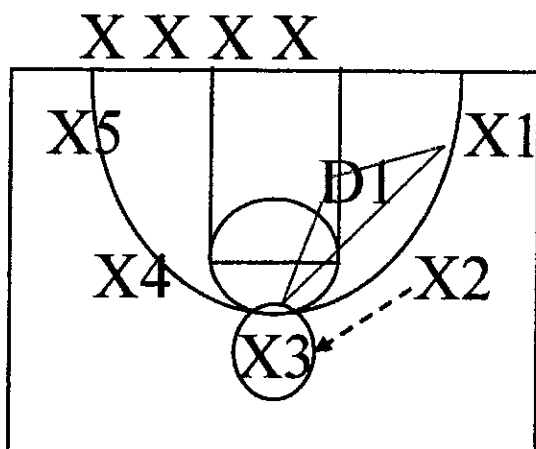
D1 is playing on-the-ball defense against X1.

Good defensive position – legs bent, palms up, looking at X1’s mid-section.

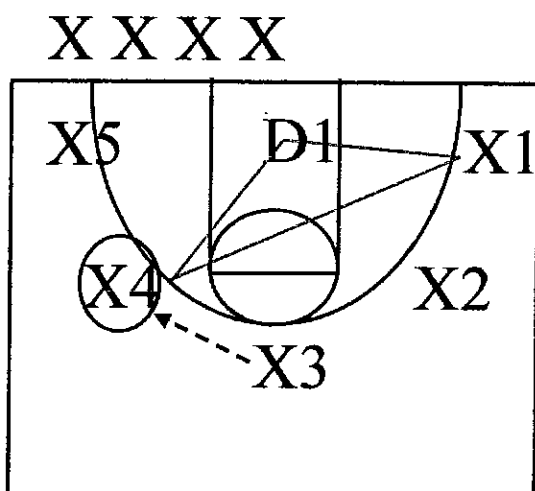
(Diagram on left shows starting position and line rotation)



As the ball is passed to X1, the D1 moves while the ball is in the air to deny position. D1 should stay low, have her/his outside arm and leg in the passing lane. S/he should keep on the balls of her/his feet so that s/he can move with X1 should X1 cut to the basket. D1 should be able to see X1 and the ball.



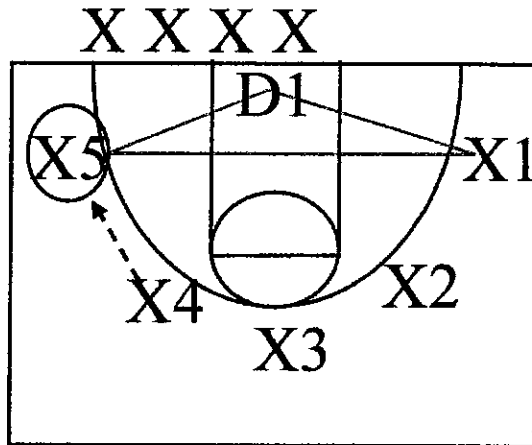
As the ball is passed to X3, D1 moves to the help-defense position. S/he should be about half way between X3 and X1 and should step back forming an imaginary triangle. D1 should stay low and see her/his player and the ball. Defender should point at X3 and X1.



As the ball is passed to X4, D1 opens up even more, again positioning her/himself halfway between X1 and X4. Remind the defender to stay low and point at the ball and her/his player.

At this point, many players will be concerned that they are too far away from their player. It is the perfect time to demonstrate how if they **run while the ball is in the air**, they'll get back to their player in plenty of time. Have X4 skip-pass the ball to X1. Before the throw, remind the defender to **RUN** while the ball is in the air. They'll make it in plenty of time and be more comfortable being so far away from their player after this type of demonstration.

On the pass to X5, the defender will end up under the basket to be in proper help defense. They should be in the middle of the key.



The first time through the drill, have the offense pass the ball slowly so the defenders can get used to running while the ball is in the air and positioning her/himself halfway between her/his player and the ball. Then challenge the players by having the offense pass more quickly. Remind defenders to say "ball" every time their offensive player has the ball and "got your help" when they are in help position. Defenders should not try to steal the perimeter pass.

Once the players have the concept, add defenders so that eventually the drill is run 5 on 5. Once it's 5 on 5, you should be hearing "ball", "got your help" constantly.

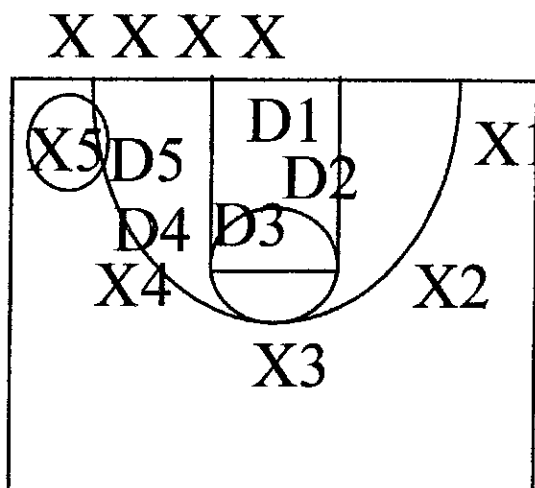
Offensive Drives to Test the Help Defense

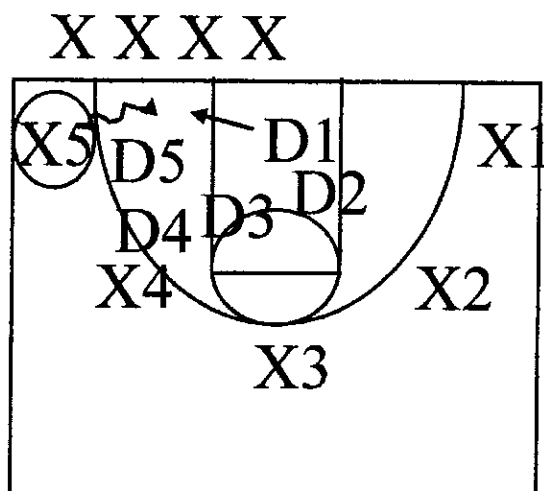
Once the team is comfortable with the positioning, have the offensive players drive to see how the defenders react when a player gets beat. Instruct the on-the-ball defender to not defend her/his player if s/he drives to the basket.

You'll notice with the 5 defenders in proper help defense that it almost looks as if the defense is in a zone.

When a player beats the defender, the closest help defender MUST stop the dribble penetration outside the lane.

*Key: Defender getting beat much yell, "help" and defender in help position must communicate that she is picking up the ball.



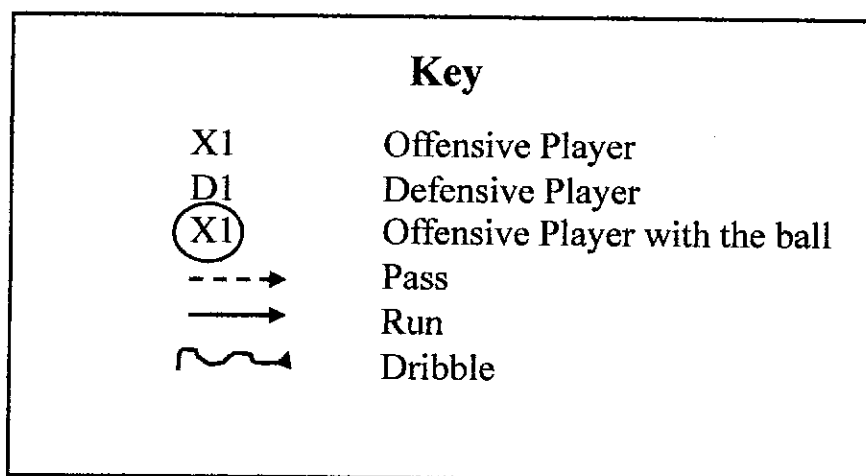


As X5 beats her/his defender baseline, D1 quickly reacts and picks up the driving player **outside** the lane. D2 will drop to cover the weak-side low block and D3 will drop into the middle of the lane.

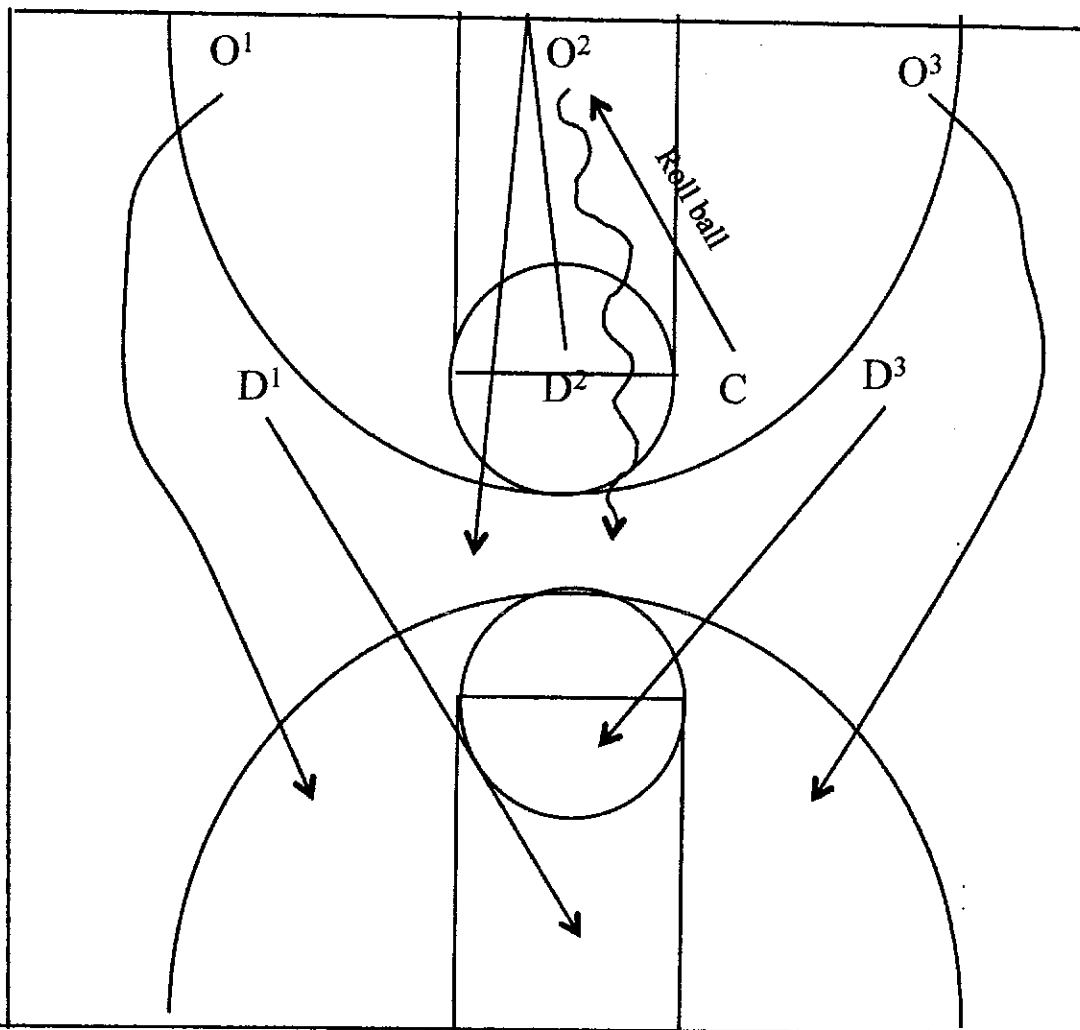
When an offensive player gets beat, s/he should yell, "help" and the help-defense player should indicate s/he has picked up the driving player, ("I got", "got your help", etc.)

Once D5 recovers, s/he communicates to her/his teammates and players go back to their regular defensive position.

A good way to have the offensive drive be a surprise to the defense is to instruct the defense close their eyes. The coach then points to the offensive player who should drive when s/he gets the ball. To reduce cheating by defense, the coach can hold up 2 or 3 fingers and point to a player meaning that player is to drive the second or third time s/he touches the ball. Remind the defenders that they should let the offensive player drive by and should not try to steal perimeter passes – the purpose of the drill is to test help defense, not on-the-ball defense.



3 on 2 to 3 on 3 Drill



Coach rolls the ball to any offensive player.

That offensive player power dribbles to the middle of the free throw line at the opposite end of the court.

The two other offensive players fill the outside lanes.

The defender opposite the player who received the ball sprints to touch the baseline then sprints to the opposite end of the court to play defense.

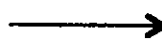
The other two defenders sprint back immediately and set up in a tandem defensive set trying to keep the 3 offensive players from scoring until the trail defender arrives.

Defense then matches up player to player and play continues until there is a score, defensive rebound or turnover.

Offense: Should look for a quick score while they have a numbers advantage

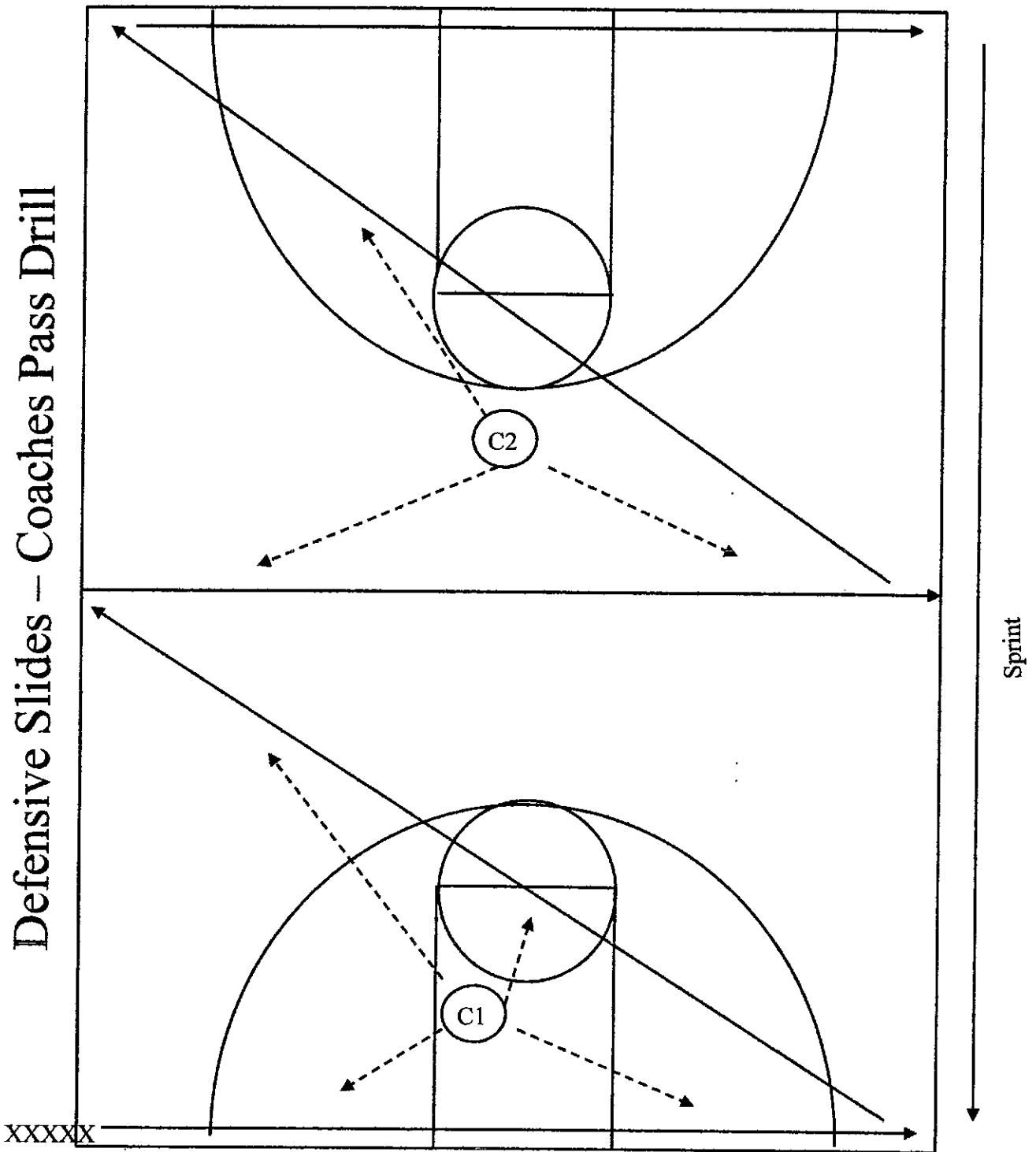
Defense: Tandem players need to communicate using "ball" and "back" until third defender arrives. Defense must communicate regarding who is going to pick up which offensive player.

 = dribble

 = sprint

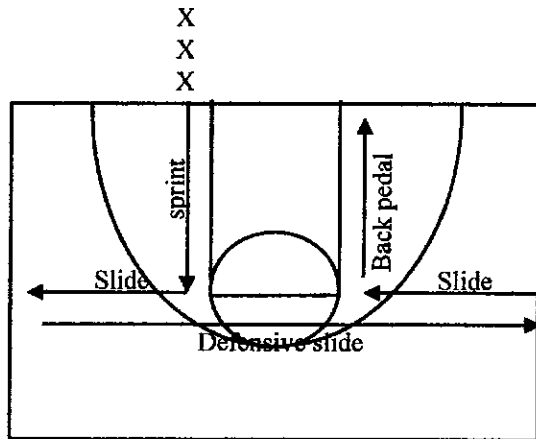
O = Offense D = Defense

Defensive Slides – Coaches Pass Drill



- Players defensive slide keeping an eye on the ball in their half of the court.
- Coach in that half of the court passes the ball to players as they slide.
- Once first player gets to first corner, next player in line starts.
- Players face C1 until they reach half court.
- Players face C2 once they reach half court.
- Run drill for predetermined length of time.
- Great drill for conditioning and reinforces that players should always see the ball when on defense.

Defensive Slide Communication Drill



- First player in line sprints to elbow.
- When s/he reaches elbow, she/he defensive slides to sideline.
- Touch sideline, then defensive slide across width of court.
- After touching opposite sideline, slide to closest elbow.
- Back pedal to baseline.
- Next player in line goes when player in front of him/her reaches first elbow.
- Players should be talking non-stop. "back", "on your side", etc.

Keys:

- Players must communicate to avoid colliding with each other.
- Players must stay low, palms up and should not cross feet when doing their defensive slides.