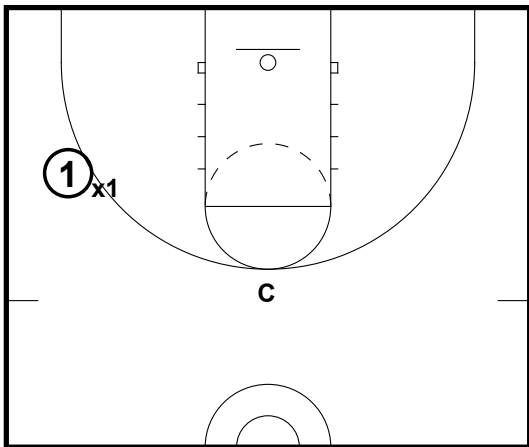


9 point contesting

9 point contesting

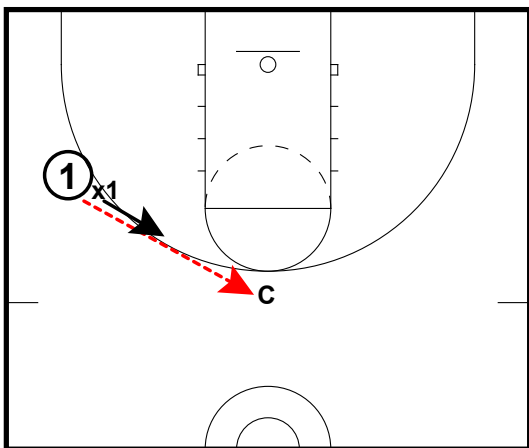
Defensive Drills



Have the player start with the ball. X1 needs to **trace** the ball hard for at least 3 seconds.

9 point contesting

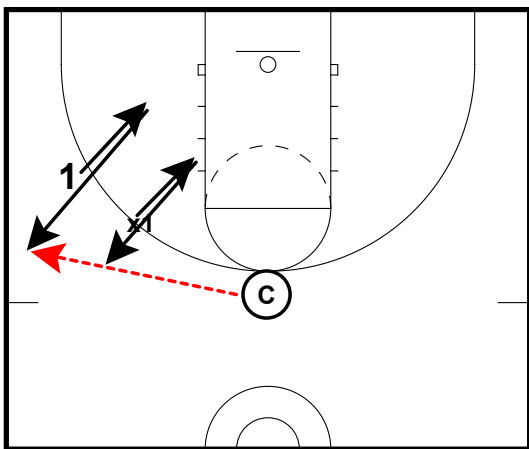
Defensive Drills



Player 1 pass the ball to coach. X1 needs to try to tip the pass, as a result, **jumps to the ball** and gets into a stance to quickly see both the man and the ball.

9 point contesting

Defensive Drills

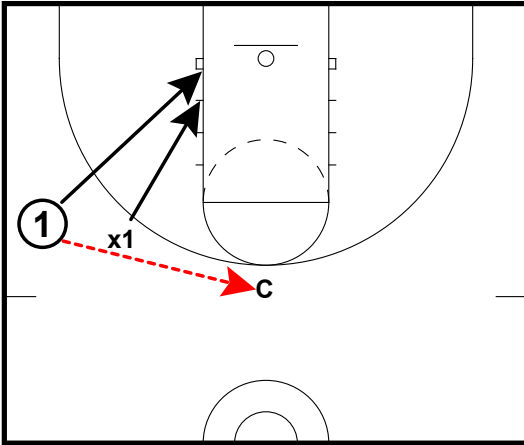


X1 needs to **deny the pass** back to player 1. Player 1 needs to get open on the wing.

9 point contesting

9 point contesting

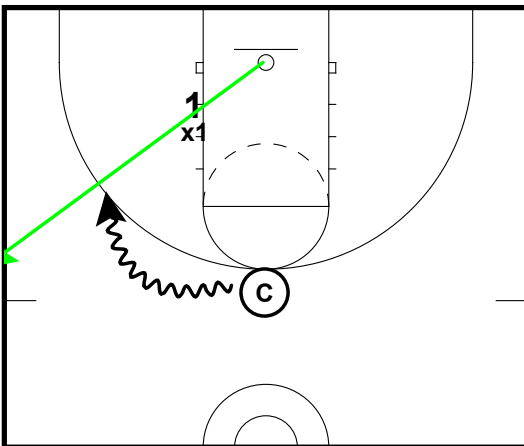
Defensive Drills



Player 1 passes back to coach, then makes a hard basket cut to the same side block. X1 needs to jump to the ball then make sure he **doesn't allow 1 to beat him on a back cut**. X1 should try to stay below (closer to the baseline) player 1. If he cannot, he will have to snap his head and extend his baseline hand out to defend.

9 point contesting

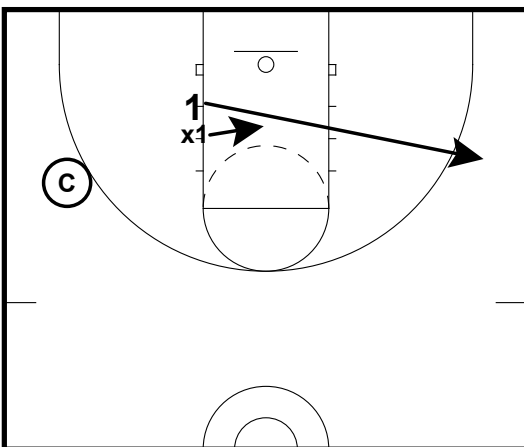
Defensive Drills



X1 needs to play **post defense**. Focus on great footwork. If the ball is above the line, should be 3/4 front on high side. If on the line, should be full front. If ball is below the line, should be 3/4 front on baseline side. Coach needs to dribble wing to baseline back to wing to get defense moving. Player 1 just stands, trying to hold post position.

9 point contesting

Defensive Drills

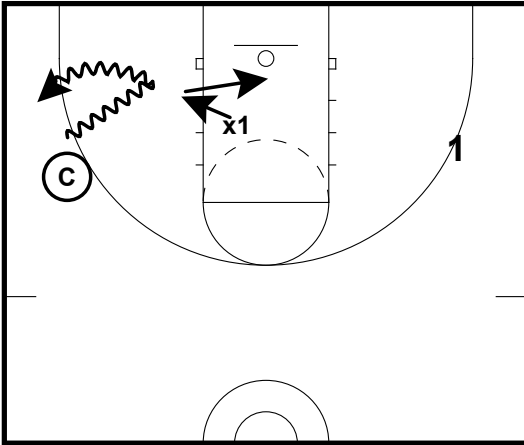


Once done with post D, the coach waves player 1 to opposite wing. X1 **goes to the midline**, stops, and sits in a perfect stance seeing both his man and the ball.

9 point contesting

9 point contesting

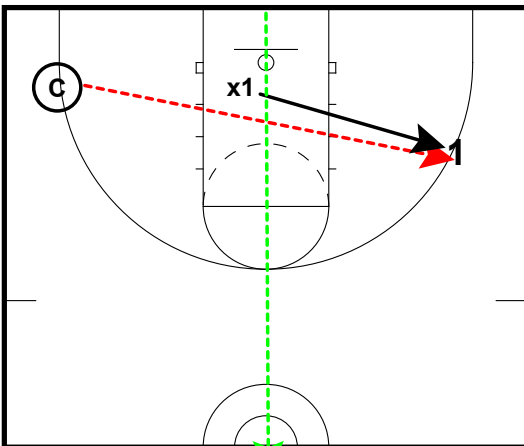
Defensive Drills



Coach should dribble drive. X1 needs to **show help**. Once coach back dribbles, X1 needs to recover back to the midline.

9 point contesting

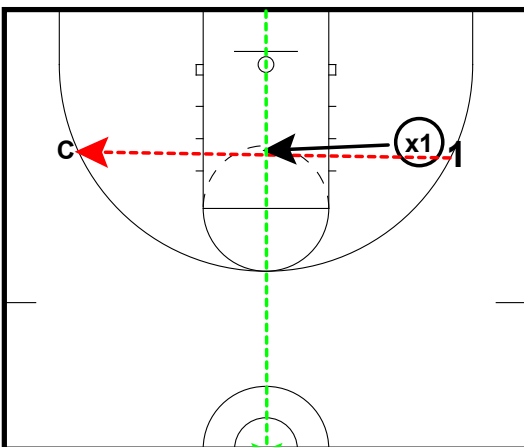
Defensive Drills



Coach throws a skip pass to player 1. X1 needs to **closeout with short, choppy steps and both hands high**. Player 1 should then hold the ball and pivot for 3 seconds while X1 traces the ball. Green dotted line indicates midline.

9 point contesting

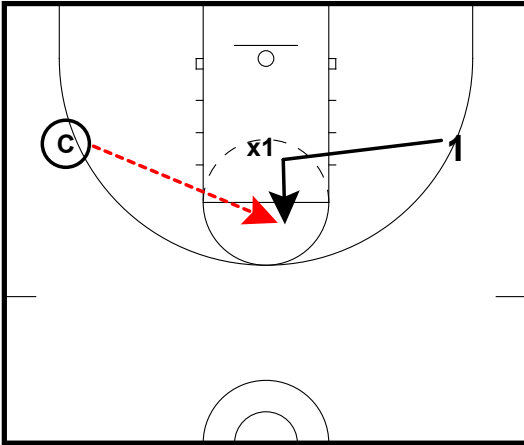
Defensive Drills



Once X1 has traced the ball successfully, he passes back to the coach. X1 must try to tip the pass, **then sprint to the midline and see both man and the ball**. Green dotted line indicates midline.

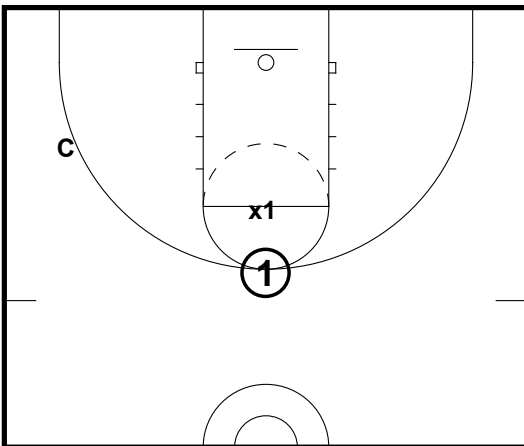
9 point contesting

9 point contesting Defensive Drills



Player 1 makes a hard cut to the free throw line then back cuts for a lay up or pops to the top of the key. The coach reads player 1. X1 **must not allow player 1 to cross his face.**

9 point contesting Defensive Drills



At this point, 1 vs X1 in one on one. X1 must stop him and finish with a box out. If player 1 scores, X1 must defend again.