

A graphic featuring a large orange basketball on the right side, set against a purple background with a textured, splattered appearance. In the top left corner, there is a yellow sticky note with a basketball icon and two stars. The words "TEAM DEFENSE" are written in large, bold, white, sans-serif capital letters across the center of the image.

TEAM DEFENSE

Copyright Notice - IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@knowledgespotinc.com to report any illegal distribution.

Copyright © eBasketballCoach.com and Knowledge Spot Inc. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

Introduction

If you study the great defensive teams at any level, they all have one thing in common – great team defense. While it's true that your players will need some prowess individually, when at a size or athleticism disadvantage, the only way to overcome a mismatch is with solid team defense principles.

In this book we'll look at 26 drills, not just learning what the proper rotations are when a teammate gets beat to the basket, but how to deal with dribble handoffs, scramble situations, and everything in between.

You may want to make slight adjustments based on your own personal coaching philosophies and personnel, depending on whether you've fashioned your team as a more aggressive attacking style defense, or a conservative pack the paint approach. Regardless, you'll find concepts and drills to reinforce those concepts that will help your team whatever your goals on the defensive end may be.

Drill: Jump to Ball and Control Lane

Coach: Jack Bennett, Head Coach

School: University of Wisconsin-Stevens Point

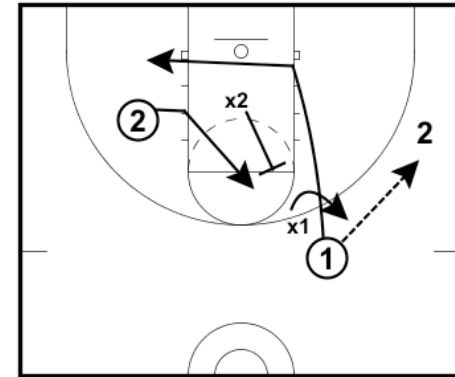
Description: One of the most important aspects of team defense is learning to control the lane – if cutters can run through unfettered it will make it extremely difficult for your team to defend, regardless of how well they defend in the other aspects of defense.

In this drill we'll need two defenders, two offensive players, and a coach, or passer. With the ball starting at the top of the arc, and the second offensive player in the left soft corner, the pass will be made to the right side of the court. Immediately, the on ball defender must jump to the ball, getting in between his man and the ball, denying any backdoor passes as his man cuts through the lane and out to the far wing.

While this is happening the second offensive player will flash to the ball. His defender, who should be in help position at this point, should move up to bump his man and deny the high post entry pass.

Defensive Drills

University of Wisconsin Stevens Point



Drill: 4 on 4 Sink to the Ball

Coach: Jack Bennett, Head Coach

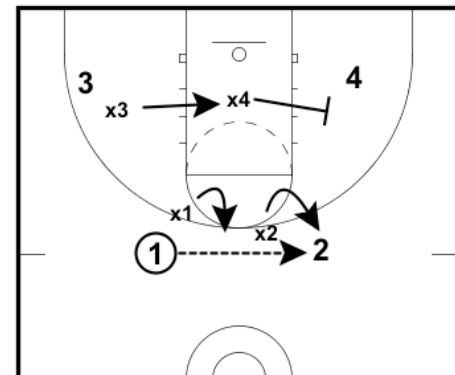
School: University of Wisconsin-Stevens Point

Description: When it comes to help defense, learning how to sink to the ball correctly is of the utmost importance. As a general rule, an off ball defender should be somewhere between one third of to half the way up the line between his man and the ball, and a step or two off that same line. This will allow them to be in position to see both their ball and their man, and to slide into help position if necessary, or rotate back to their man.

To work on this we set up a four on four drill, with two offensive players up top, and two down low in the soft corner area. The defenders will matchup with their men, and with each pass shift their position accordingly based on the above principles.

Defensive Drills

University of Wisconsin Stevens Point



Drill: 2 v. 6 Inside

Coach: Jack Bennett, Head Coach

School: University of Wisconsin-Stevens Point

Description: With the ball moving around the horn and the added difficulty of having to bang with the biggest players on the court, sometimes it can be tough for post defenders to move from help defense to fronting their man without a hitch.

To help them get accustomed and develop the proper footwork and positioning, we place four wing players around the arc, none of which are being defended, as they are functioning strictly as passers here. The two post players will set up down on the block. Each post player will have a defender, whose object will be to adjust their position accordingly with each pass around the arc.

With the ball on the same wing as their man, the post defender should be in a full front position, so that the only viable post entry pass would be a soft lob over the top. We'll allow this because our other post defender's man is not a threat to receive a pass, allowing him to be in help position, ready to disrupt or even intercept the pass if possible.

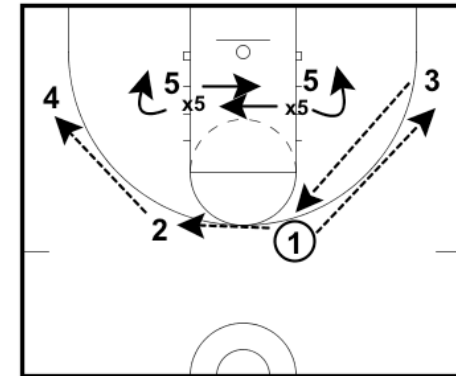
When the ball is in the hands of the near guard at the top of the arc, the strong side post defender must slide around his man to the middle to maintain the ball-you-man relationship. While not in a full front, the defender should be in contact with his man, with his lead hand ready to defend a post entry pass from up top.

The other post will still be in help position, however they will take a step or two back closer to their man now that the ball is one pass closer to their man.

To begin, have the players only pass on your command, so that you have a chance to evaluate each player's position properly. Once the ball has gone around the arc a couple times, if you like, you can have the drill go live, with the drill ending on a post score or defensive rebound.

Defensive Drills

University of Wisconsin Stevens Point



Drill: Four Man Shell Drill

Coach: Jack Bennett, Head Coach

School: University of Wisconsin-Stevens Point

Description: The four man shell, or some iteration of it, must be a staple of your practice – especially if your players are still learning team defense. By limiting the action to four on four, defenders are forced to move and react at a pace that is much higher than they would otherwise, say if the lane was clogged up with two posts down low.

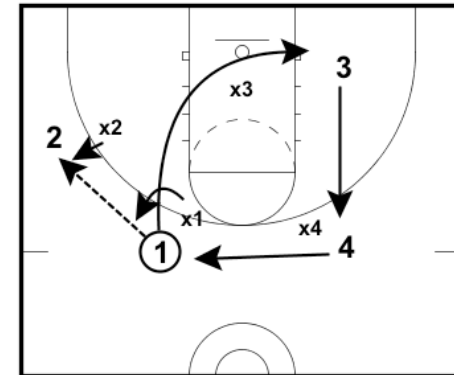
Much like the 4 v. 4 sink to the ball drill, we'll start by just swinging the ball around and having the defense reposition themselves accordingly.

Once they're comfortable with that, we'll add the next step to the drill. With the ball up top in one of the guards hands, they will pass to the strong side wing, and make a backdoor cut through the lane, filling out into the opposite corner. The defender must jump to the ball and deny the pass as the opposite guard shifts over to the strong side, and the weak side wing slides up to the guard spot.

After passing the ball around the horn a couple more times, let the players go live, and use the same principles they just practiced in a game situation.

Because this is a defensive drill, I would also suggest limiting the number of dribbles for the offensive players – I've found three to be a good number.

Defensive Drills
University of Wisconsin Stevens Point



Defensive Drills
University of Wisconsin Stevens Point



Drill: Six on Four Shell Drill

Coach: Joe Lombard, Head Coach

School: Canyon High School

Description: Putting your players at a disadvantage in practice is always going to pay huge dividends in a game. The six on four shell is a great example of that – if your team can prevent a team with a two man advantage from getting easy shots, just think how well they'll be able to defend when things are evened out!

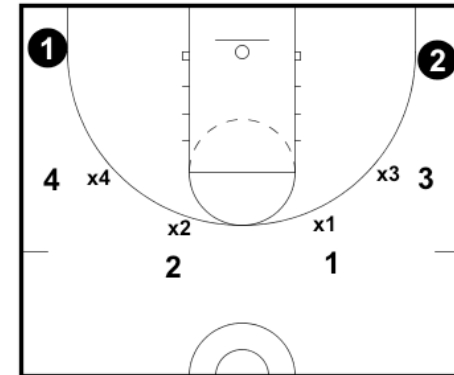
Have four offensive players lineup around the horn, each with a defender assigned to them. We'll also add two coaches in the corners, whose sole job will be to drive and kick the ball back out up top. The defense will pay the coaches no mind to start the drill, defending as if in a four on four situation.

The idea is that every second or third pass must go to one of the coaches. The defense must then communicate in the scramble situation and prevent the coach from reaching the key.

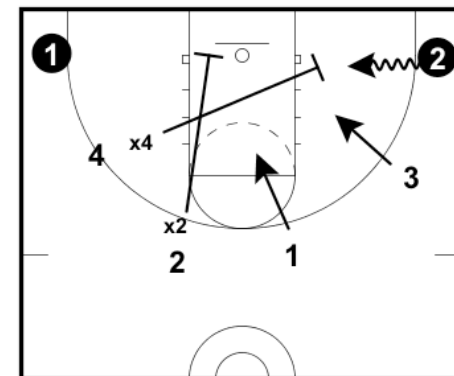
The ball will then be kicked back out to the top where another two to three passes will be made before throwing the ball back down into the corner for another scramble situation.

This drill will reinforce not only proper positioning and help principles, but maybe the most important defensive skill of all – communication.

Practice Drill: Six on Four
Canyon High School



Practice Drill: Six on Four
Canyon High School



Drill: Five on Two – Offside Help and Recover

Coach: Joe Lombard, Head Coach

School: Canyon High School

Description: The next wrinkle we want to add to our team defense is defending the downscreen and back screen.

To start, have a coach stand at the top of the circle with a ball in hand, and three offensive players spread out around the arc and the fourth in the soft corner. The two defensive players will matchup on one side of the court, one with the player on the wing, and the other with the player in the soft corner.

The coach will slap the ball to start the drill, with either the wing player coming down for a down screen, or a the low player coming up to set a back screen.

Communication will be key here. On the downscreen, the wing defender needs to call out the screen and allow enough space between himself and his assignment for his teammate to slide through unfettered. This will prevent a chase situation, where the offensive player could possibly curl into the paint for a lead pass.

On the back screen the defenders will execute the same maneuver, however here the man defending the screener may need to hedge down to prevent the backdoor pass from getting through. After the screen has been set, the low player will slide out to the corner, with the other offensive player taking their spot on the wing.

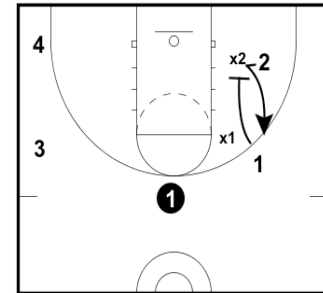
Once the screen has been defended, the coach will pass the ball to the opposite wing, who will then quickly swing the ball to the player in the strong corner. On each pass the defenders should be adjusting so that they remain in proper help position.

Next, the player in the strong corner will drive to the hoop. The player whose man is farthest from the ball – in this situation whoever is covering the player in the corner – will slide across the key, stopping the drive before the ballhandler can get into the key. The other defender will drop down into the key, ready to contest a pass to either the corner or the wing.

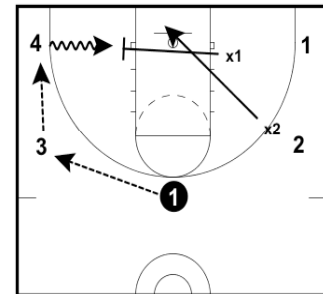
The ballhandler will then either skip the pass out to the wing or the corner. Regardless of where the ball goes, with the defense now in a scramble position, the second help defender will take the first pass, with his teammate sprinting over to the other offensive player.

The offense will take a shot on the catch, and both defenders will block out and collect the rebound to finish the drill.

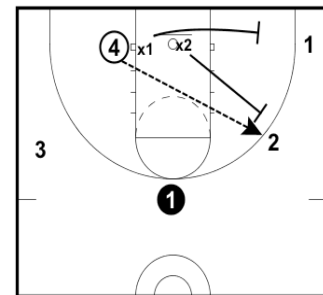
Practice Drill: Six on Four
Canyon High School



Practice Drill: Six on Four
Canyon High School



Practice Drill: Six on Four
Canyon High School



Drill: Shell Drill – Defending the Screen Away

Coach: Steve Brooks, Head Coach

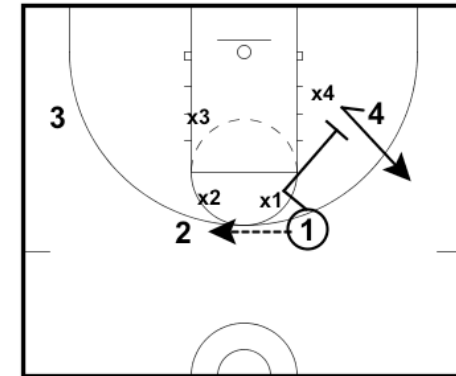
School: Indiana Wesleyan University

Description: Now that we've covered the basics of the shell and help principles, we'll have a look at a series of game situations and how best to defend them. Go through each of these sets at half speed, allowing your players to learn the concepts and correct response to each situation. The idea is to build them up slowly, so that at the end of the drill when you allow the offense to go live, the defense can react accordingly regardless of what the offense does.

First off, we'll look at the screen away. Like in the previous drill, the defender guarding the screener will allow space for his teammate to come up in between the two of them. The defender guarding the screener needs to be ready to hedge up and disrupt the passing lane if his teammate gets caught up and ends up trailing his man or hitting the screener.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending Dribble Penetration

Coach: Steve Brooks, Head Coach

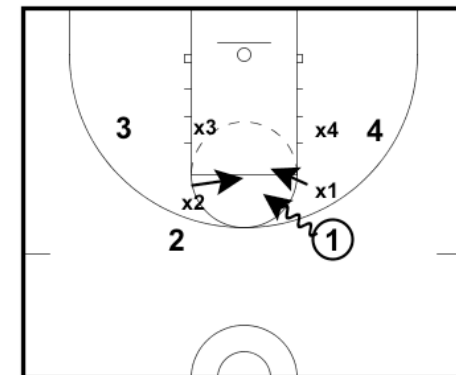
School: Indiana Wesleyan University

Description: On dribble penetration, the closest defender should hedge at the ballhandler with active hands, trying to slow the ballhandler down and give their teammate a chance to recover and get in front of their man.

For the purposes of this drill, the offense won't be shooting, but in a live game, the distance of the hedge will depend on the shooting skill of his man. For example if covering a deadly shooter, the risk of taking a big hedge and leaving their man for an open three isn't worth it. Whereas if their man is no threat to shoot the ball from deep, the defender can commit fully to the hedge, and even attack with a double team if the opportunity is there.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending Dribble Penetration with Screening

Coach: Steve Brooks, Head Coach

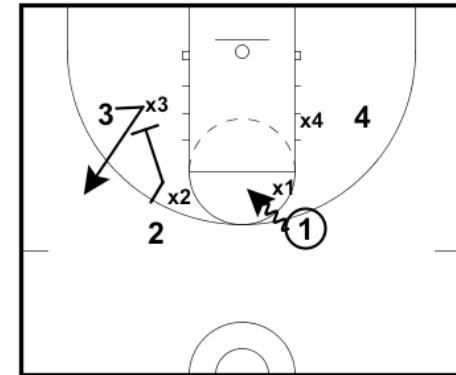
School: Indiana Wesleyan University

Description: If we recreate the same situation, the but the nearest defender's man is screening away, the defender will take a more passive role in defending penetration, dropping below the level of the ball into the key, clogging the lane and forcing the ball handler to either take a jumpshot or pass the ball elsewhere.

And as for the defender being screened, there is little to no adjustment needed. They should already be far off of their man, in proper help position and will therefore have plenty of space inside of the screener to sprint through to get back out to their man when they come out to the wing.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Back Screen

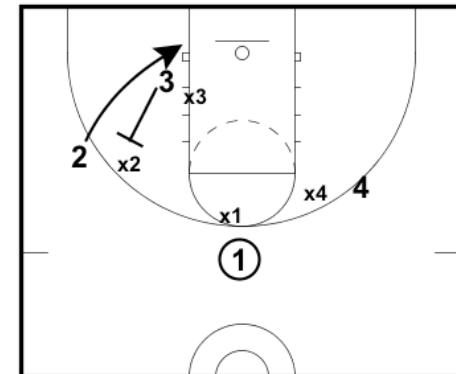
Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

Description: When defending the back screen, the defender guarding the screener's first priority is taking away the backdoor long enough for their teammate to get back into position – if that means that the pass to their man out on the wing is there for a half second longer, were okay with that. The first priority is always to protect the paint, and on defense we always want to be taking away the first option of the offense and prevent the easy basket.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Double Screen along the Baseline

Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

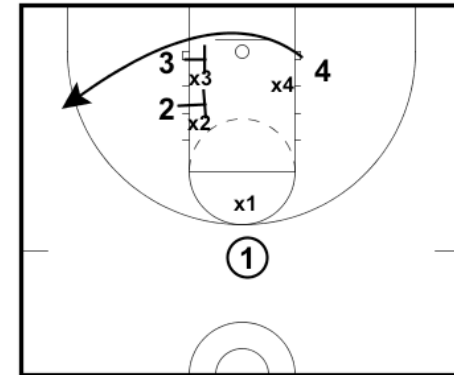
Description: I believe that whenever you can, you want to prevent switching and have your players fight through screens. That can be a little tougher when dealing with a double screen.

On the double screen on the baseline, the defender guarding the higher screener will have first responsibility on helping his teammate getting screened, who will be coming over the high side.

Your team should work on both having this player hedge and return to his man, but also work on executing the switch. The key here isn't which of the two methods they decide, but that they communicate clearly and loudly what their intentions are.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Double Screen on the Wing

Coach: Steve Brooks, Head Coach

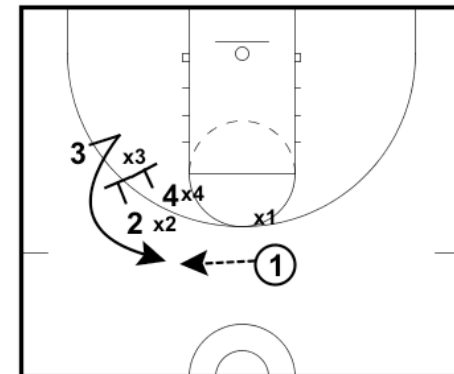
School: Indiana Wesleyan University

Description: When the double screen happens on the wing, we want the player that's getting screen to go underneath and have the player guarding the low screener in charge of making the switch or hedge.

This is a lot of players in a very tight space and things won't always work out exactly as planned so again, we want loud clear communication from all players regardless of their original responsibilities. The defenders need to be able to adjust on the fly, and make sure that they're aware that it is more than likely that one of the two screeners will be slipping to the basket – this is why want the screenee to go underneath, almost playing safety in this situation.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the UCLA Cut

Coach: Steve Brooks, Head Coach

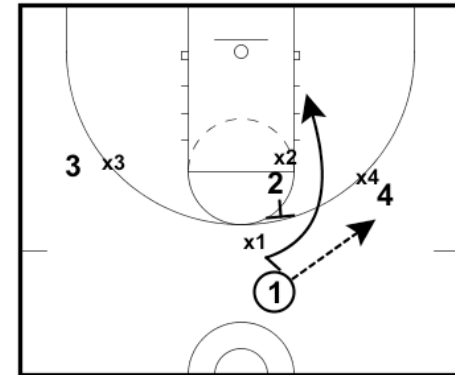
School: Indiana Wesleyan University

Description: The UCLA cut is backdoor cut from the top of the key, usually with a backscreen on the cutter. Here we want the man defending the screener to either step out into the cutter's path and bump him, giving his teammate a chance to recover as they sprint back to their man, slipping behind the screen.

Alternatively, the two players can just switch, which may be easier to execute in most situations. Either way, again, they need to communicate their intentions to their teammate early to prevent any mixups.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Three Man Weave

Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

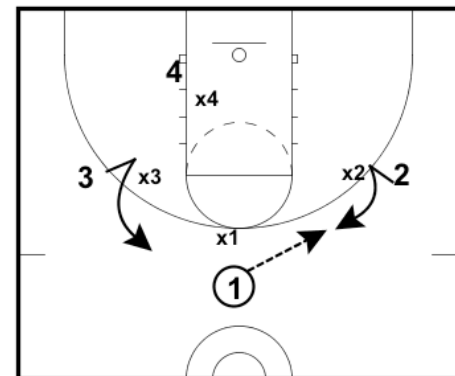
Description: While this isn't a maneuver that you'll see very often in a game, it employs the same concepts that we see in the dribble handoff and allows players to learn them in slower and more dimple situation.

Both wings will make a shallow v-cut, taking a step or two towards the hoop before cutting back up and towards the ball. The point guard will make a pass to either side, and the player receiving the pass will continue on the same path, driving to the middle of the court.

The defender guarding the point guard needs to drop below the ball and hedge at the ballhandler, giving his teammate a chance to recover and get back in front of his man.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Dribble Handoffs

Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

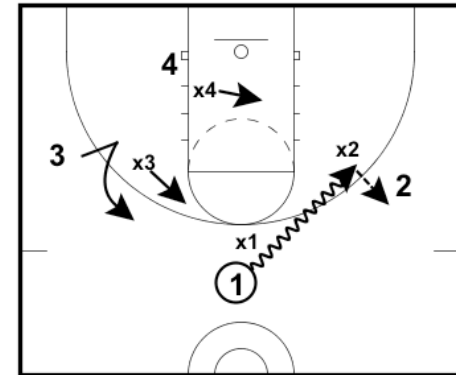
Description: The dribble handoff works much like a ballscreen, and the options for defending it are fairly similar as well. You have three options, all with varying degrees of responsibility for the defender who's man is handing the ball off.

Much like the three man weave, both wings will begin by executing a shallow v-cut. The ballhandler will dribble over to one of two sides, with the other offensive player coming around high to receive the handoff.

From there the man defending the original ballhandler can hedge hard, hedge softly, or just switch with his teammate. On the hard hedge, the other defender will trail behind his man, and on the soft hedge the other defender will go underneath the handoff.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Dribble Handoffs with a High Screen

Coach: Steve Brooks, Head Coach

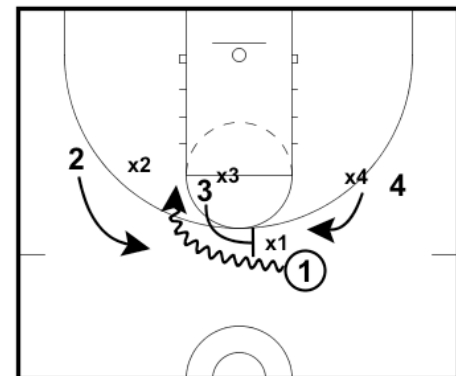
School: Indiana Wesleyan University

Description: This play works much the same as the dribble handoff, just with the ballhandler using a screen to get to the wing. Now with a strong, hard hedge on the ball screen, you can shut down this play before it even gets started, but if your big man can't get out early enough to cut off the ballhandler and only gets a soft hedge, the man defending the ballhandler will go underneath the screen, recovering to his man as quickly as he can.

Our first priority is stopping the ballhandler, and our second is stopping the player receiving the handoff, using the same principles as in the previous drill. Our third priority is the screener, who will most likely pop out to the three point line. Since the man on the weak side wing is two passes away and therefore a less immediate threat to score, we want the defender on the weak side wing to come over and take away the pass to the screener.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Screen on the Screener

Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

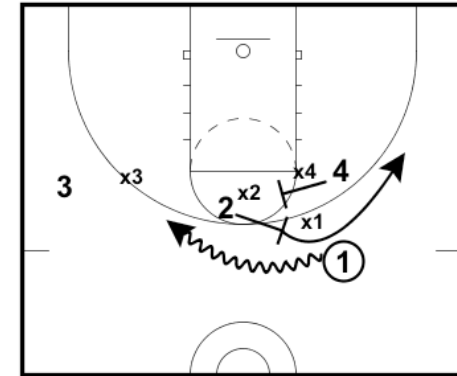
Description: One of the toughest actions for any coach to defend is the screen the screener. This can be especially tough when this action is happening with a ballhandler involved.

When the first screen comes, being set by the offense's shooting guard here, we want our defender to get up high and early on the screen and hedge. The defender should be high enough that there is room for his teammate to slide in between the gap between the screener.

Next, their power forward comes to set a backscreen. It will be tough for our defender to get from that high position up on the ballscreen, through the backscreen and out to his defender, so instead, we'll have our two guard call out the switch on this second screen, with our power forward staying with their shooting guard and vice versa.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Single Screen and Double Screen at the Same Time

Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

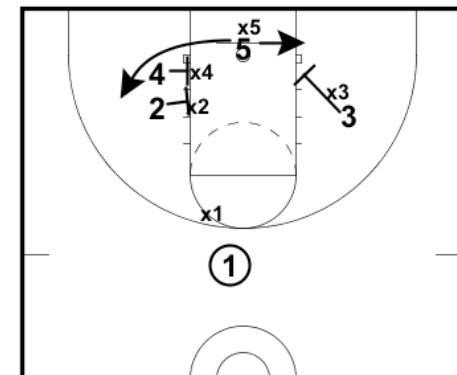
Description: If a team ever puts a player underneath the hoop, with a double screen on one side and a single on the other, we know exactly what to do.

Our three man will gap on the inside, staying between the ball and his man, and on the other side the high screener, in this case the two guard will be the one gapping.

Both players gapping need to be ready to switch if the five man gets caught up, and to make sure we can make that switch early, we want all five plays communicating, constantly updating their teammates on their situation and anything they see happening on the floor.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Cross Screen & Flash High

Coach: Steve Brooks, Head Coach

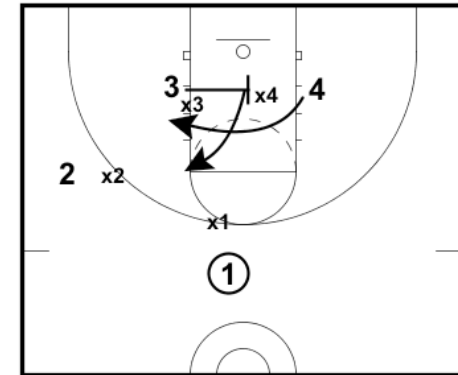
School: Indiana Wesleyan University

Description: With any cut through the middle of the court, we want to bump the cutter – whether it's your man or not. In this situation, with the three man setting the cross screen for the four, it's vital that the three slow down the four man, otherwise it will be far too easy for them to establish deep post position with the defender trailing that far behind.

If the three man can't slow him down sufficiently or the four gets caught up in the cross screen, they'll call switch, with the four man then covering the screener's flash up to the elbow. As usual, our first priority is taking away the pass to the man closest to the hoop so both defenders need to make absolutely sure that this is covered before concerning themselves with the man up at the elbow.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Small on Big Cross Screen

Coach: Steve Brooks, Head Coach

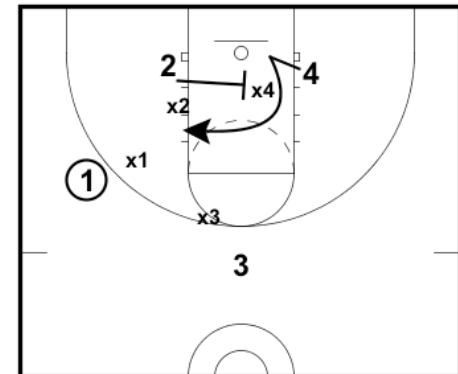
School: Indiana Wesleyan University

Description: With the small on big cross screen, it's very important that we avoid that switch if at all possible, as otherwise our guard will be faced with a huge mismatch.

The guard will need to get physical, calling out the screen early and bumping the cutter as they come across the key. The post defender can go under or over the screen – the important part is that the guard stays in front of him and slows him down long enough for his teammate to get there, otherwise his teammate will have no opportunity to deny the post entry or even defend on the catch.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Screen and Rescreen

Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

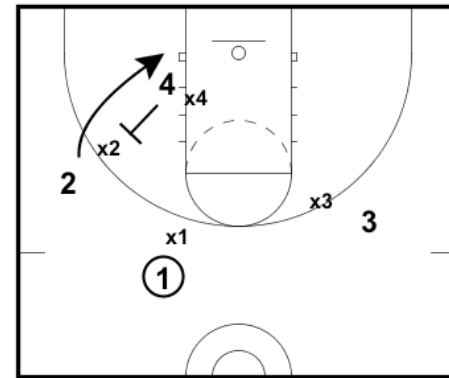
Description: To defend the screen and rescreen correctly, the key will be communication between the two defensive players involved in the action. They'll defend the first screen the same they always would – gapping inside so that the screenee has room to slip the screen, and with a hedge by his teammate to give him some time to recover.

The switch is always an option as well, and is especially useful in this situation if your defenders can recognize the action and call it out. This way they can switch on both screens and will prevent any of the mismatches you would normally get on a switch.

Either way, the first priority remains to protect the hoop – a miscommunication that results in both defenders going to the player cutting to the hoop is bad, but a miscommunication where they both go up top is worst, and should *never* happen.

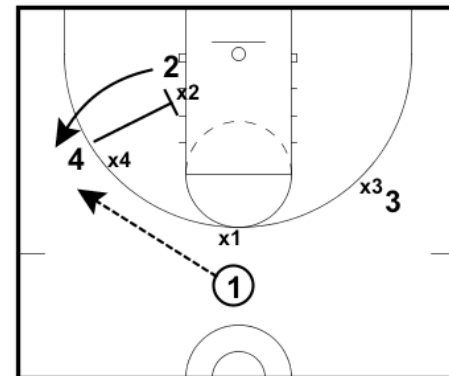
Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Defending the Small for Big Cross Screen and Double Down Screen

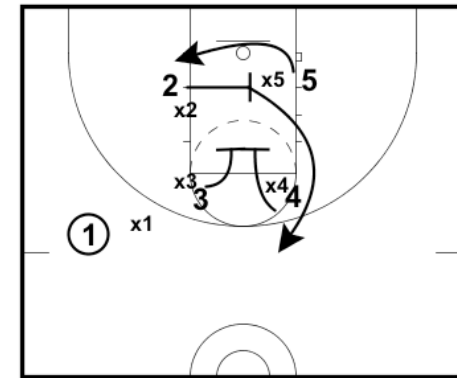
Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

Description: In this situation, we have one player – our two guard – involved in two screening actions, one of which is a double screen. Our first priority as always is to deal with the player closest to the hoop. If our shooting guard gaps correctly, the five should be able to get through, but if the center is having trouble he needs to call out the switch so that the two guard knows to stay. With their two guard, the one who just set the screen, now cutting up through the lane to use a double screen, our power forward – the man guarding the screener that the offensive player is rubbing shoulders with, - needs to create a lane for his teammate to run through. But should he get caught up, he needs to communicate it to his four man and bump him up, with the four man following their 2 guard out to the arc and the man chasing the screen taking the four's assignment.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Drill: Shell Drill – Ball Thrown to Post

Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

Description: The skills of the post player down low and the player making the entry pass will factor heavily into the decision of that defender. While the other two defenders, guarding the men at the top of the key and the weak side wing, will stay fairly consistent in their help position, the man guarding the entry passer has a couple options.

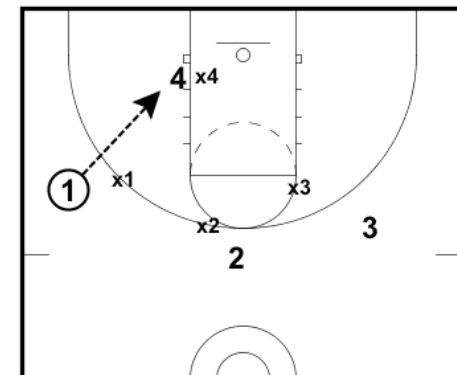
In a normal situation, where there is neither a dominant post scorer nor a great outside shooter, the defender, with his back to the baseline, will step down and disrupt the post with active hands when the opportunity presents itself.

Now if we were dealing with a strong post scorer and a weak shooter, the defender can increase that cushion, even going so far as to double down if they see the chance.

However if we were dealing with a lights out shooter on the wing, and there isn't much of a threat down low, we'll have our defender stick tight to his man on the wing to prevent the easy three point look.

Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University



Practice Drill: 18 Sets To Defend In 4 on 4 Shell

Indiana Wesleyan University

Drill: Shell Drill – Defending the Diagonal Screen in the Post

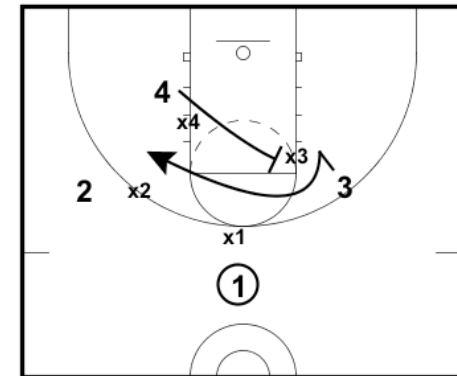
Coach: Steve Brooks, Head Coach

School: Indiana Wesleyan University

Description: One of the best way to get a man open in the post is with the diagonal screen pictured to the right. Much like when a defender is chasing the curl, they're in a terrible position to protect the hoop.

Generally your best course of action is to communicate, calling out the screen early, and have the man getting screened go under, staying between the hoop and his man the whole time. In the meantime, we want our man defending the screener to bump the man coming through the lane to give his teammate a couple extra seconds to get into position.

It's also important that our on-ball defender gives good pressure, making the pass as difficult as possible. Our two guard off to the side should have his head on swivel as well, looking for an opportunity to deflect any big looping passes over the top.



Drill: Jump to Ball and Control Lane

Coach: Jack Bennett, Head Coach

School: University of Wisconsin-Stevens Point

Description: This is a half-court drill that we use for defensive toughness, but we always have a coach working with the offensive teams as well. Team X has to stop Team A to get a point.

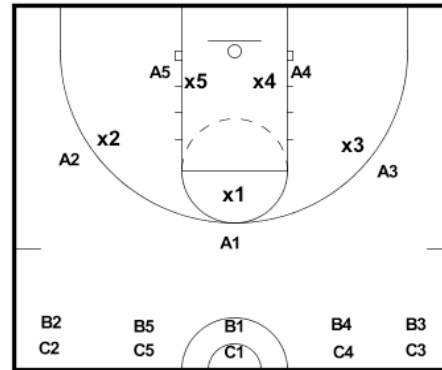
After Team A has one possession on offense, they go to the back of the line, and Team B steps out to play offense vs. Team X. Team X must get three stops in a row to get out of the drill. We do the drill until every team has defended and made three stops in a row.

Another variation of this drill that we use is to award points for aspects of defense that we wish to reinforce; i.e. 1 point for a defensive rebound, 1 point for a deflection, 2 points for a drawn charge, -1 for an offensive rebound, -2 or -3 points for a basket, etc. Each team gets the same number of possessions, and at the end the team with the most defensive points wins.

We can also change this into a scramble drill if need be. After the ball is entered, a coach yells out the name of a defender. He sprints off the court, and the remaining four defenders must defend five offensive players. This is great for defensive communication and rotation.

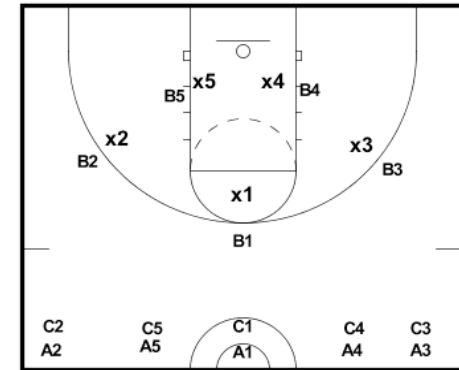
Practice Drill: Three-Stop Drill

Webster University



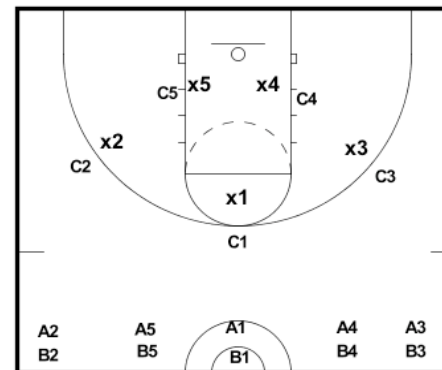
Practice Drill: Three-Stop Drill

Webster University



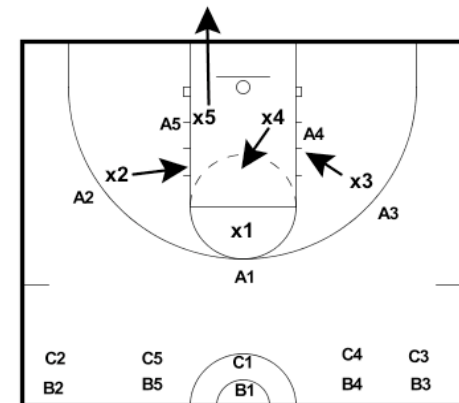
Practice Drill: Three-Stop Drill

Webster University



Practice Drill: Three-Stop Drill

Webster University



Drill: Hide and Seek

Coach: Tom Kelsey, Head Coach

School: Belhaven University

Description: Communicating in transition is especially important, with the margin for error shrinking due to the fact the defense is not set. This drill gives us a chance to practice all of the skills we've learned in halfcourt and apply them to a full court transition situation.

Have five offensive players lineup on one baseline, and five defenders line up on the free throw line on that side of the court – facing the opposite basket.

Now a coach will stand in front of the offensive players, and make a pass to whoever he chooses. Once that pass is made, the coach will call out go.

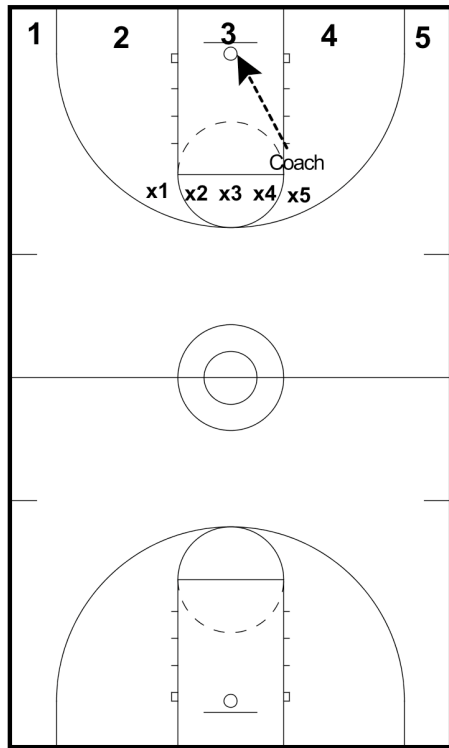
The defenders will spin around, and immediately begin communicating as they hustle to get back to the key.

From there the offense tries to score, with the defense collecting a stop on a defensive rebound.

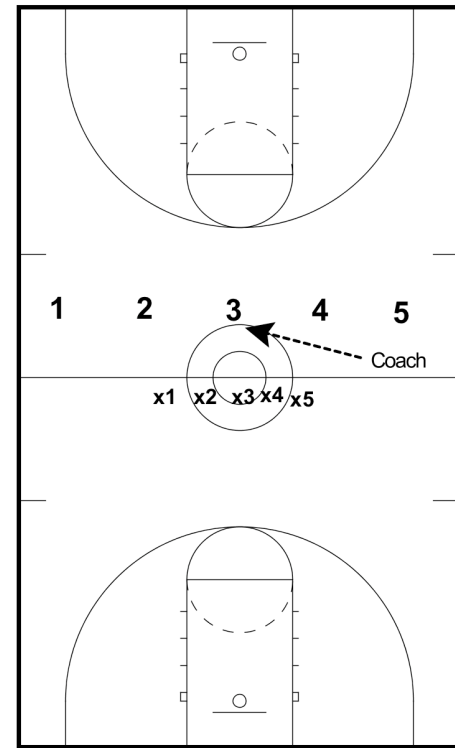
After the defense has collected three stops in a row, they switch, with either a new team coming in on offense and offense going to defense, or if you've only got 10, just an offense defense switch.

You can make the drill more difficult by moving the offense further up the court, and it's also a good idea to zall out zone every once in a while and force the defenders to change up.

Transition – Hide and Seek
Belhaven University



Transition – Hide and Seek
Belhaven University



Looking For More Basketball Coaching Resources?

Visit www.Online-Basketball-Drills.com/products for a complete listing of playbooks, drill collections, and online video clinics from some of the top high school, NCAA and NBA coaches of all time!

SPECIAL OFFER: You're invited to receive 51 killer drills and 7 proven plays... for just one dollar! → www.BasketballInnerCircle.com/signup