

Defensive Practice Drills

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Defensive Practice Drills - Contents (cont.)

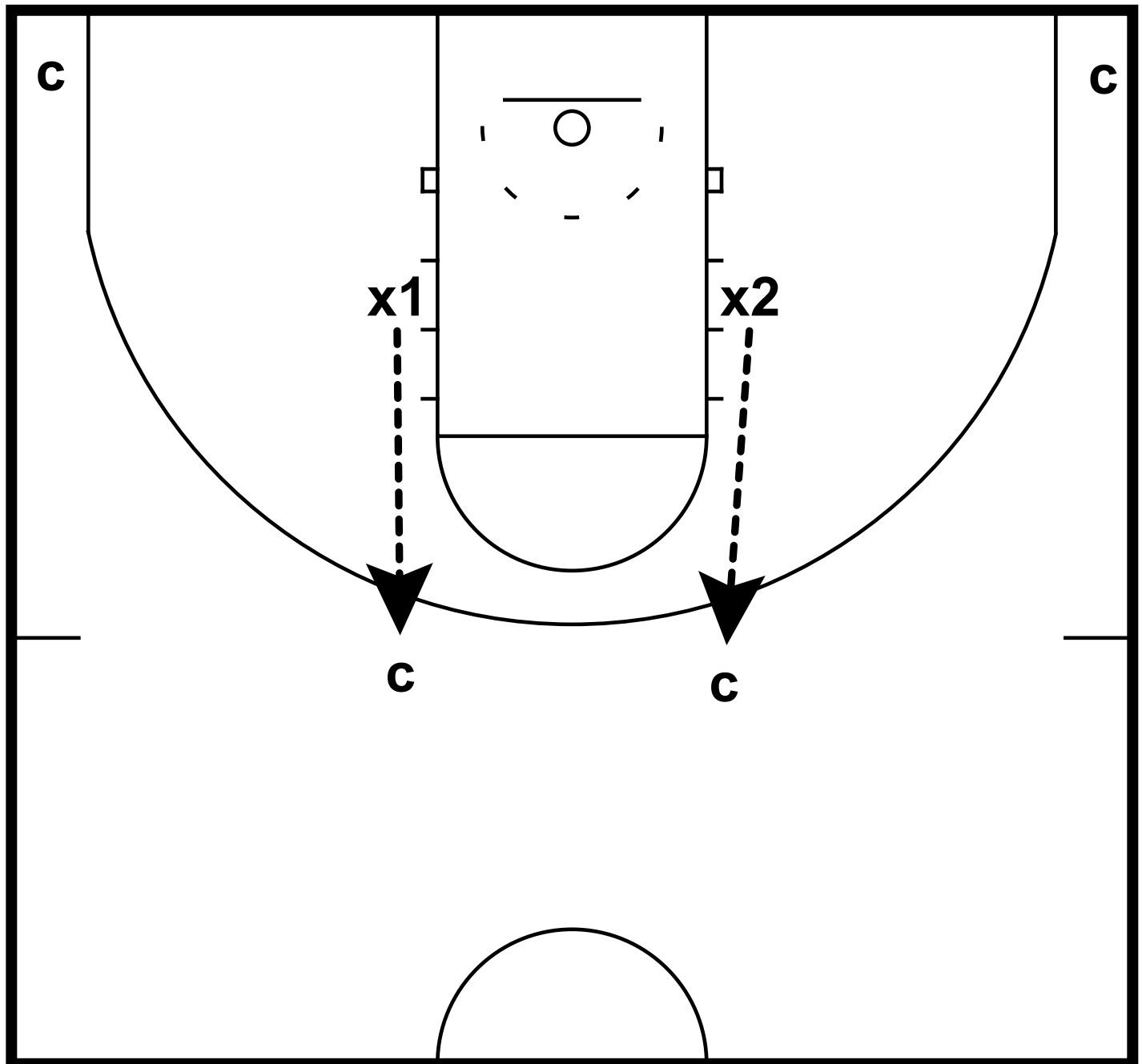
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Defensive Practice Drills

Warm up drills

Multiple Effort defense partner drill 1

Defensive Drill



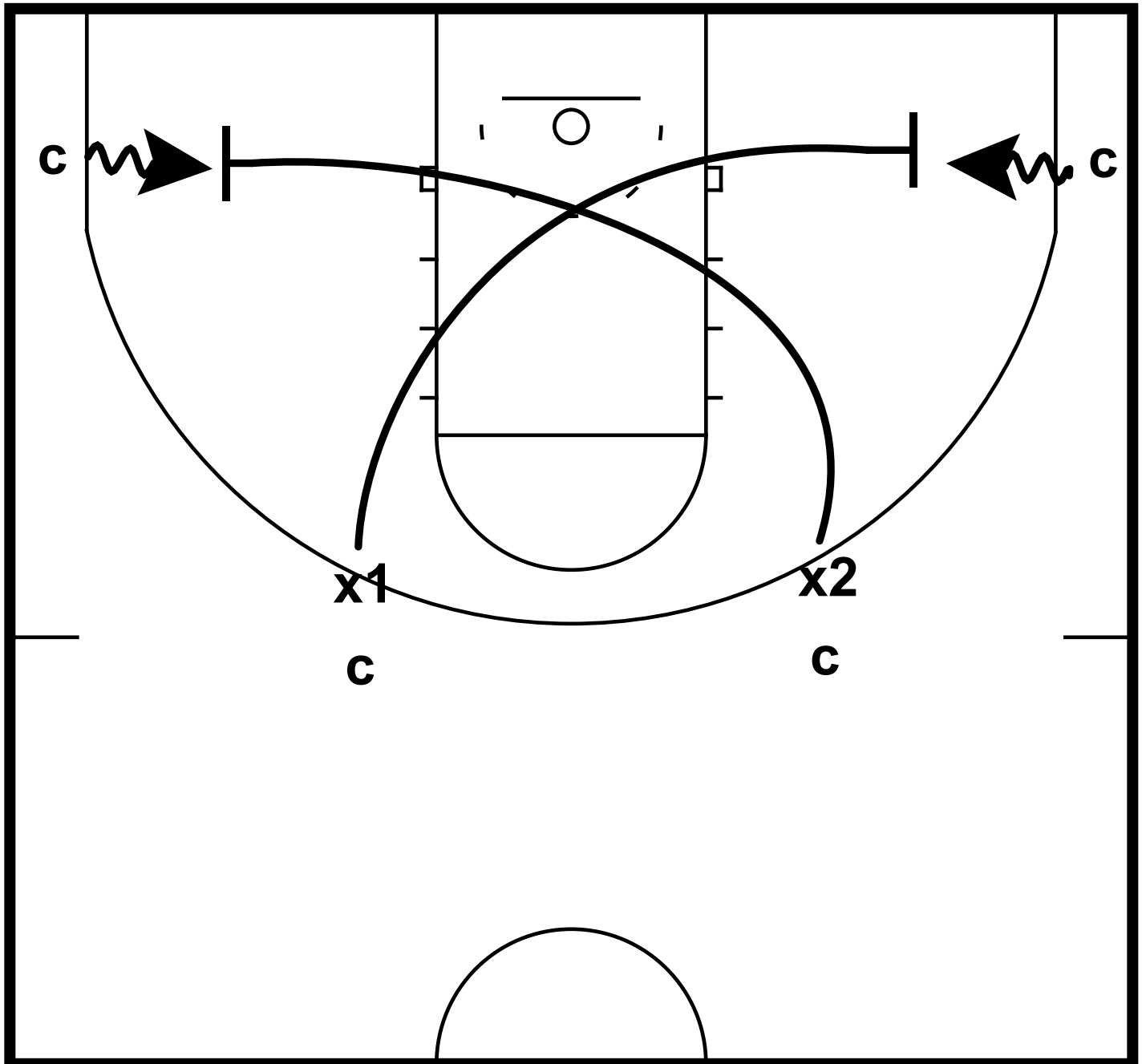
x1 and x 2 both pass and closeout

Defensive Practice Drills

Warm up drills

Multiple Effort defense partner drill 1

Defensive Drill



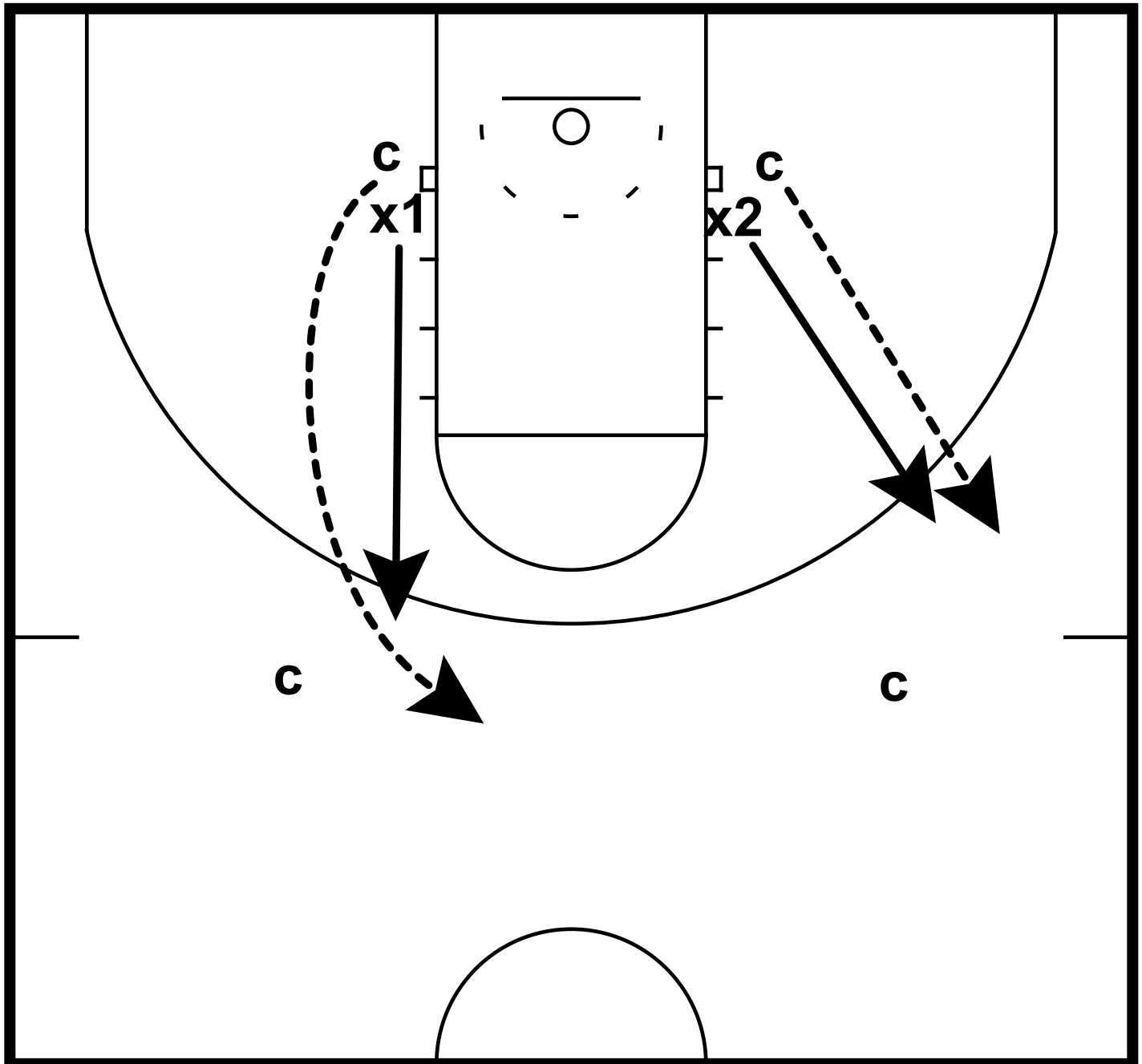
Defenders crossover and defend baseline drive

Defensive Practice Drills

Warm up drills

Multiple Effort defense partner drill 1

Defensive Drill



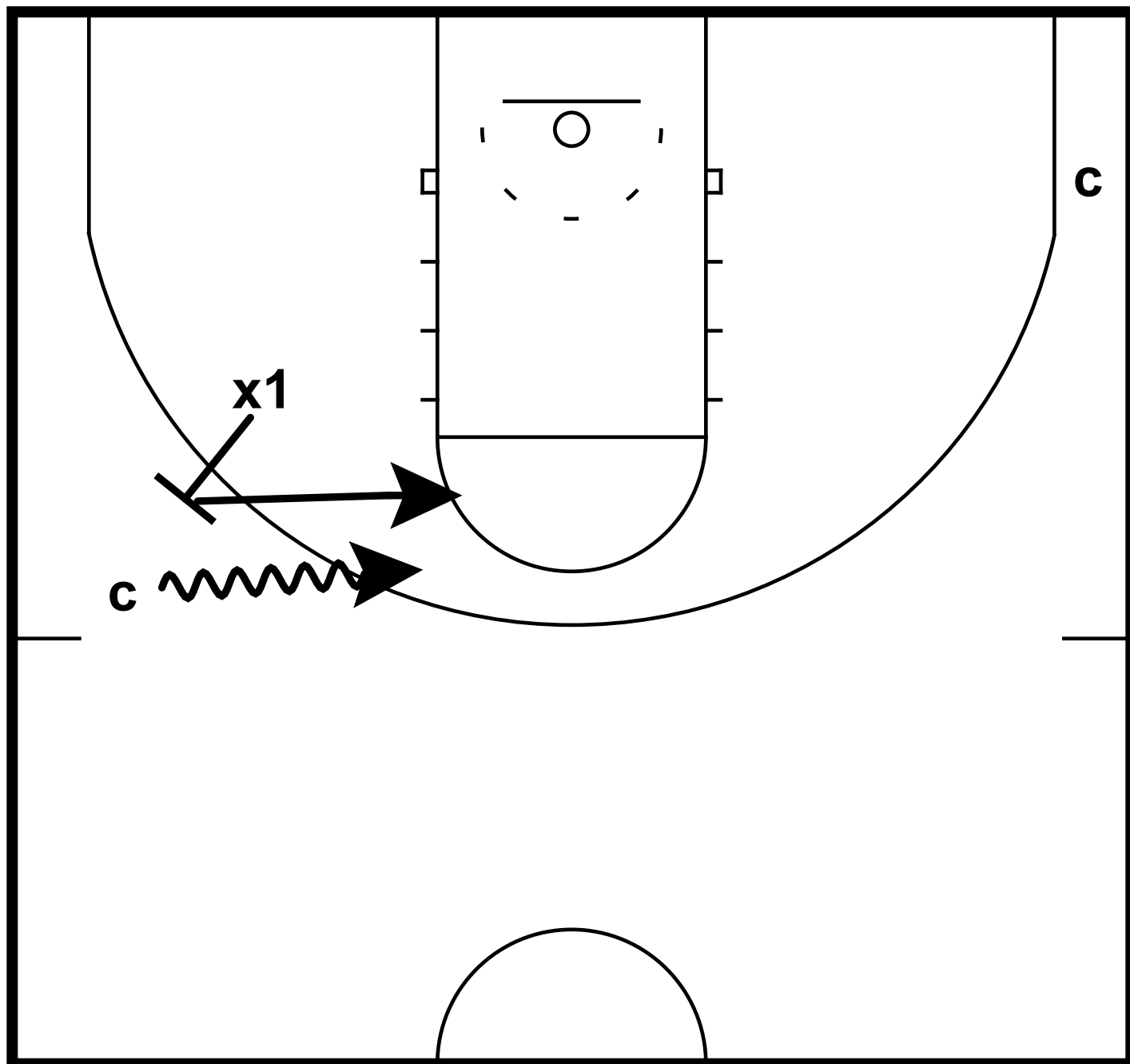
Roll or toss ball in air to have player recover

Defensive Practice Drills

Warm up drills

Multiple Effort #1

Defensive Drill



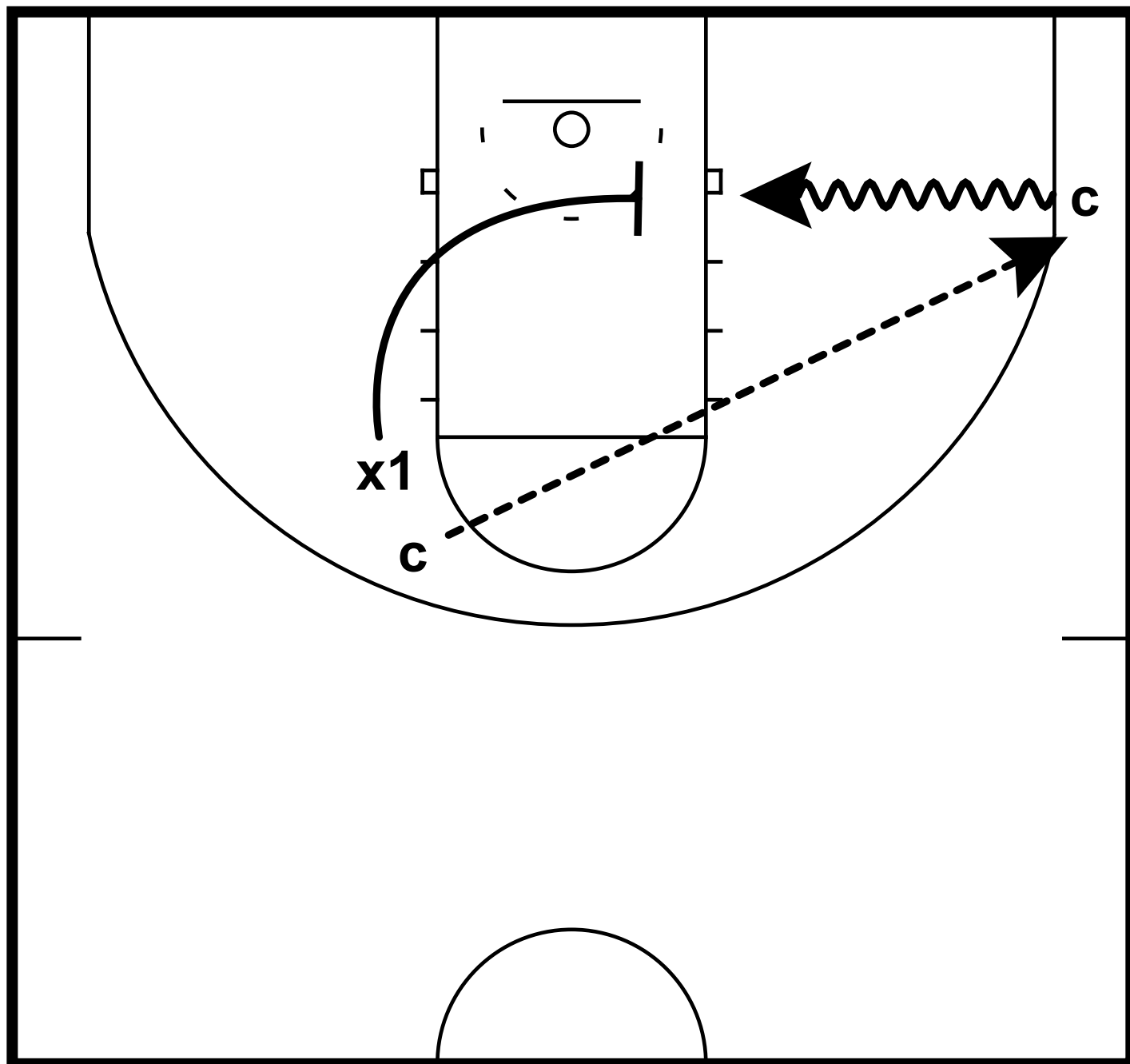
Close out to one on one

Defensive Practice Drills

Warm up drills

Multiple Effort #1

Defensive Drill



Coach passes to coach in corner

Coach from the corner drives baseline

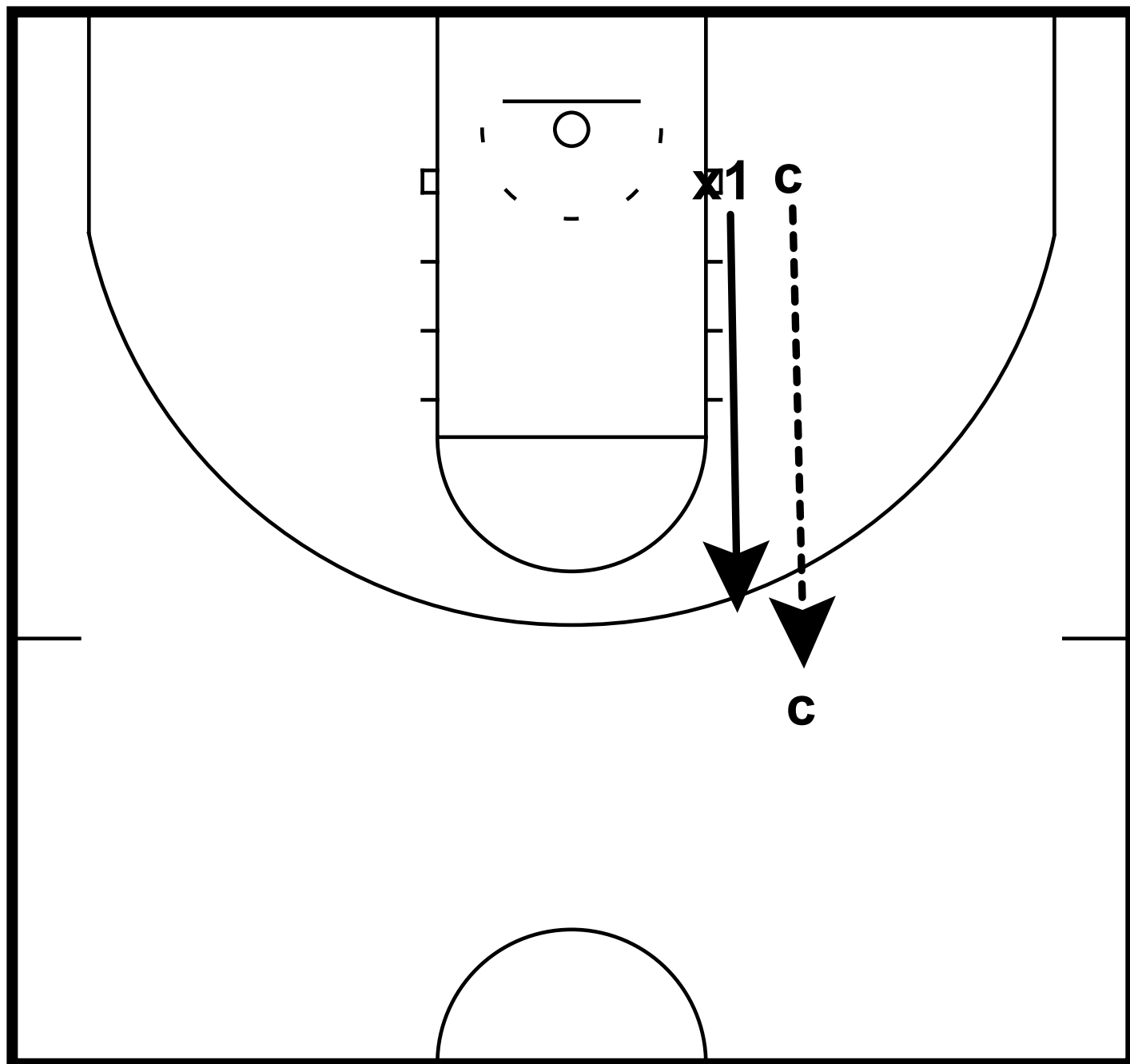
x1 sprints into help and takes charge

Defensive Practice Drills

Warm up drills

Multiple Effort #1

Defensive Drill



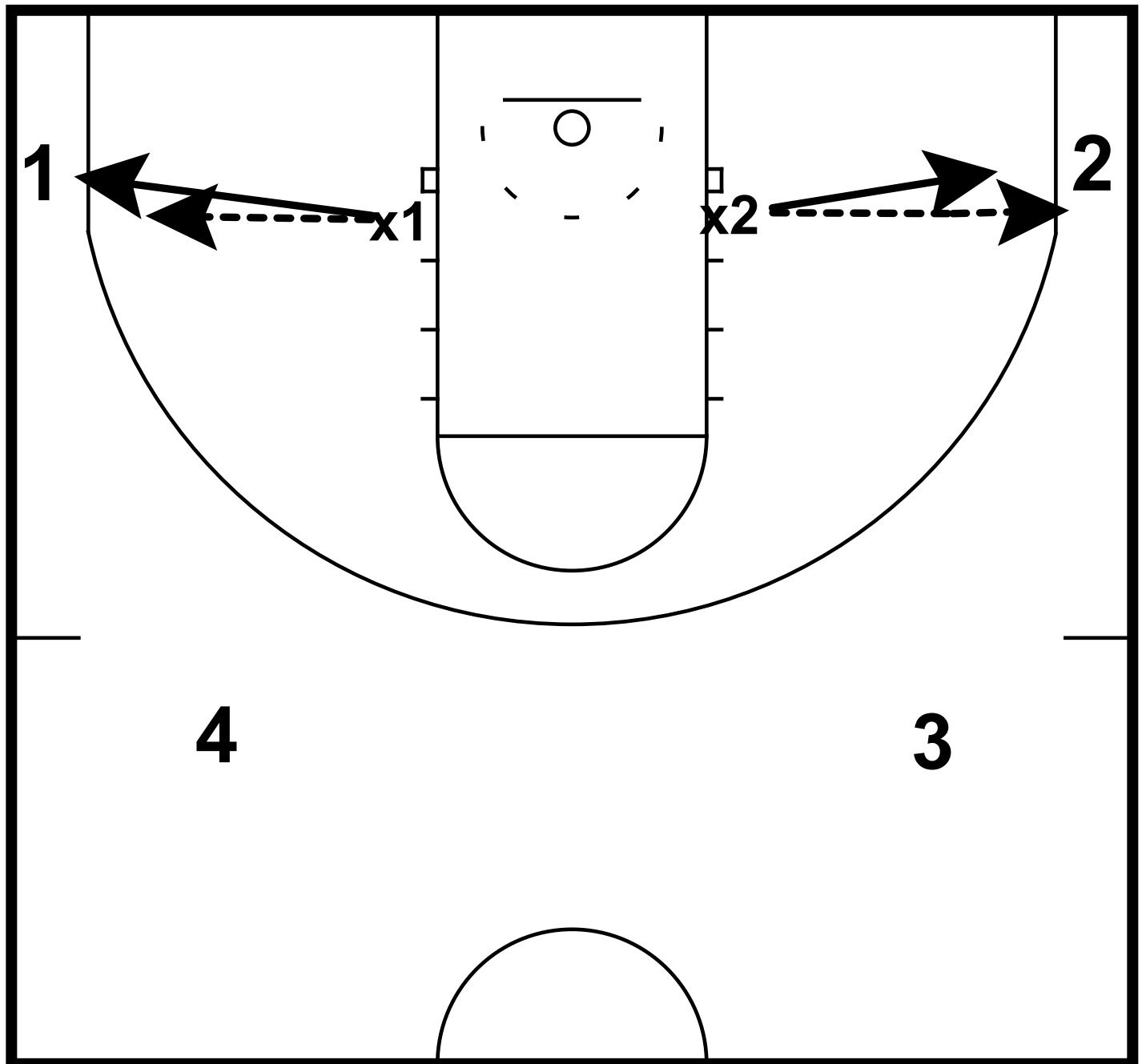
Coach passes to top of key
x1 close out with box

Defensive Practice Drills

Warm up drills

Multiple Effort Partner Drill

Defensive Drill



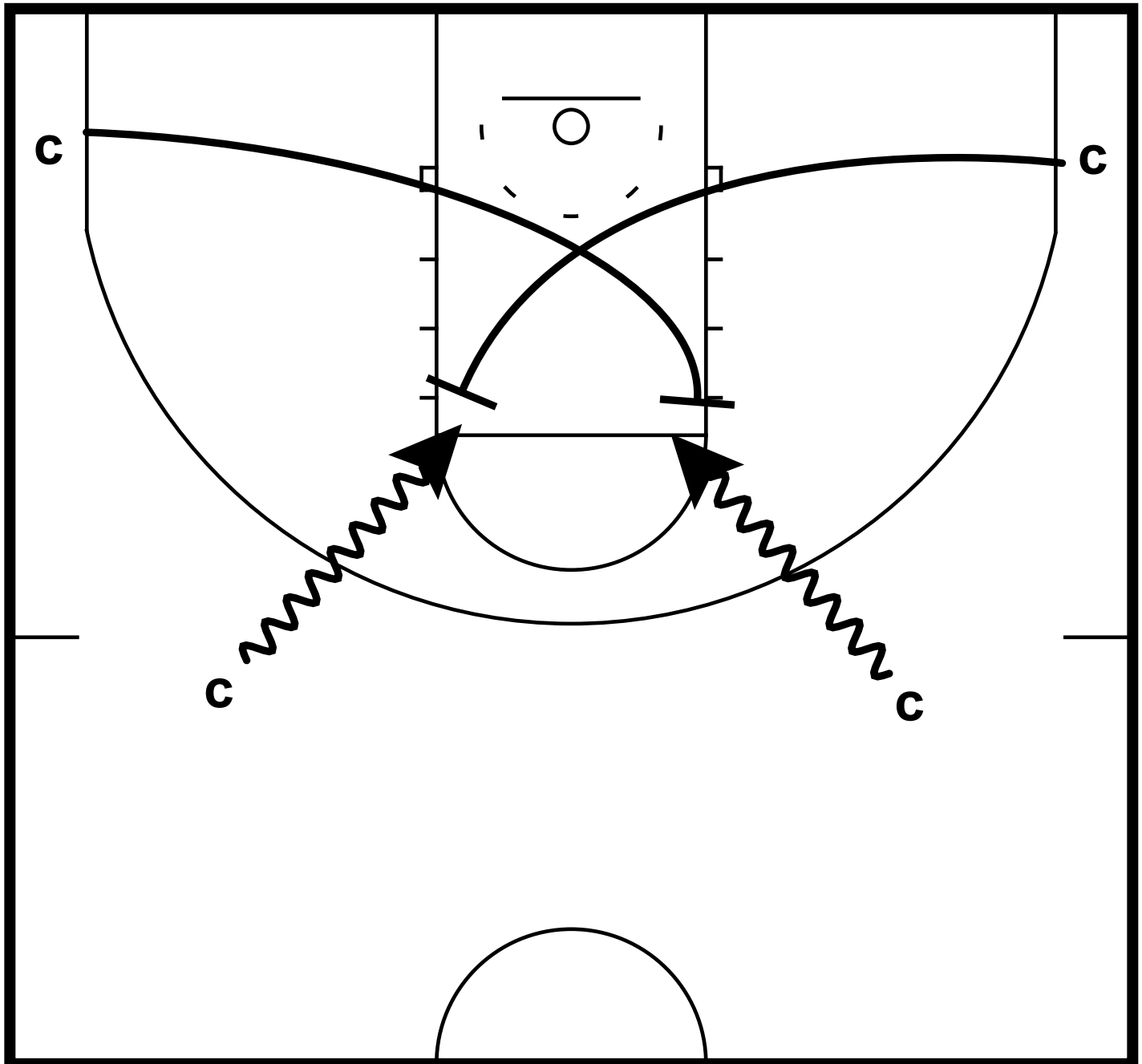
x1 and x2 pass ball to coach and close out

Defensive Practice Drills

Warm up drills

Multiple Effort Partner Drill

Defensive Drill



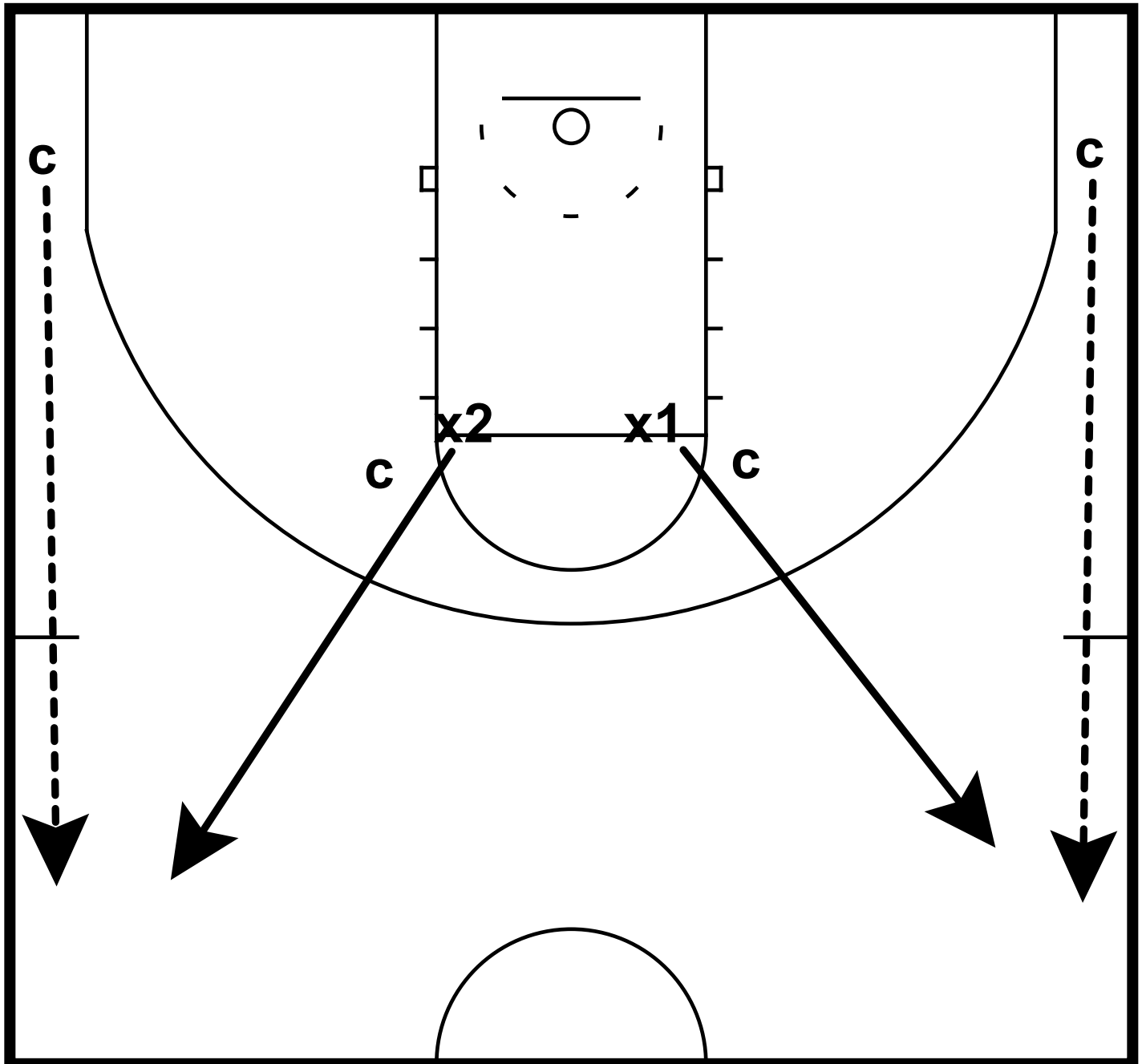
Cross middle and take charge

Defensive Practice Drills

Warm up drills

Multiple Effort Partner Drill

Defensive Drill



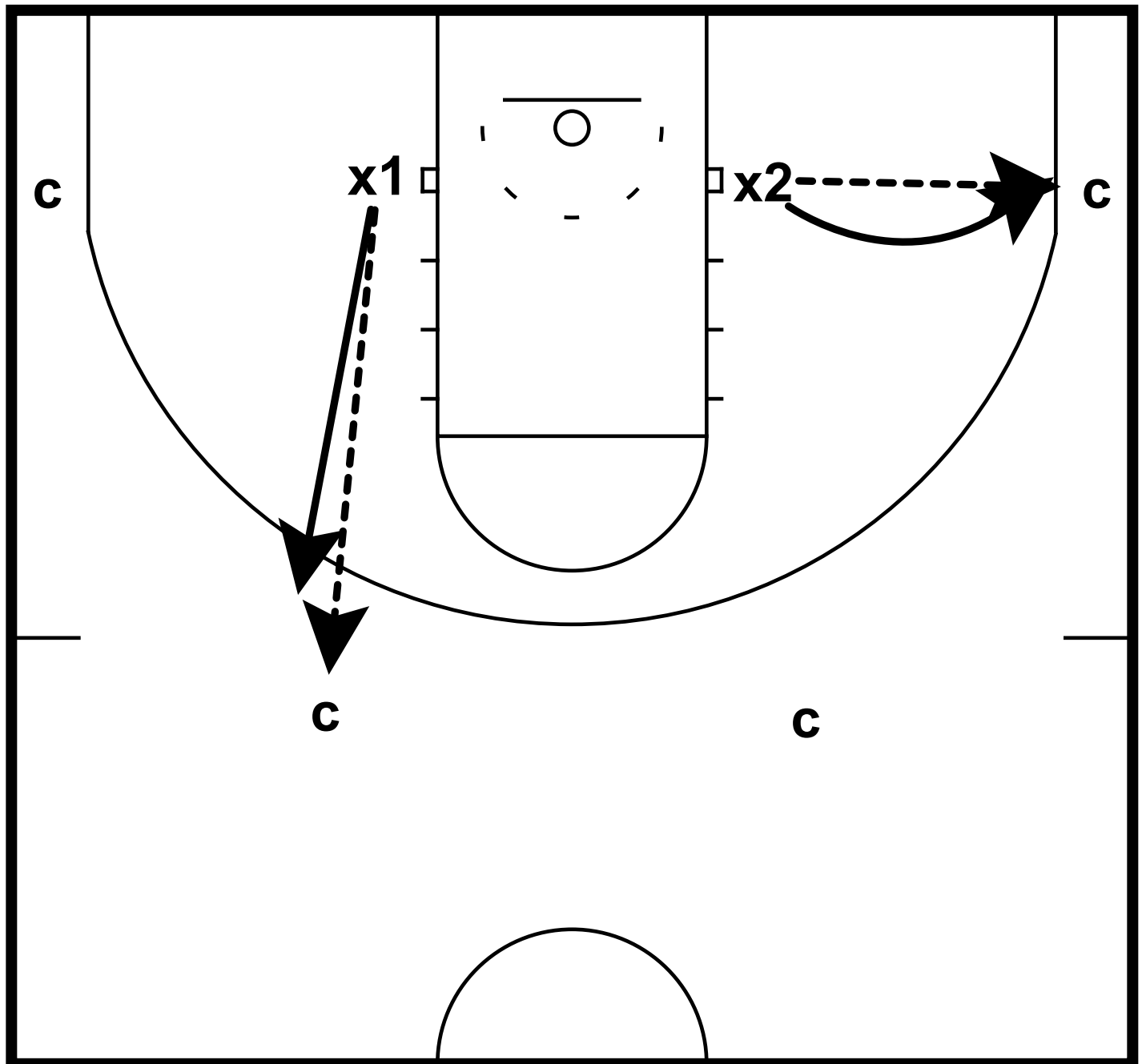
Defenders chase down ball

Defensive Practice Drills

Warm up drills

Multiple Effort Defense

Defensive Drill



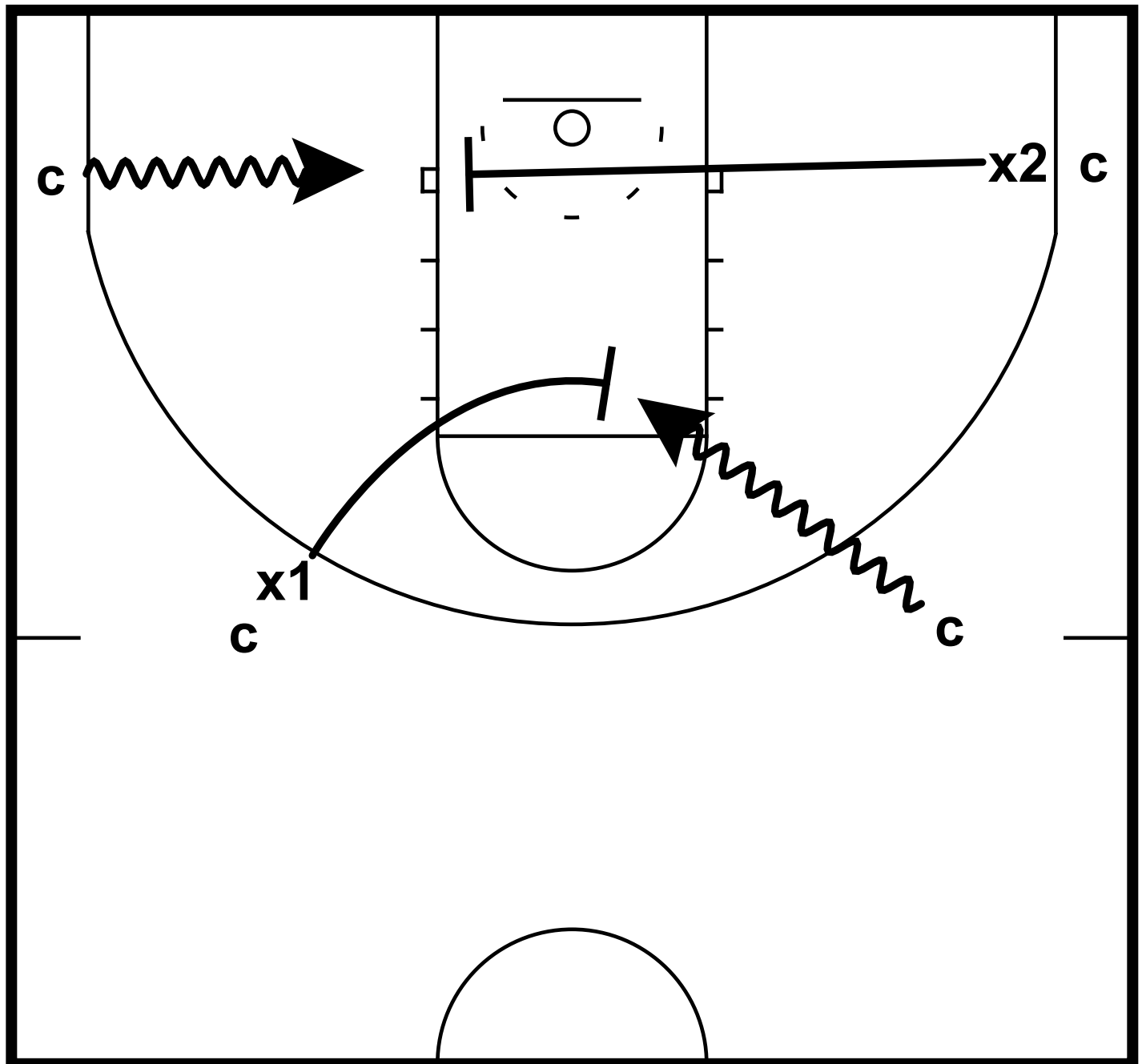
Pass to coach then close out

Defensive Practice Drills

Warm up drills

Multiple Effort Defense

Defensive Drill



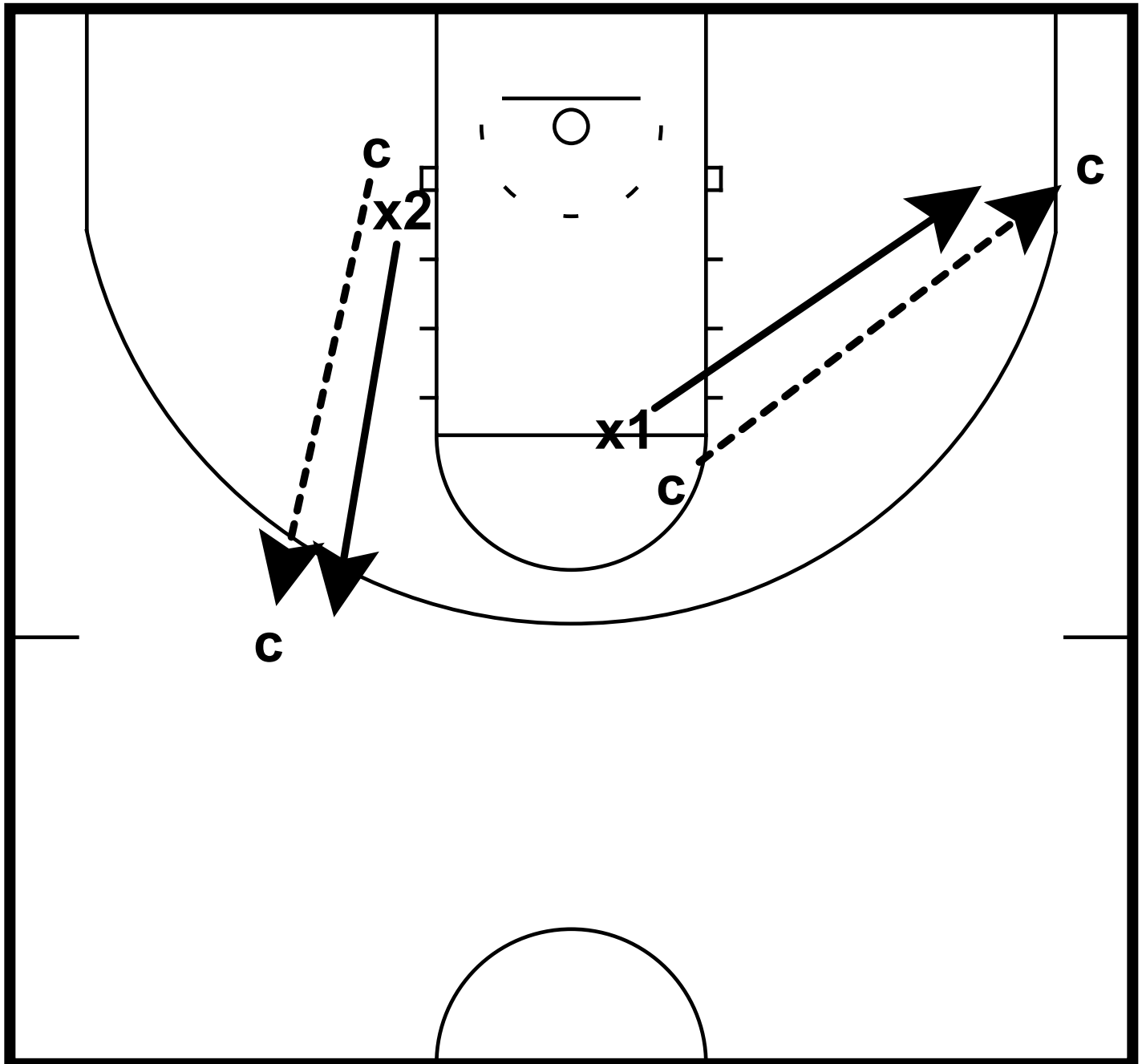
x2 takes baseline charge

x1 drops down to cut off middle drive

Defensive Practice Drills

Warm up drills

Multiple Effort Defense Defensive Drill

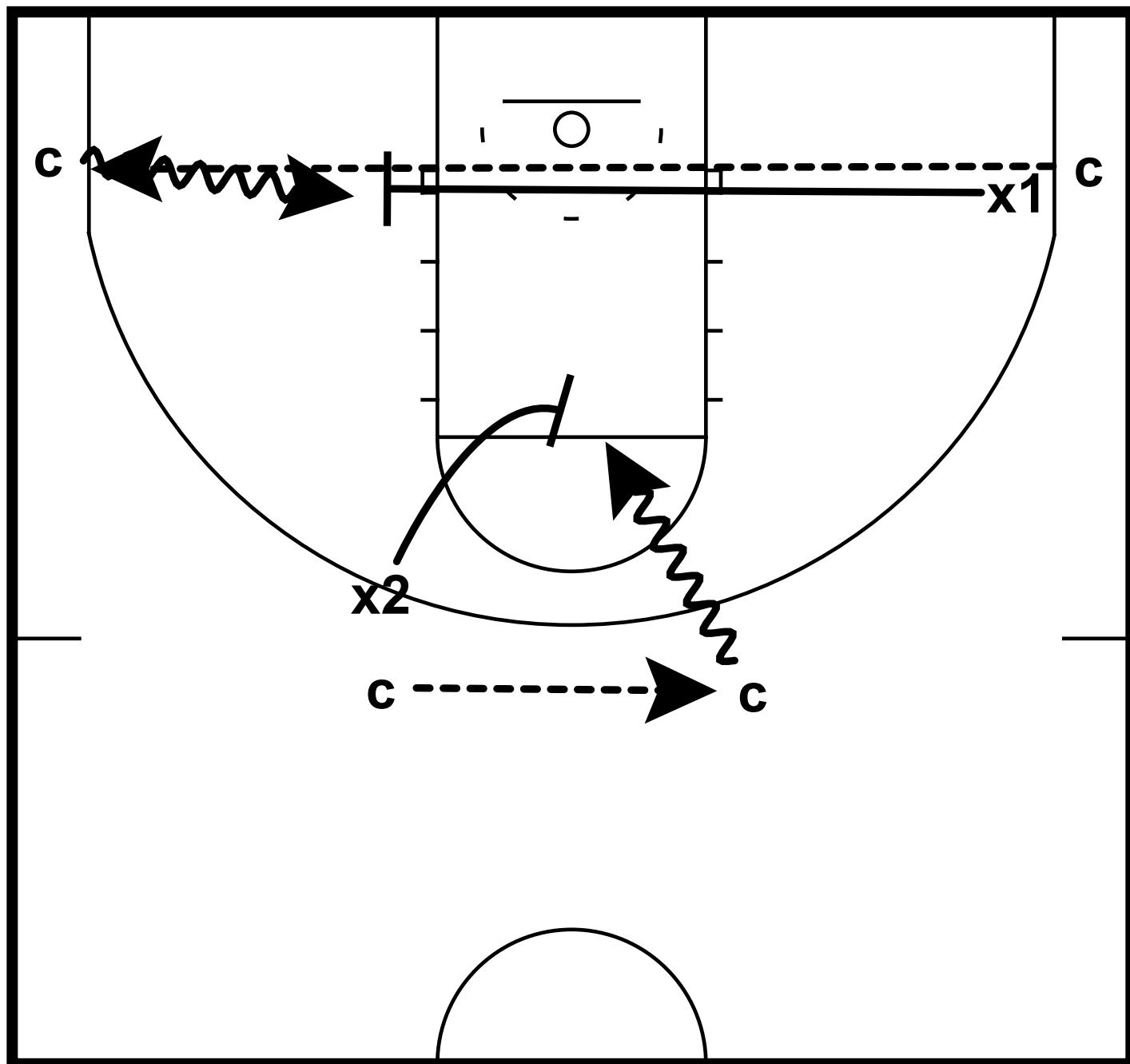


x1 closes out to the corner
x2 closes out to slot

Defensive Practice Drills

Warm up drills

Multiple Effort Defense
Defensive Drill

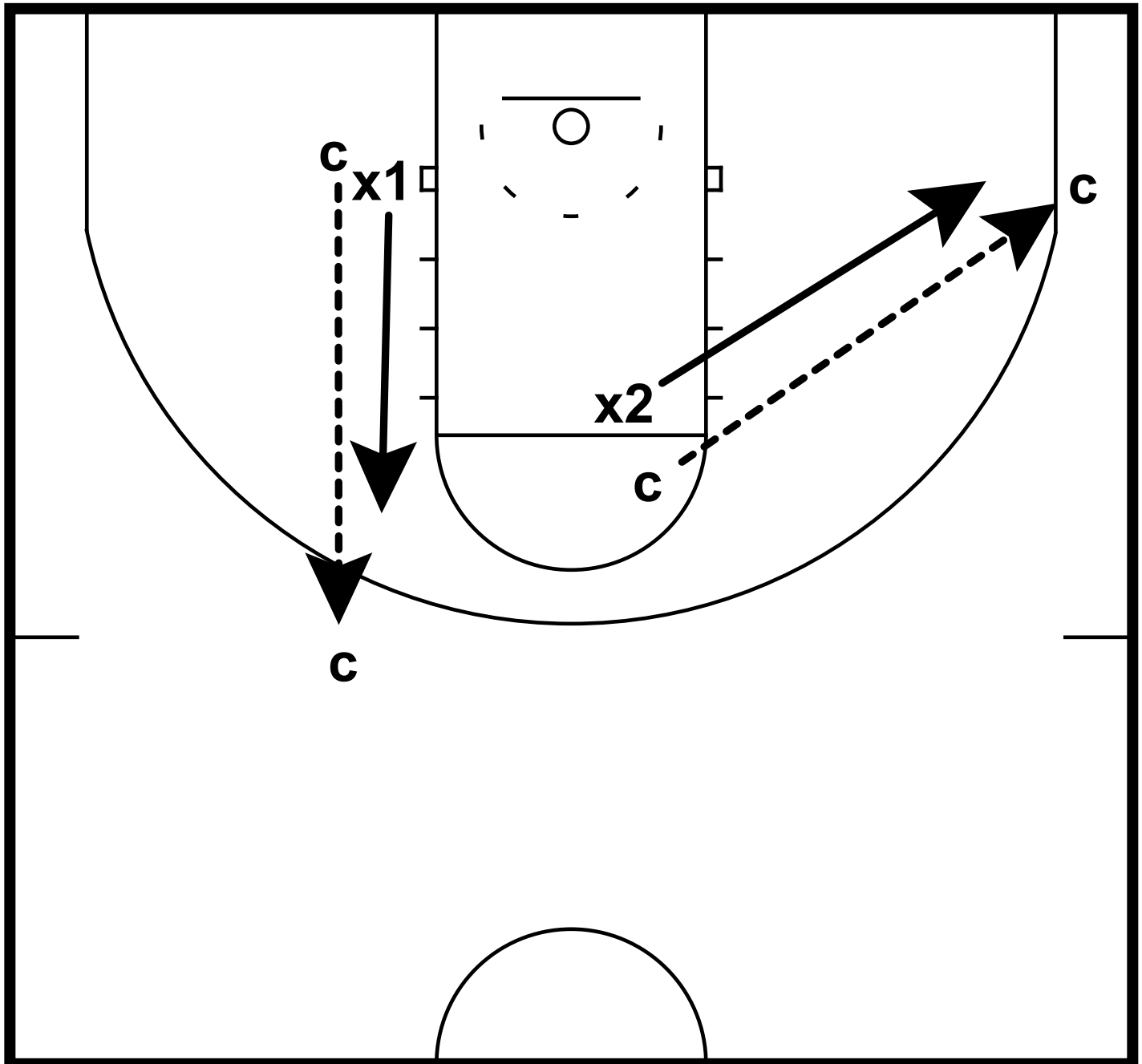


x2 stops middle drive
x1 stops baseline drive

Defensive Practice Drills

Warm up drills

Multiple Effort Defense
Defensive Drill

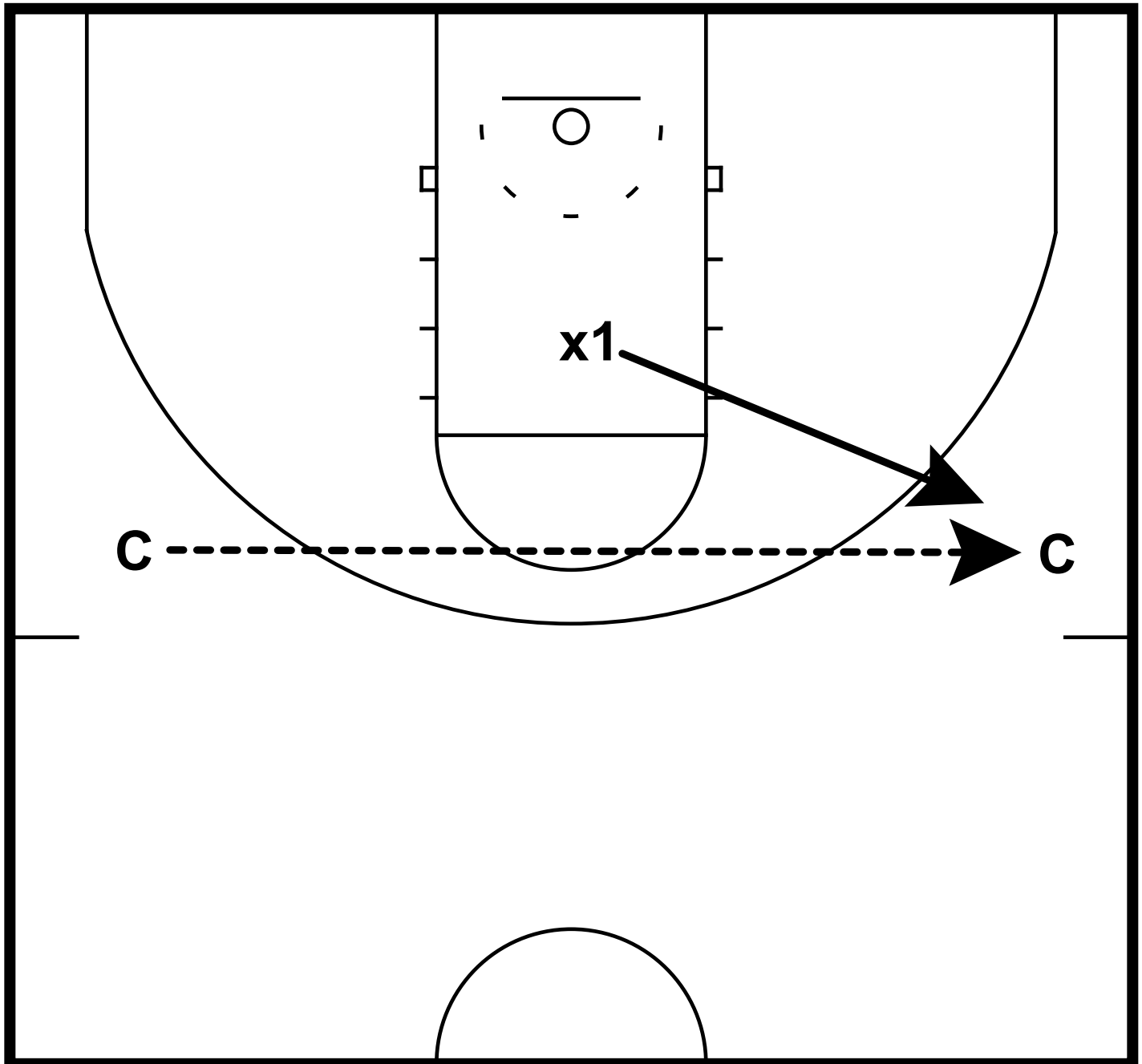


Drill ends with x1 closing out
x2 boxing out

Defensive Practice Drills

Warm up drills

New Jersey
Defensive Drill

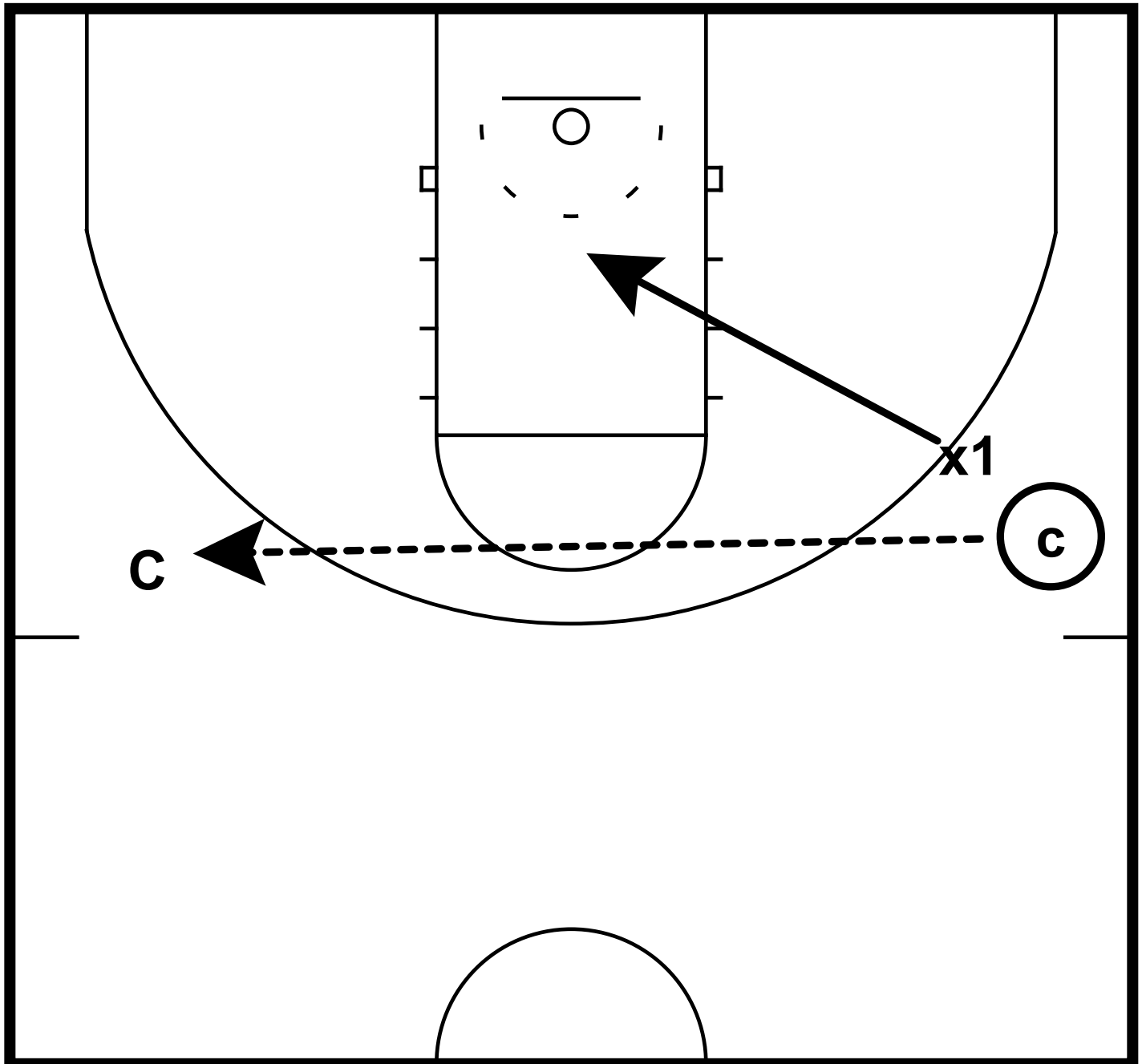


3 In help on skip close out

Defensive Practice Drills

Warm up drills

New Jersey
Defensive Drill

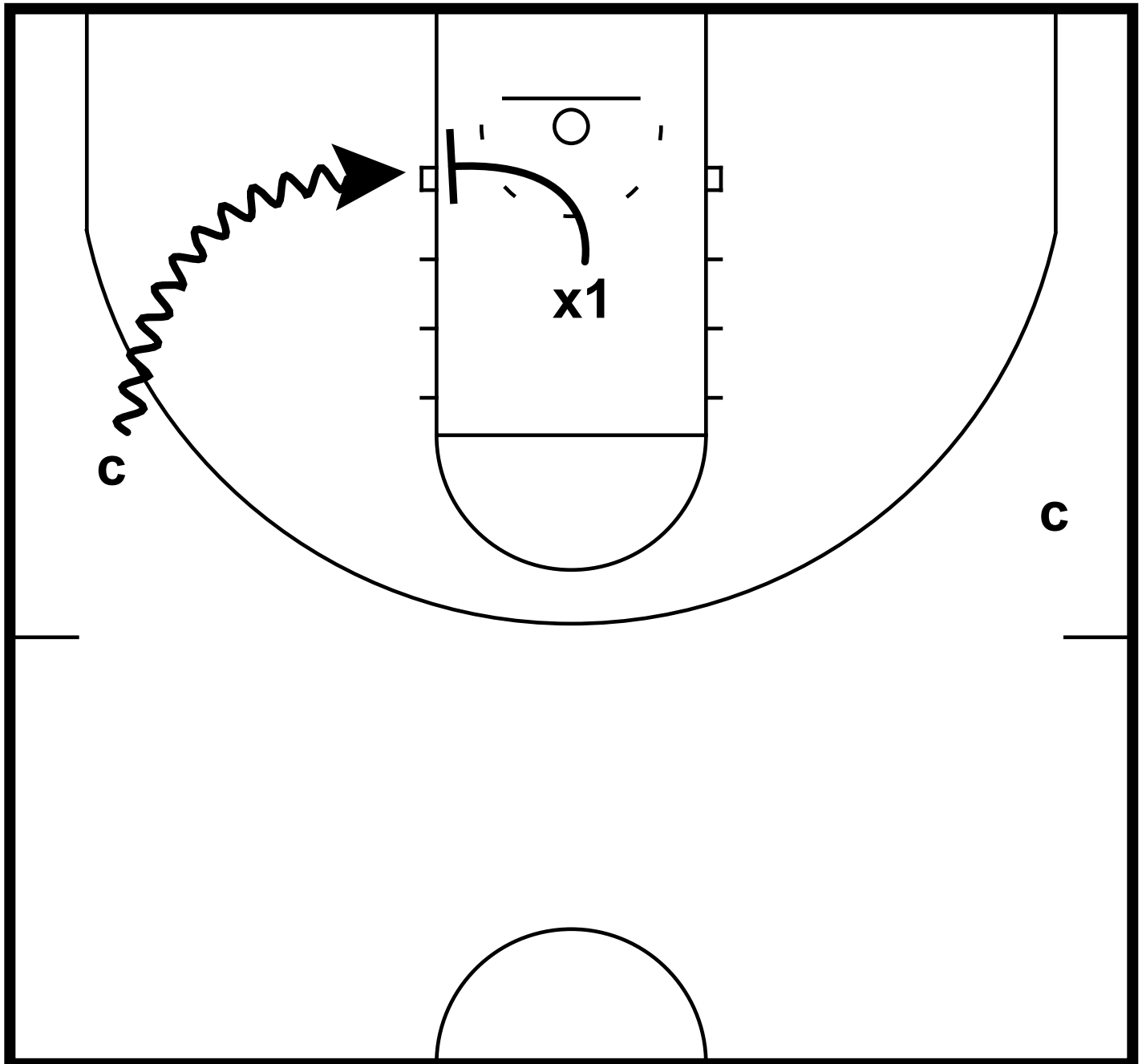


Skip back to other coach 3 is in help position

Defensive Practice Drills

Warm up drills

New Jersey
Defensive Drill

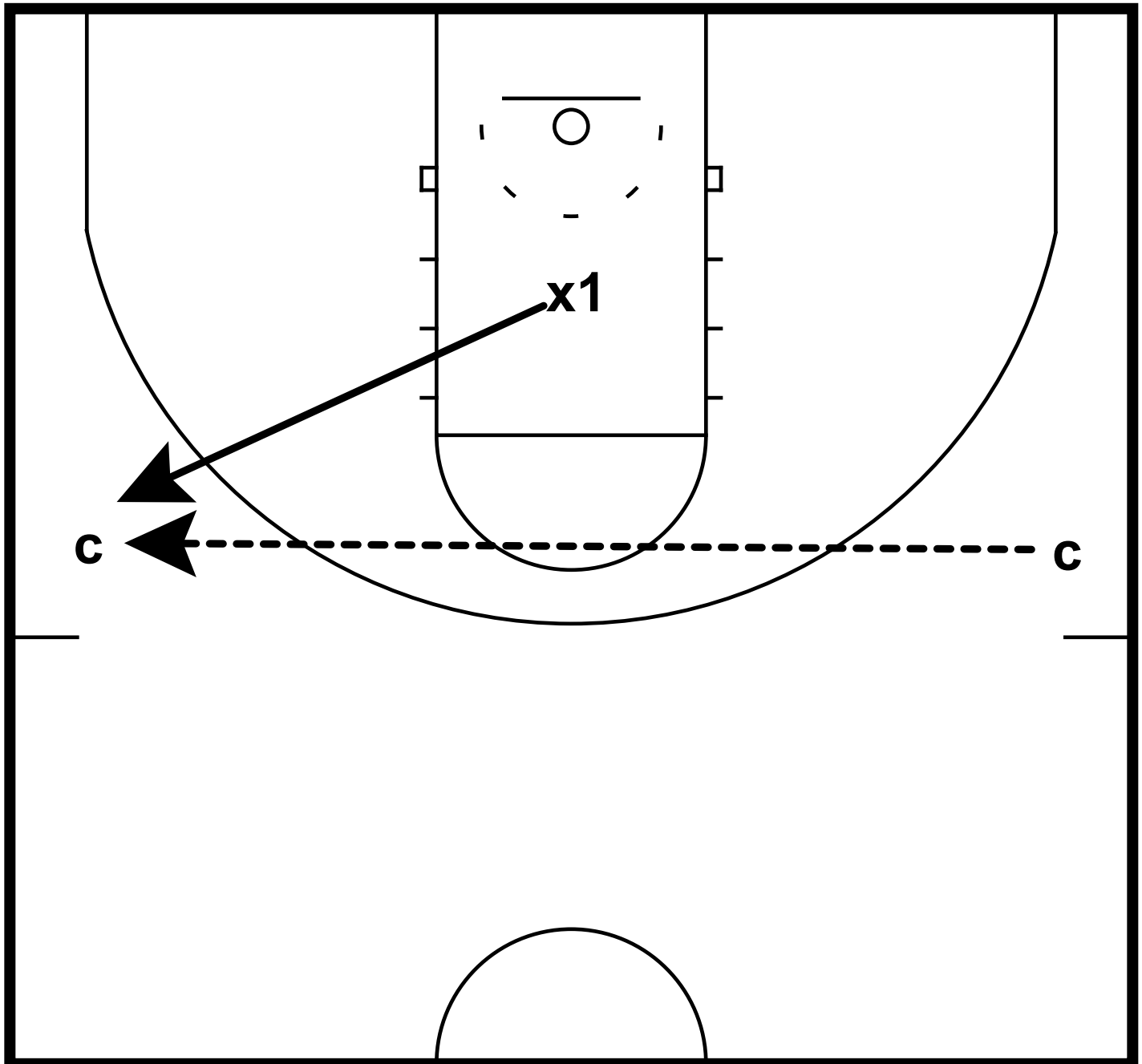


Coach drives baseline x1 takes the charge

Defensive Practice Drills

Warm up drills

New Jersey
Defensive Drill

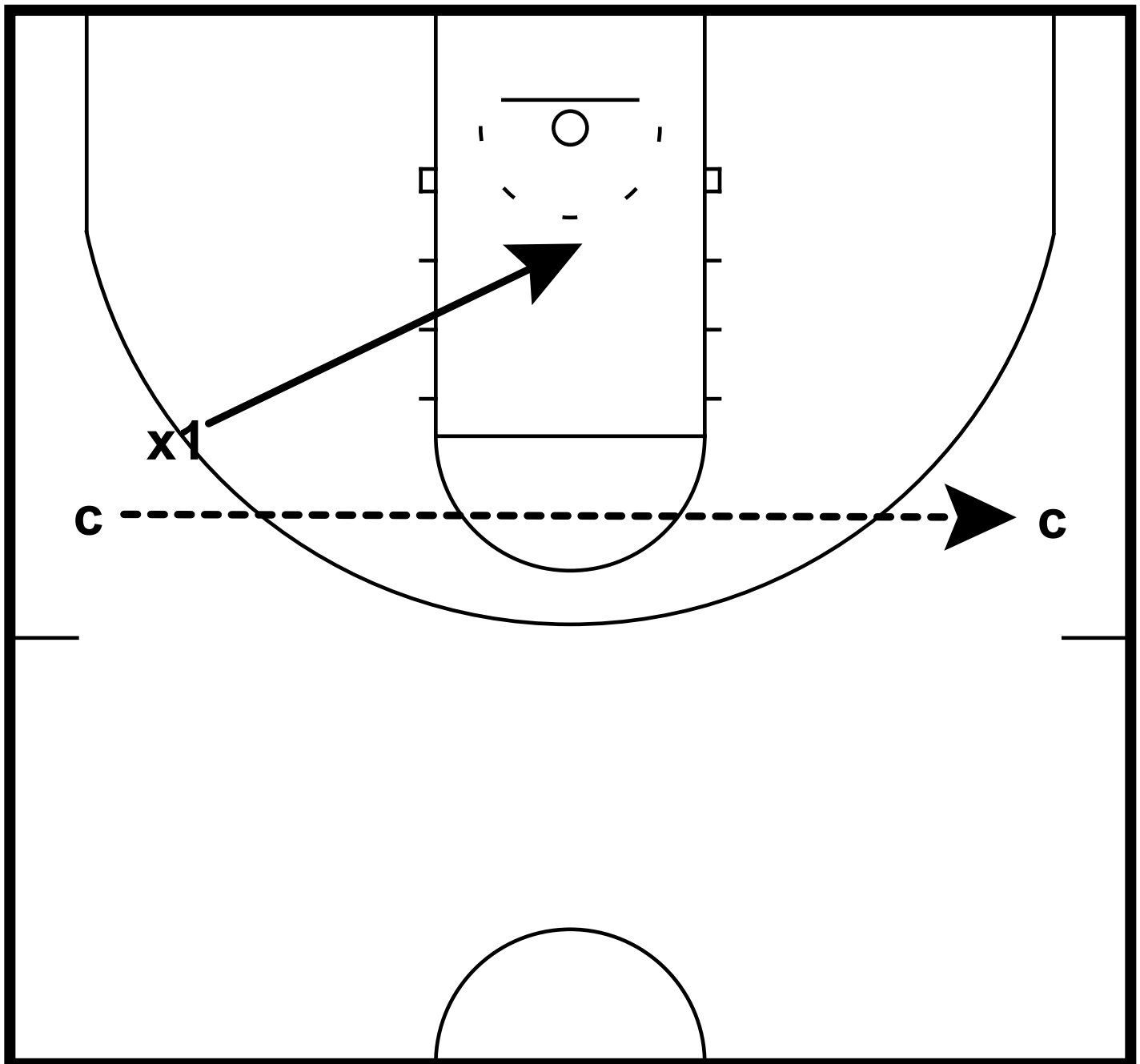


Same as left side

Defensive Practice Drills

Warm up drills

New Jersey
Defensive Drill

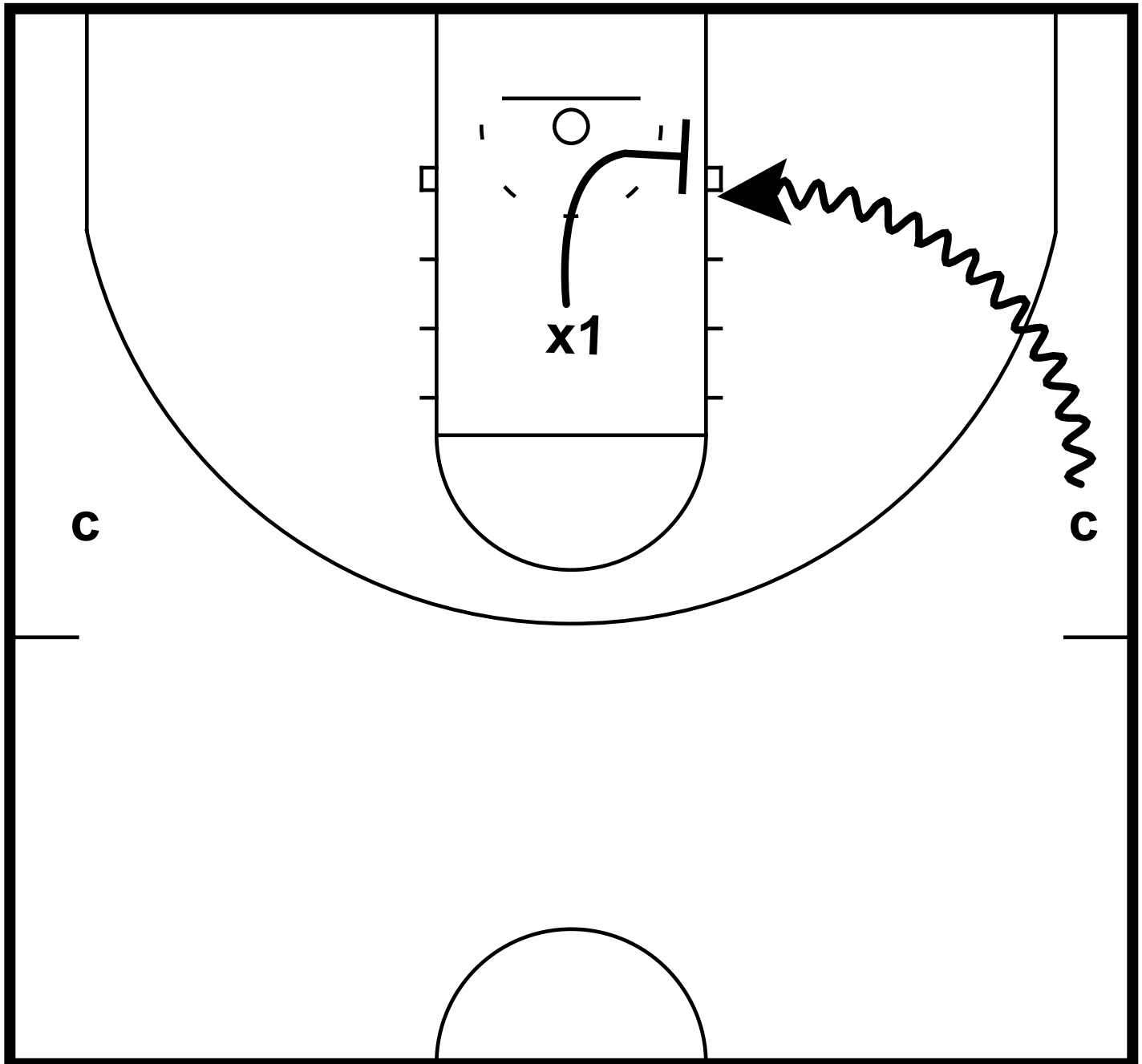


X1 Moves down to middle of the paint

Defensive Practice Drills

Warm up drills

New Jersey
Defensive Drill

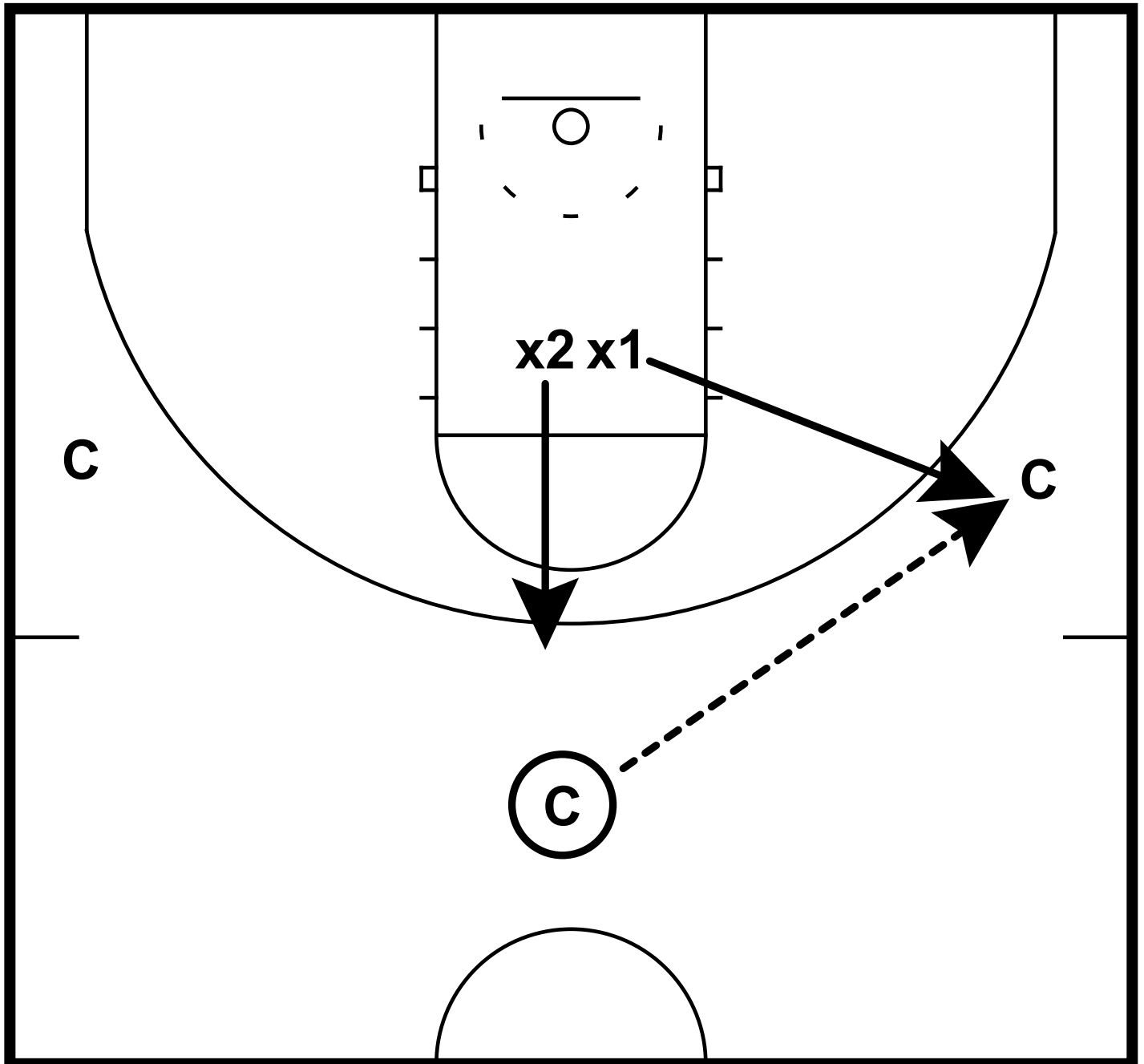


Slides over to take charge from coach

Defensive Practice Drills

Warm up drills

Penn Hill Closeout Defensive Drill

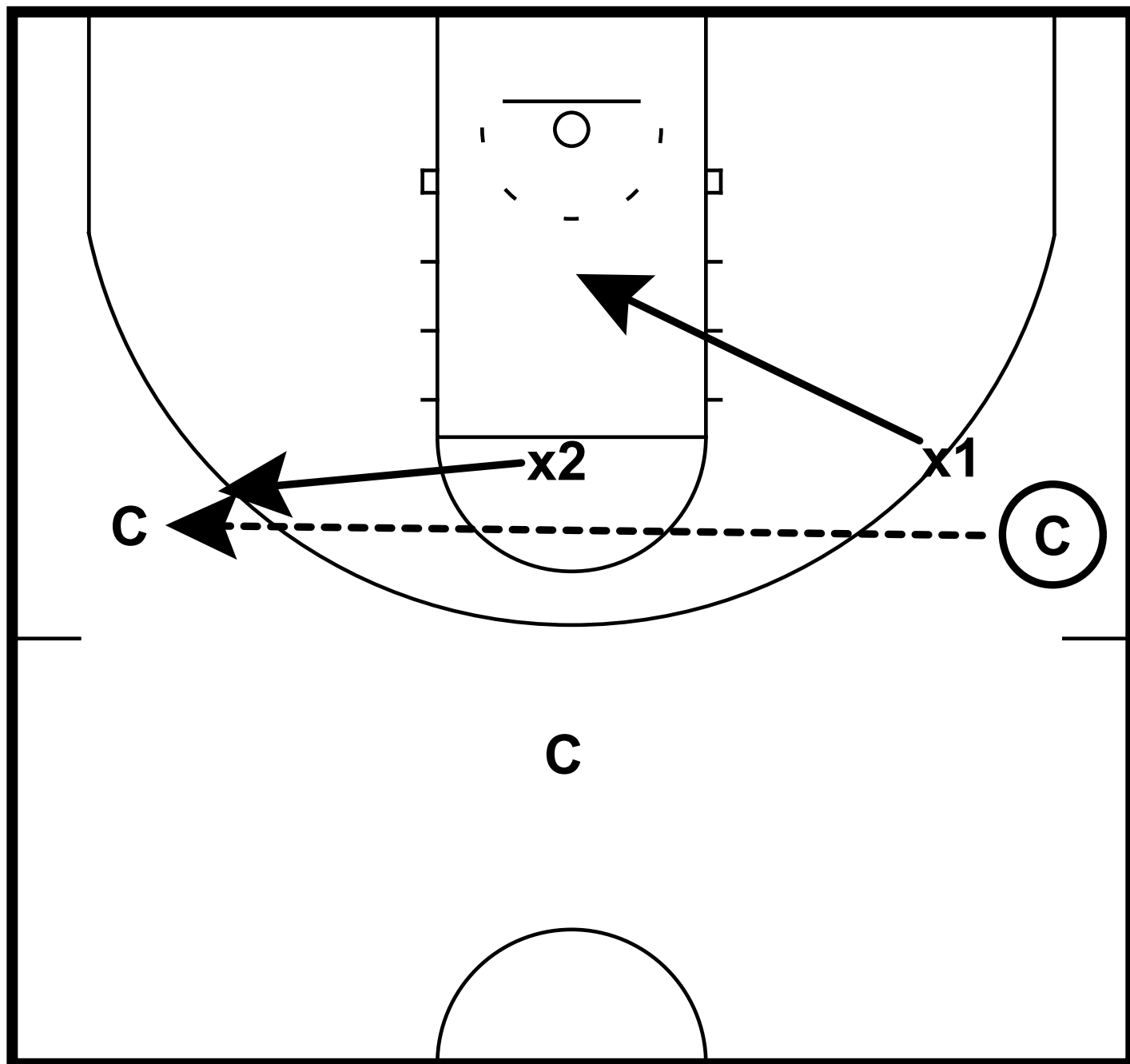


Coach passes ball to wing. Defender closesout with high hand.

Defensive Practice Drills

Warm up drills

Penn Hill Closeout Defensive Drill

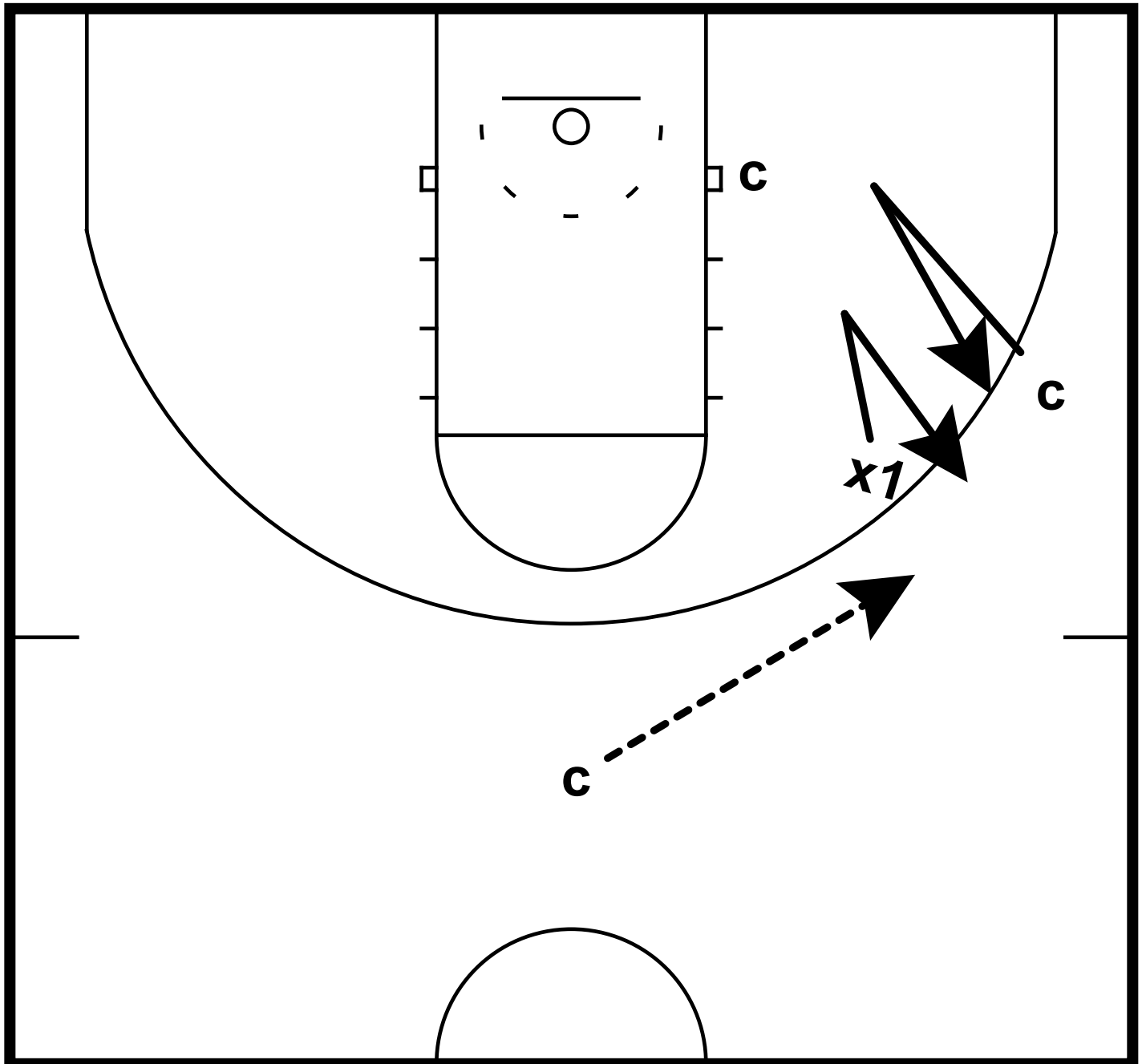


Coach throws back a skip pass to opposite wing X2 defender closes out. X1 recovers to help.

Defensive Practice Drills

Warm up drills

Deny the wing
Defensive Drill

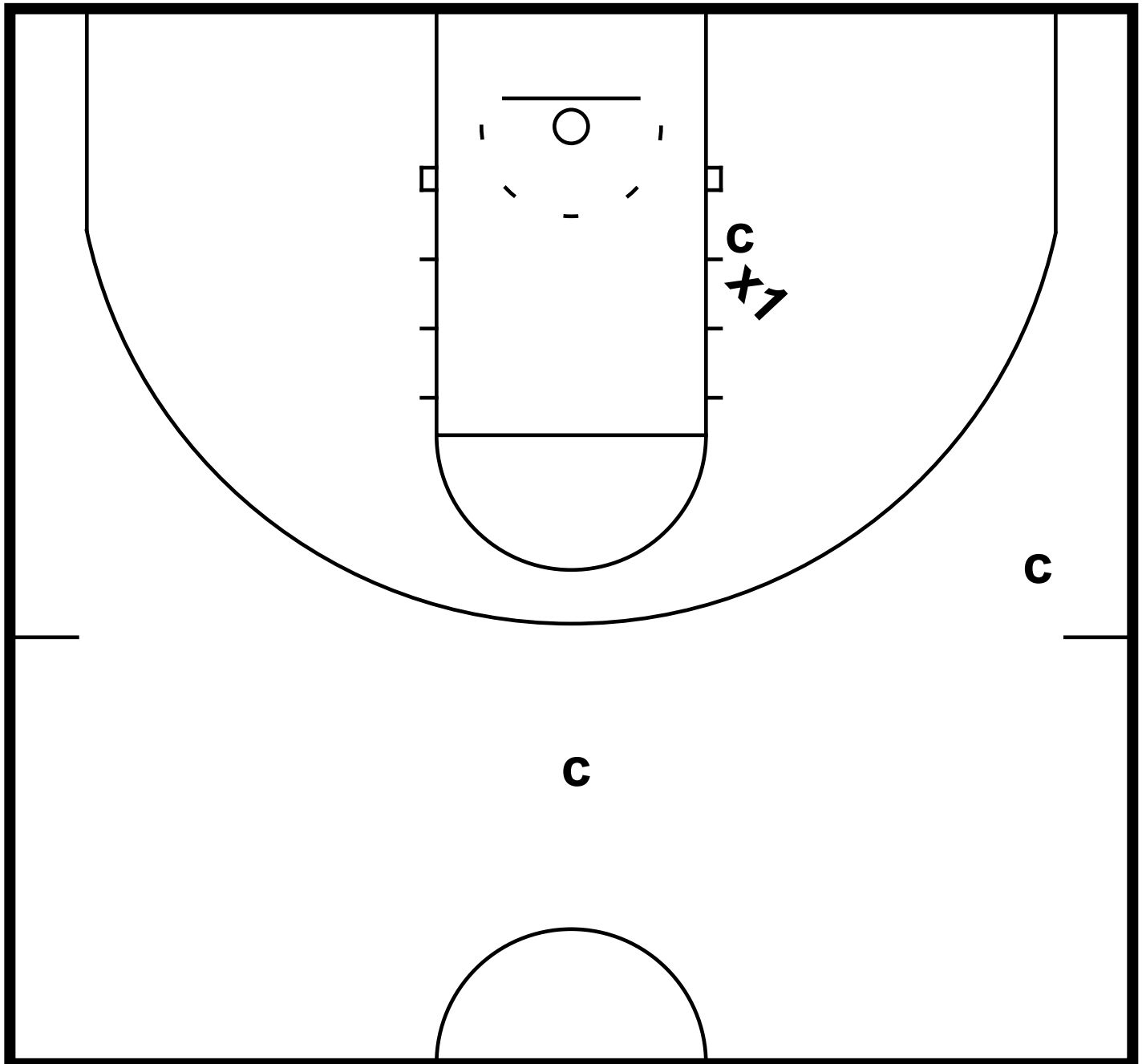


Coach at top of key will pass the ball to the coach on the wing while x 1 is denying the wing

Defensive Practice Drills

Warm up drills

Deny the wing
Defensive Drill

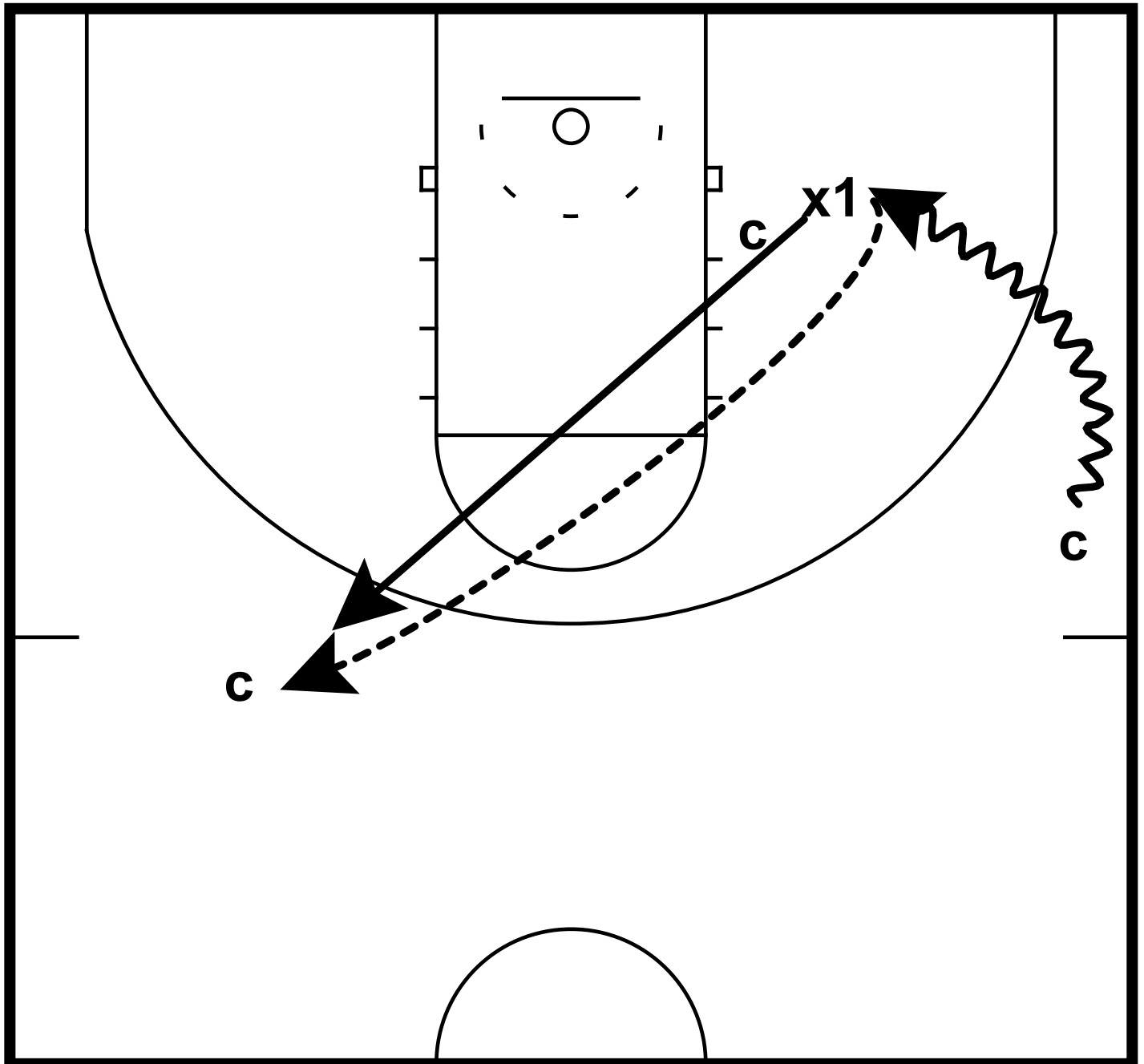


x1 is in Post Defense high to low side

Defensive Practice Drills

Warm up drills

Deny the wing
Defensive Drill

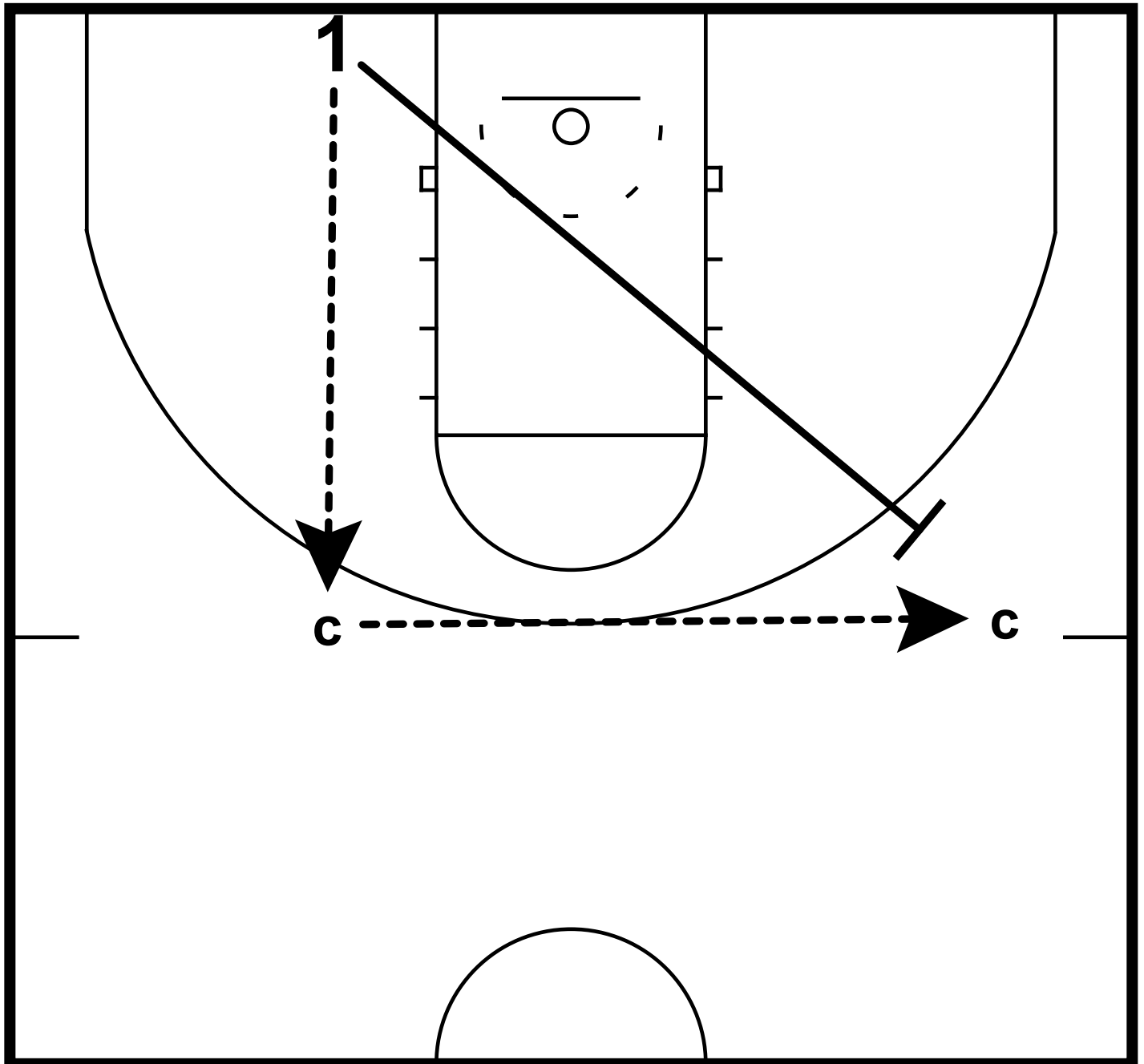


x1 will then help on baseline drive while coach will kick out with a skip pass to the opposite wing
X1 will then scramble and recover to opposite wing with a shot contest and box out

Defensive Practice Drills

Warm up drills

Drexel Closeout Defensive Drill

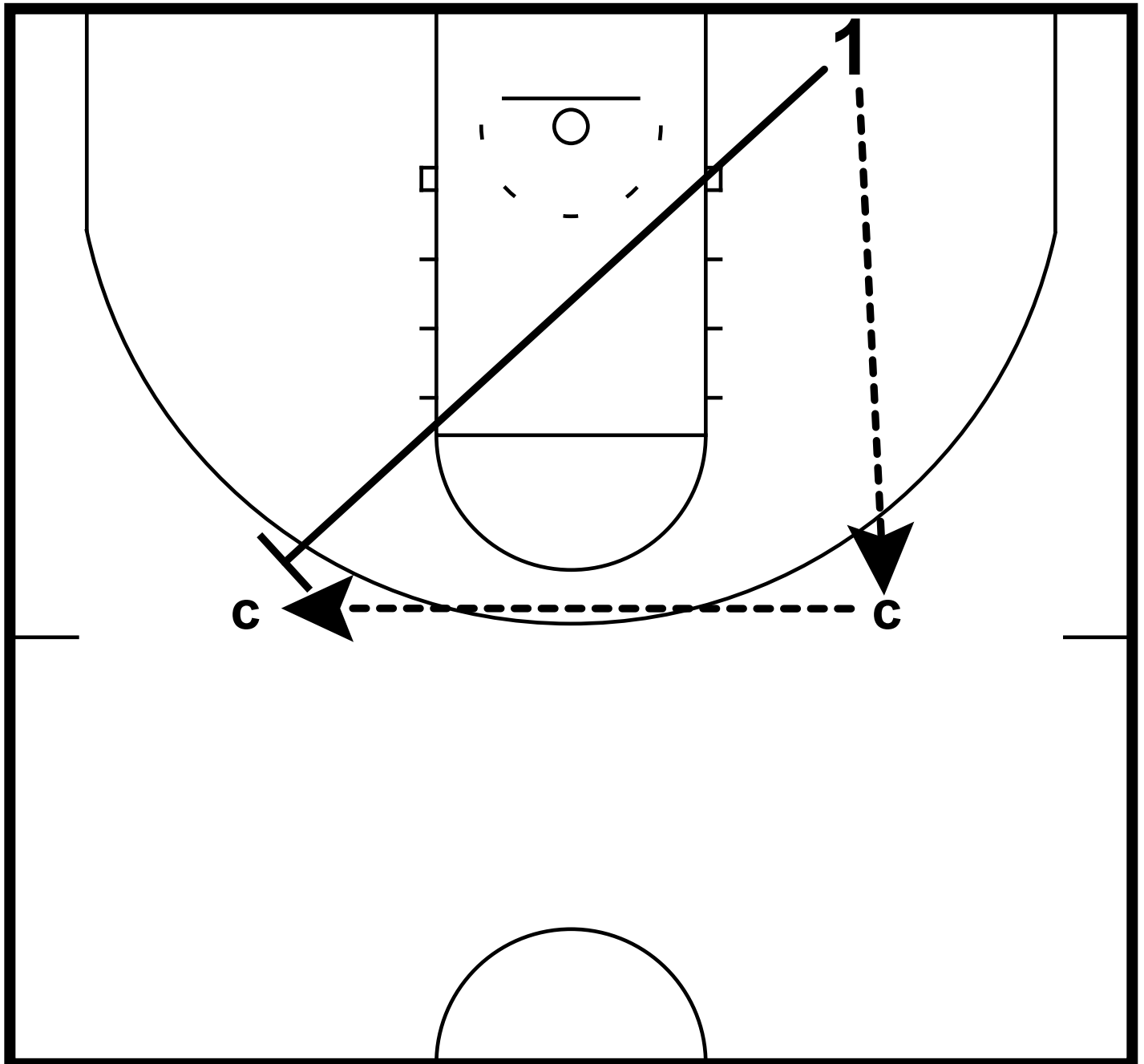


1 sprints to position. Carry High hands for pressure. Close out to high pressure. Drill can be done on both sides of the court

Defensive Practice Drills

Warm up drills

Drexel Closeout Defensive Drill



Repeat on the other side.

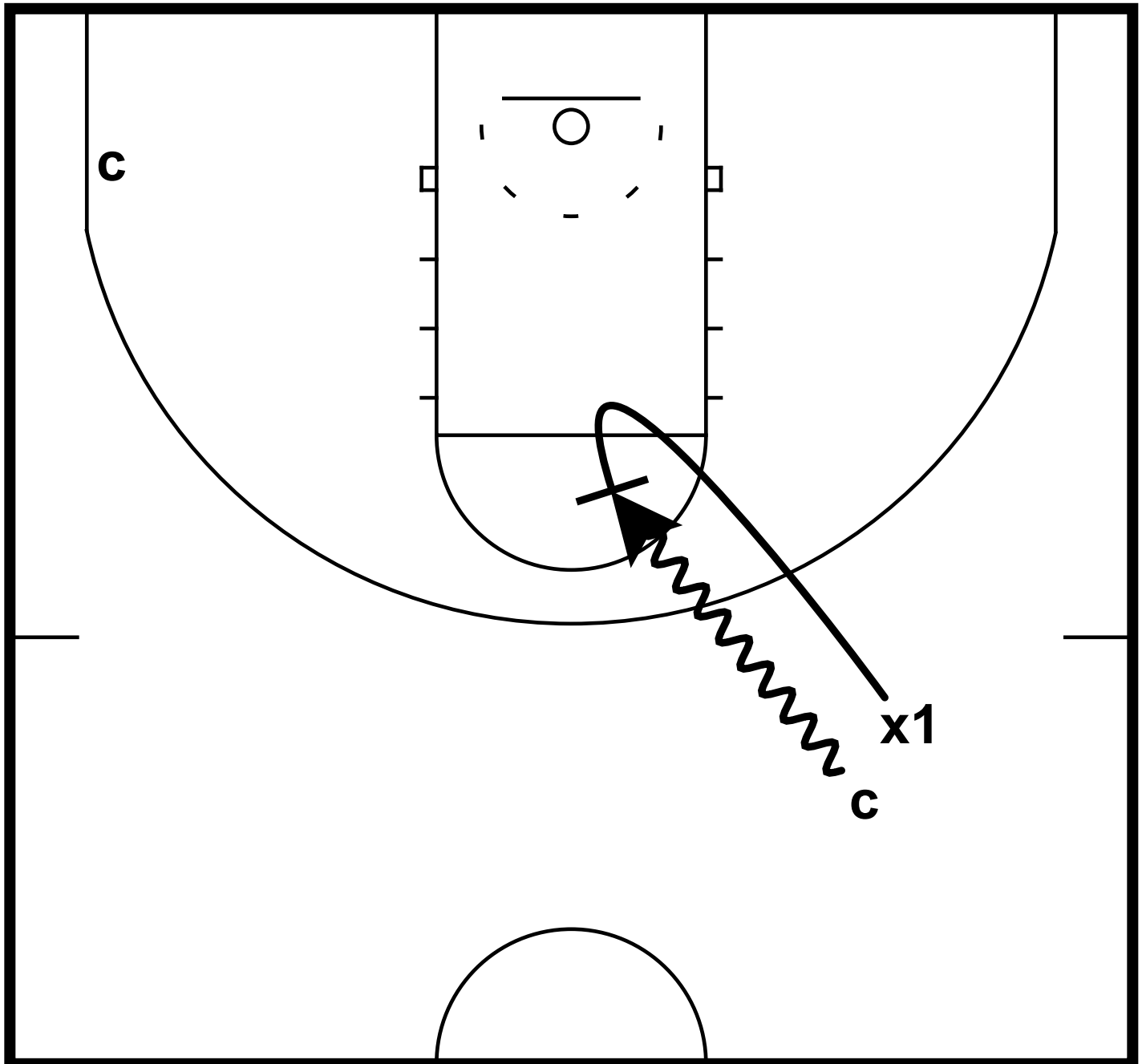
Additions: You can tell defender to force the coach or manager to the baseline for a shot contest and box out

Defensive Practice Drills

Warm up drills

HC Defensive Drill

Defensive Drill



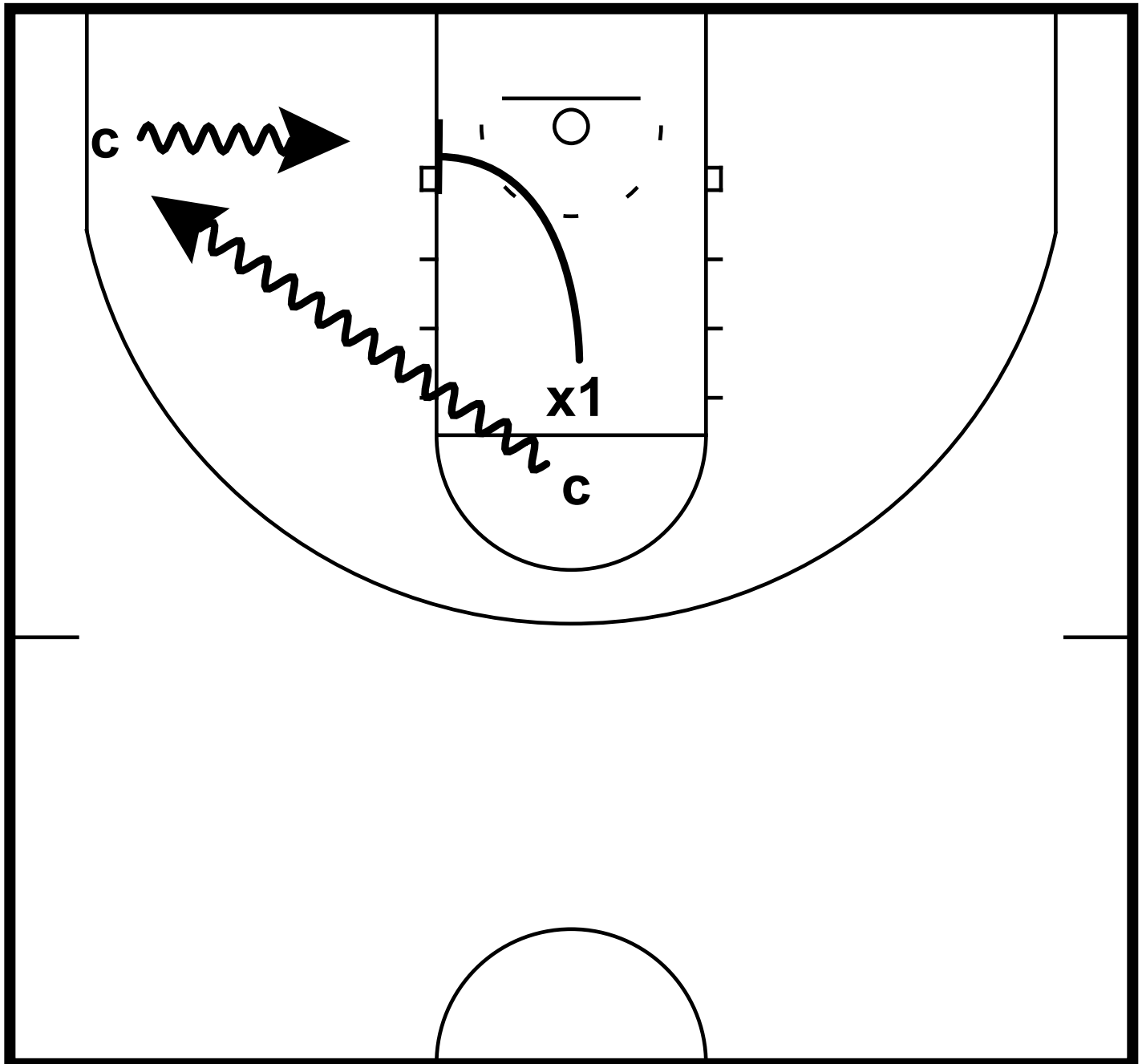
Apply pressure

Defensive Practice Drills

Warm up drills

HC Defensive Drill

Defensive Drill



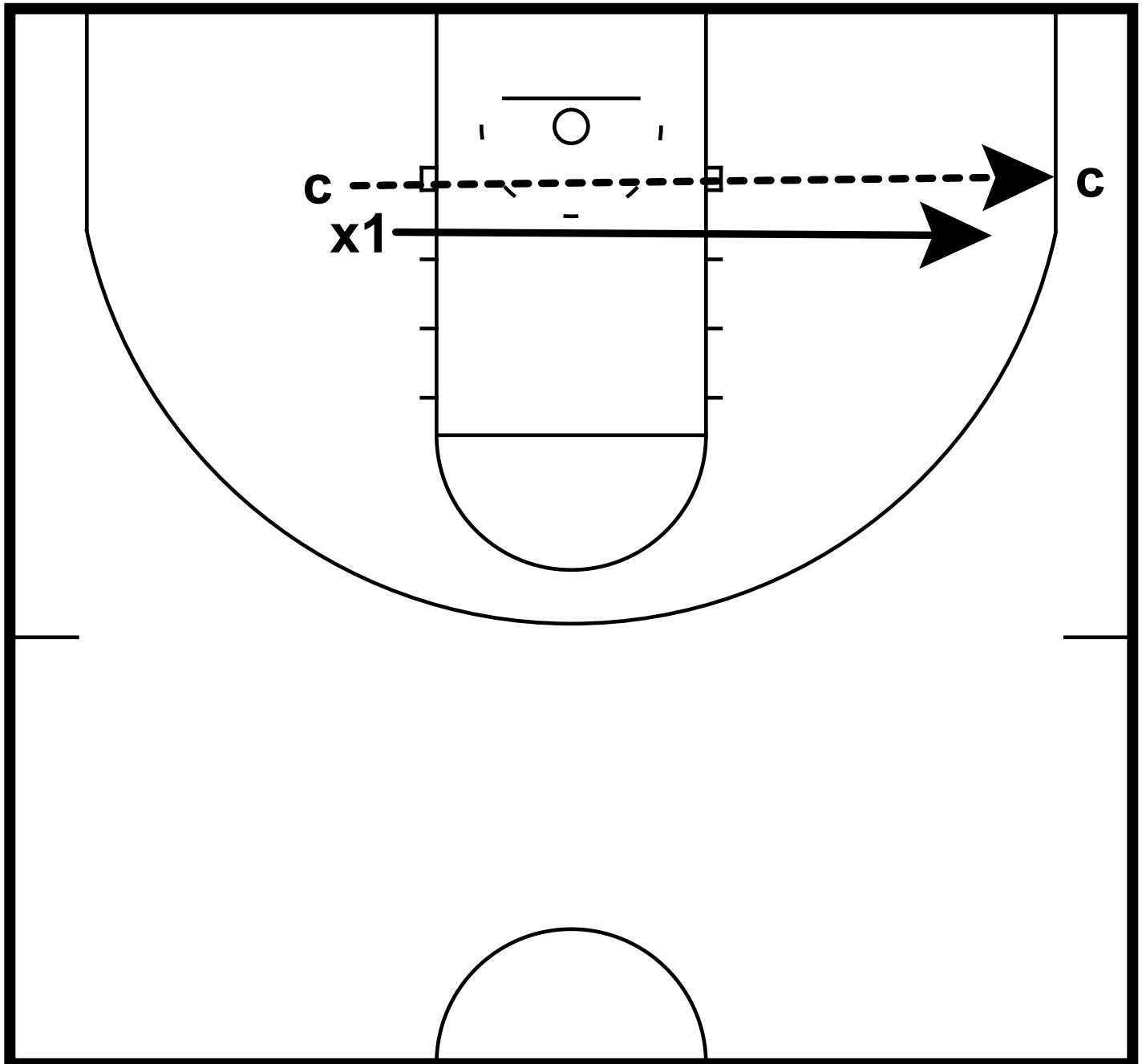
Coach passes to the corner
Defender gets in position to take charge

Defensive Practice Drills

Warm up drills

HC Defensive Drill

Defensive Drill

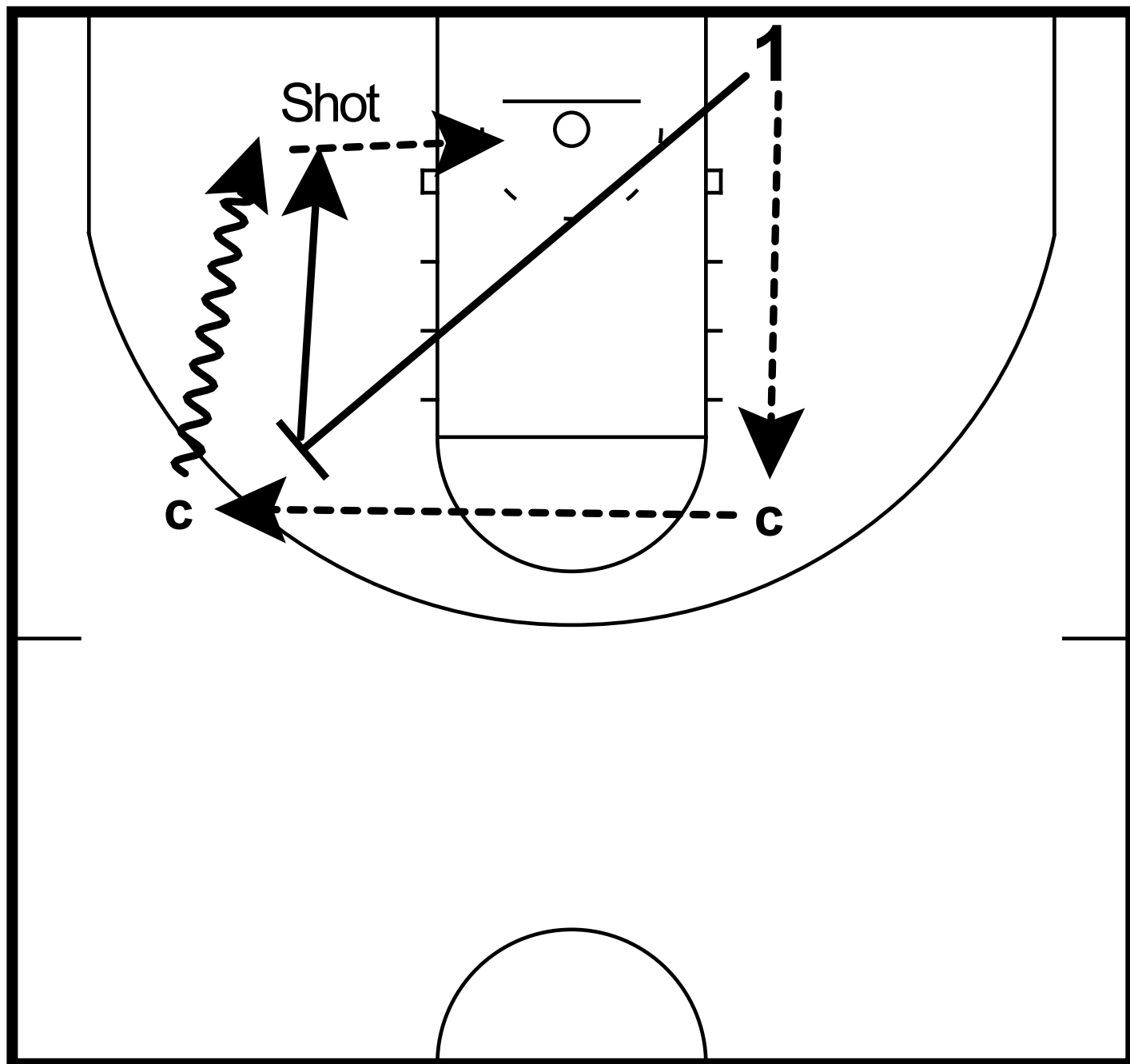


closeout on shooter

Defensive Practice Drills

Warm up drills

Triangle closeout Defensive Drill

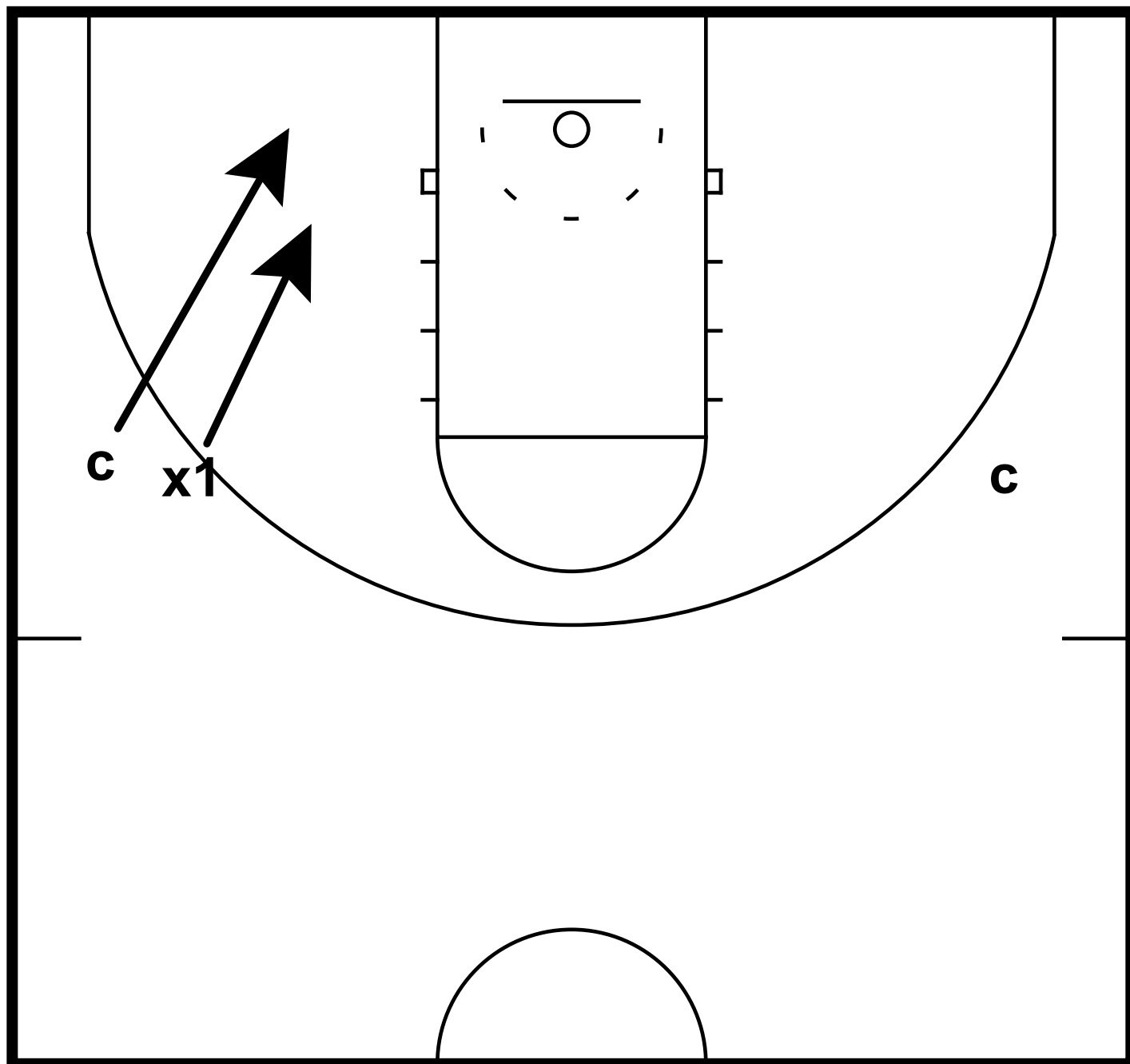


1 passes ball to coach
Stutter steps Bunny hops
NO MIDDLE DRIVE
Force coach baseline then close out

Defensive Practice Drills

Warm up drills

Dive and Recover Defensive Drill

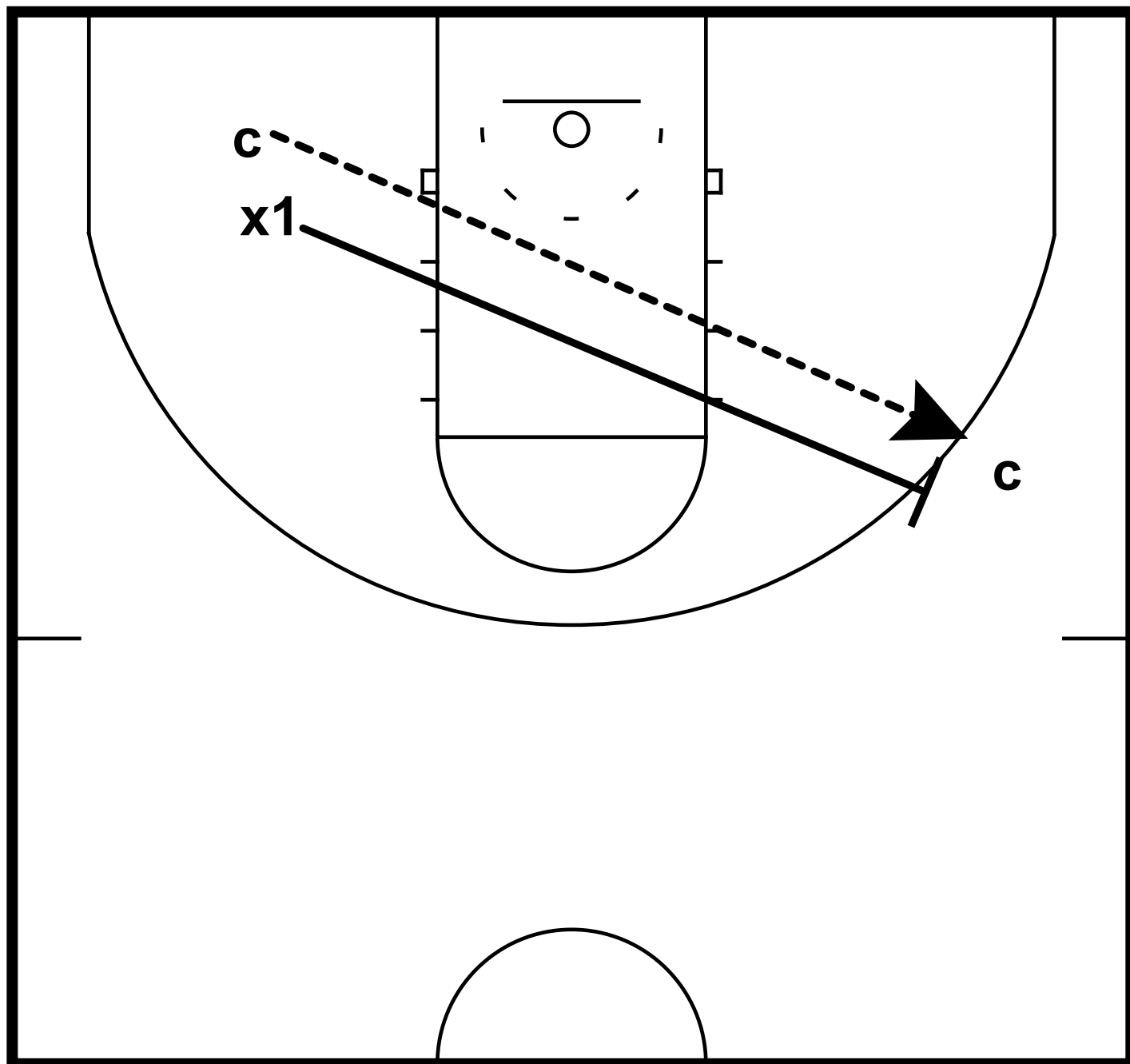


Drive the ball handler down to the baseline

Defensive Practice Drills

Warm up drills

Dive and Recover Defensive Drill

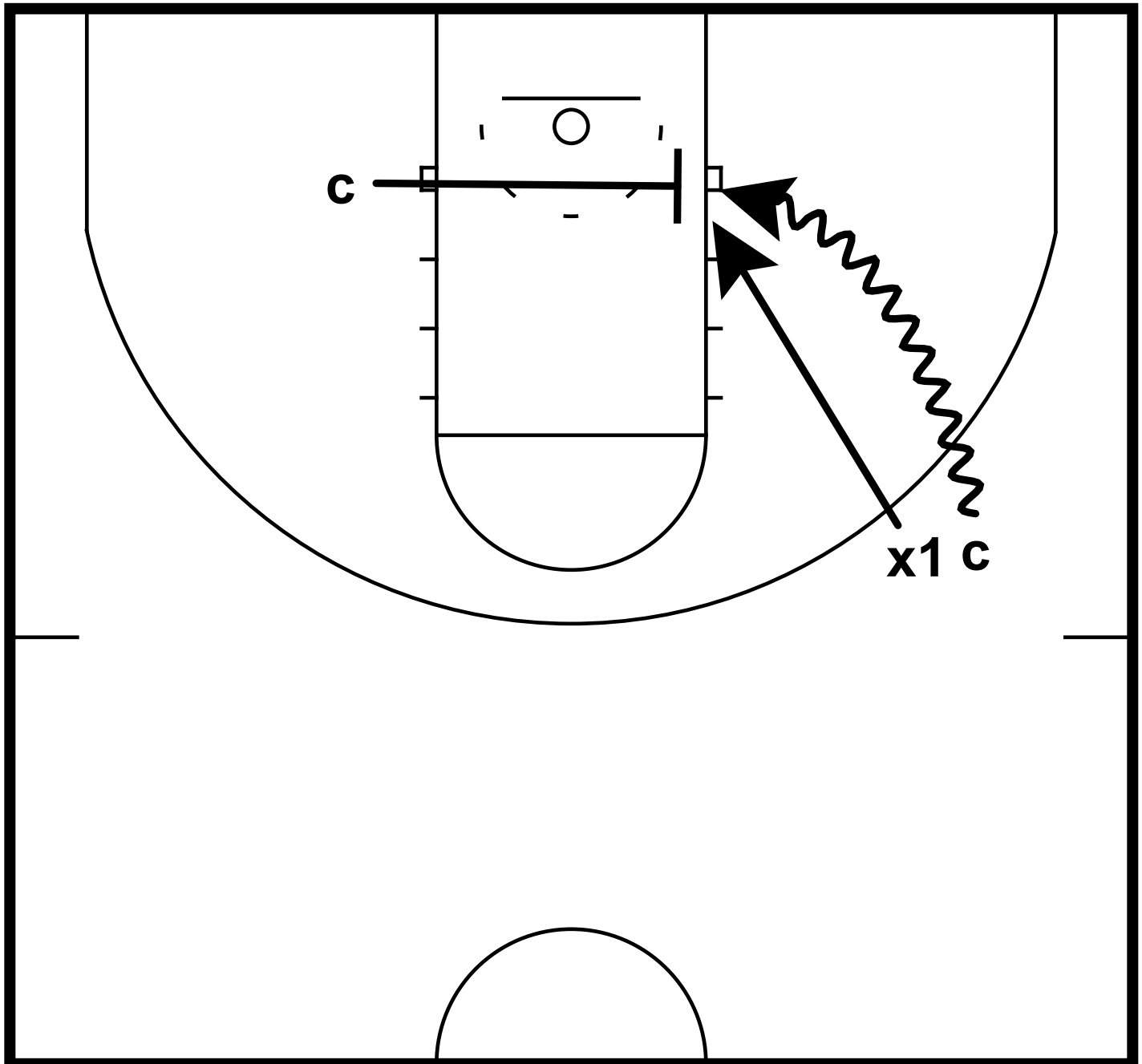


Ball handler then skips pass to the wing
x1 then scrambles and recovers to contest weakside shot

Defensive Practice Drills

Warm up drills

Dive and Recover
Defensive Drill



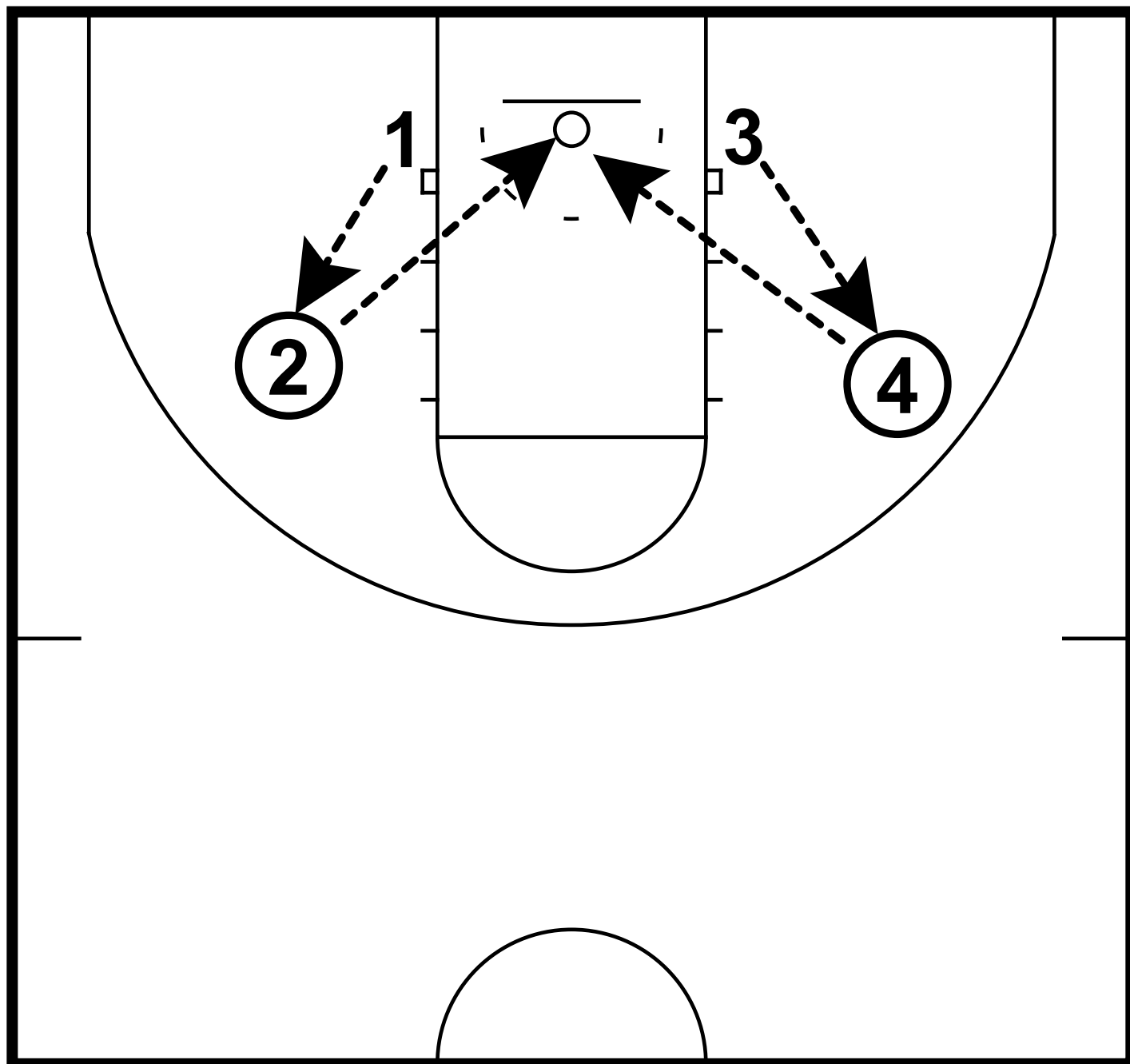
Other option:

x1 forces no middle and Coach steps over to help cutoff baseline

Defensive Practice Drills

Warm up drills

Contested Midrange Defensive Drill

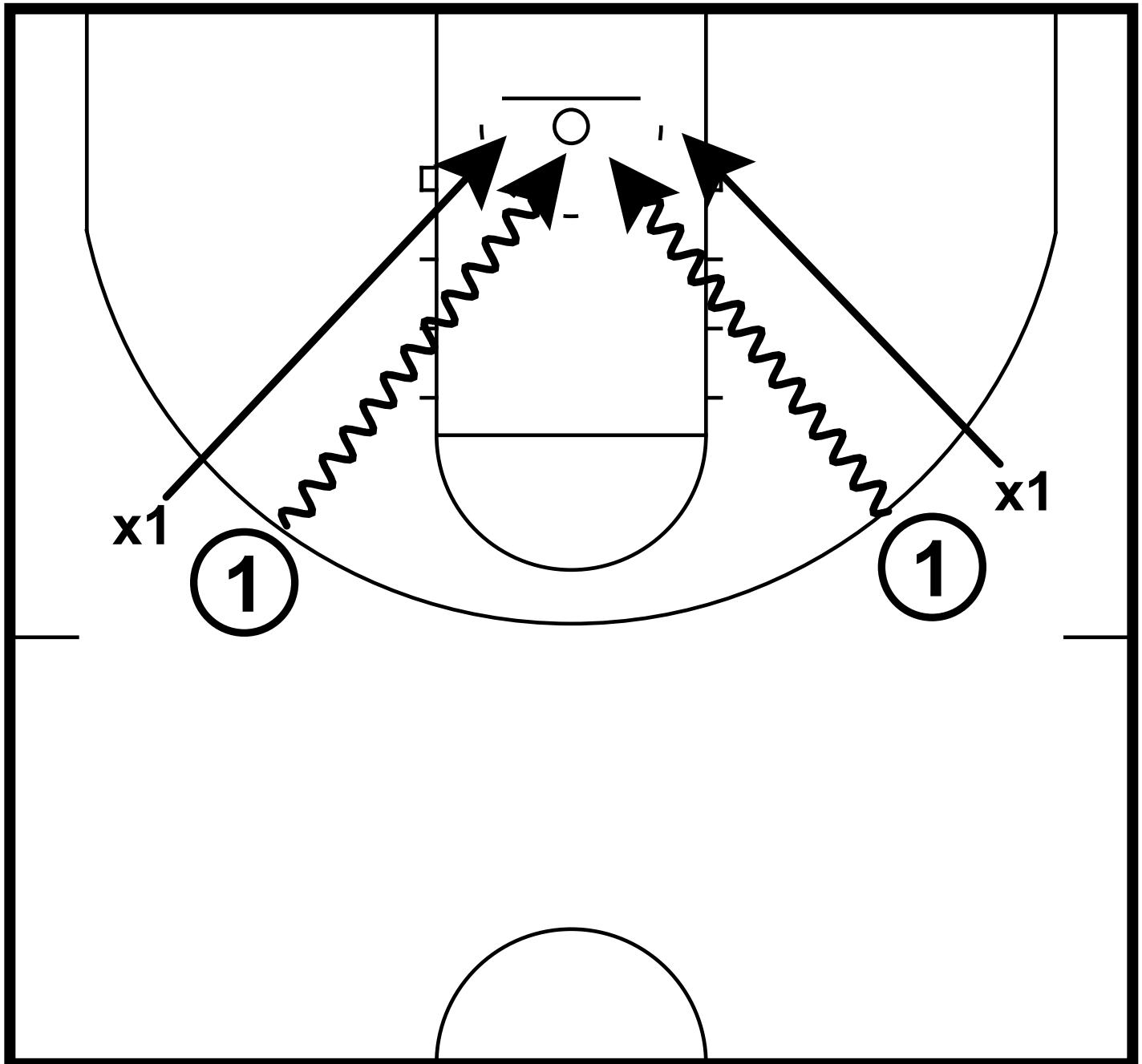


Follow pass with closeout. Reverse roles. Play to 10

Defensive Practice Drills

1v1

1 on 1 pin defender
Defensive Drill

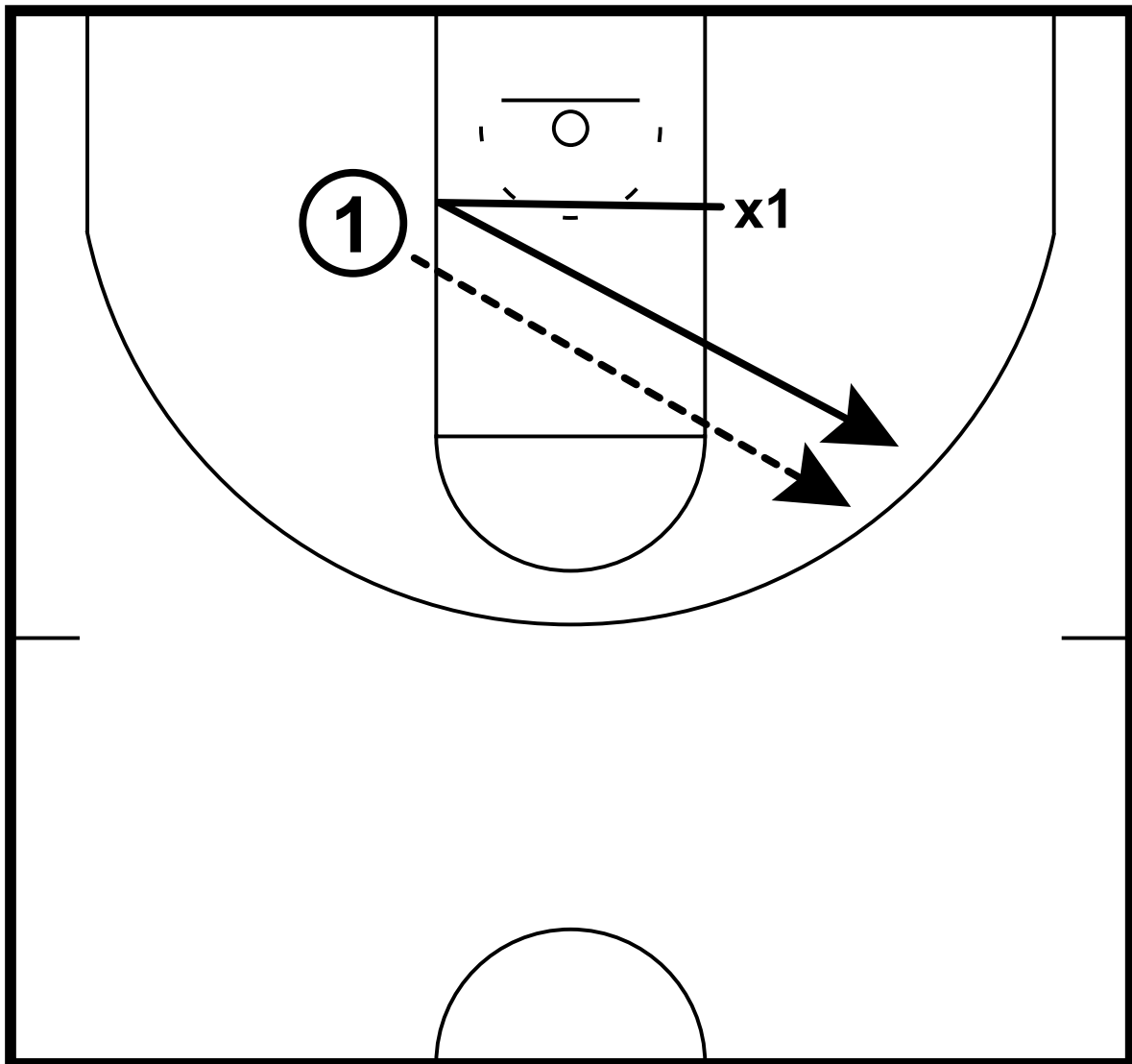


Defense tries to get in front

Defensive Practice Drills

1v1

1 on 1 wing drill
Defensive Drill

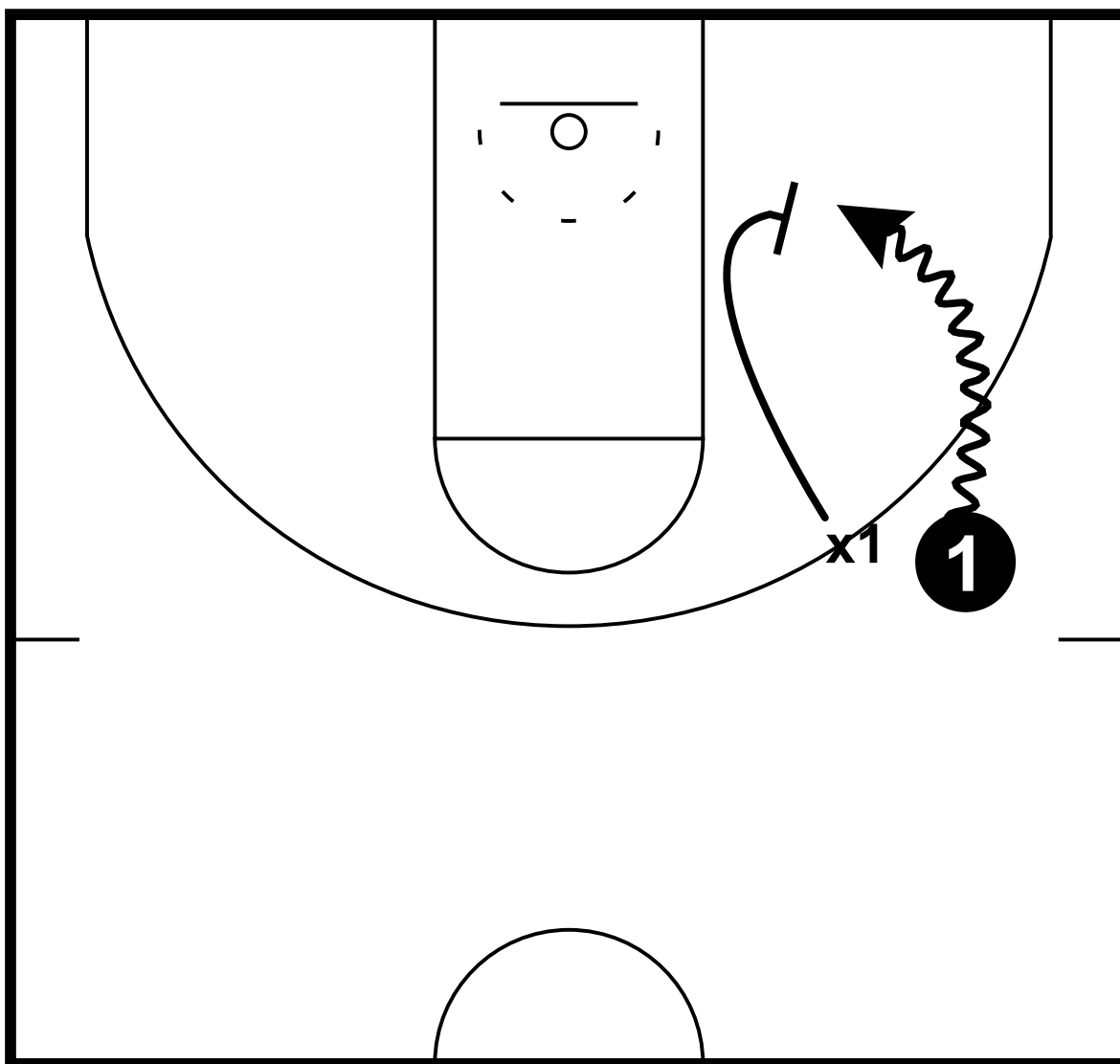


Player rolls ball out to the wing
Defensive player touches baseline and closes out to the ball

Defensive Practice Drills

1v1

1 on 1 wing drill
Defensive Drill



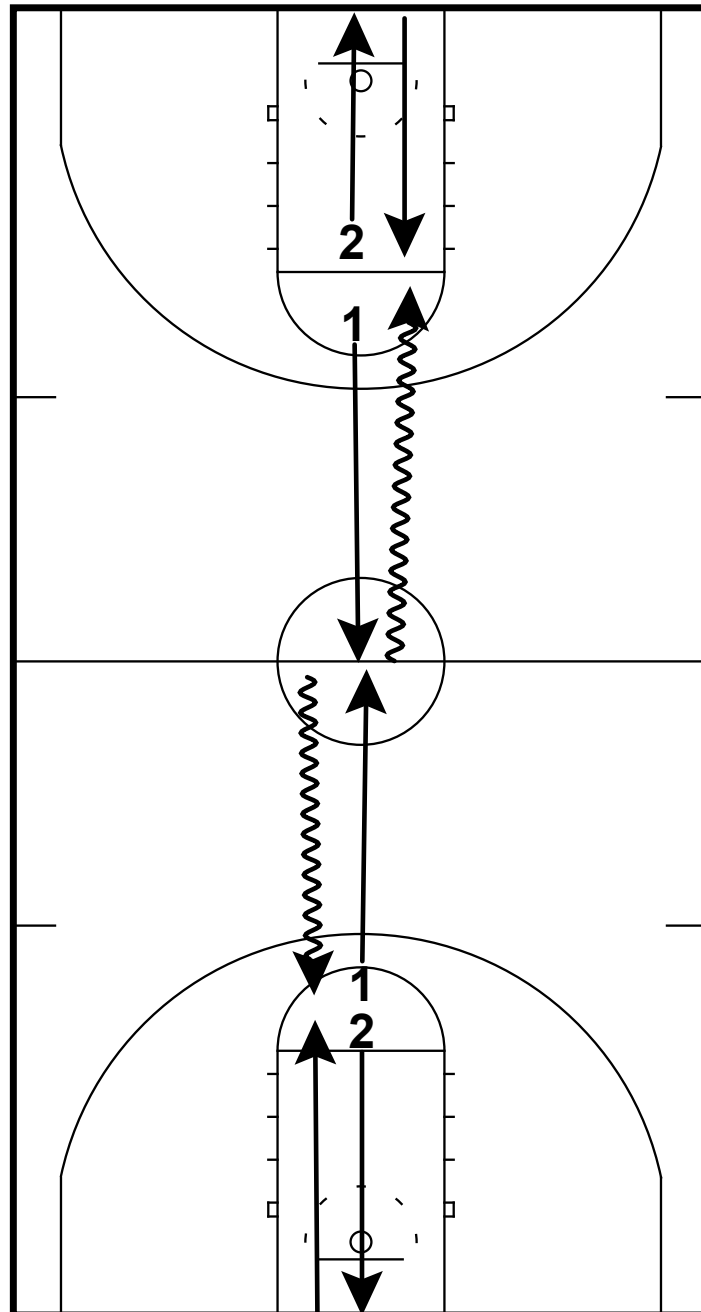
Defense must keep the ball on side and pressure the ball and force baseline. Stress on not giving up straight line drive to the basket

Defensive Practice Drills

1v1

Defend the line 1v1

Defensive Drill



Offensive player 1 runs to half court pick up the ball comes down to try and score on player 2

Player 2 comes touches baseline and defends the paint. Force jump shots defend the middle

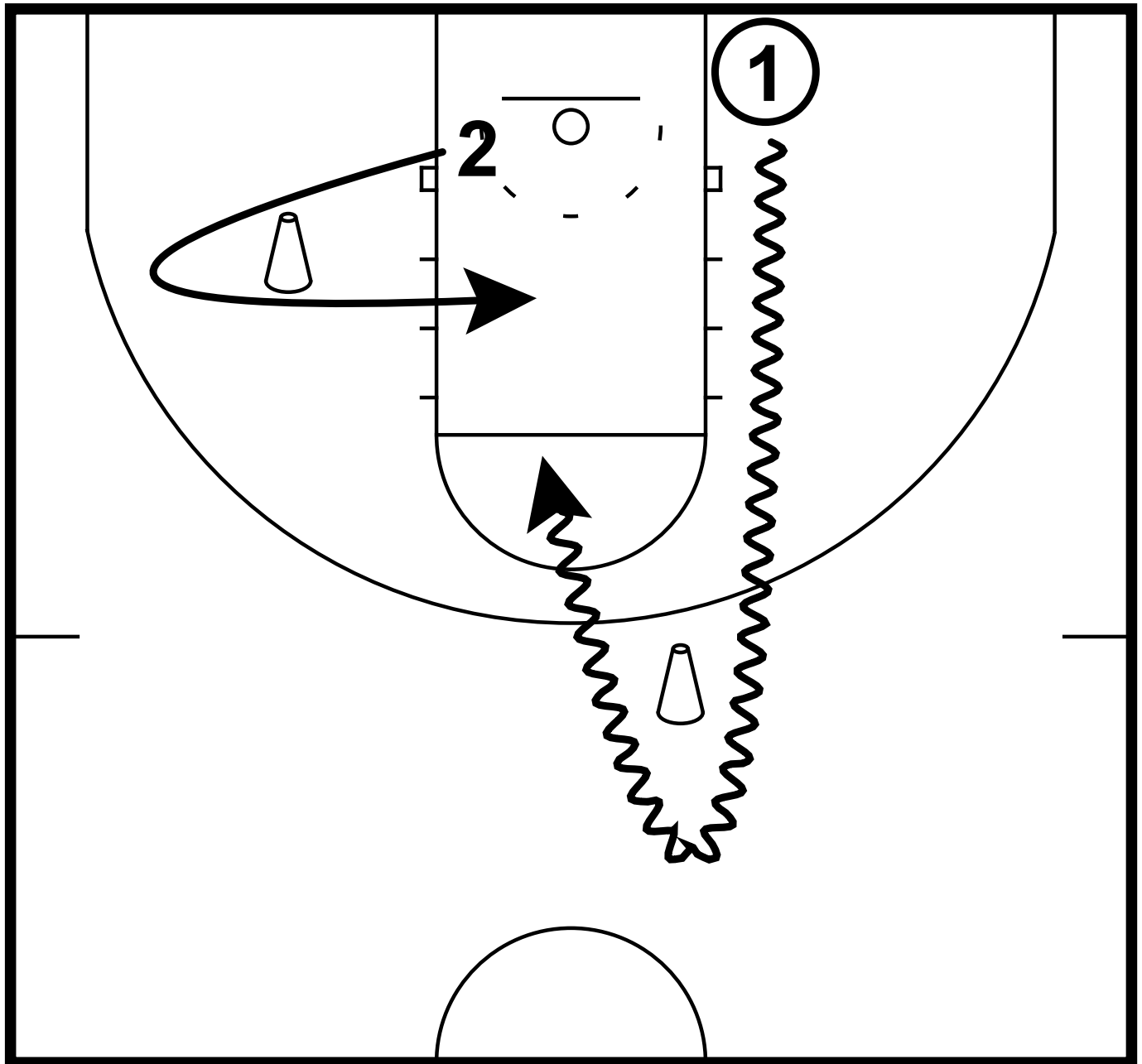
Winner stays

Defensive gets rebound goes to offense next person goes on defense.

Defensive Practice Drills

1v1

One on one weakside
Defensive Drill



Player 1 dribbles up comes around cone to score 2 Needs to stop offense from scoring

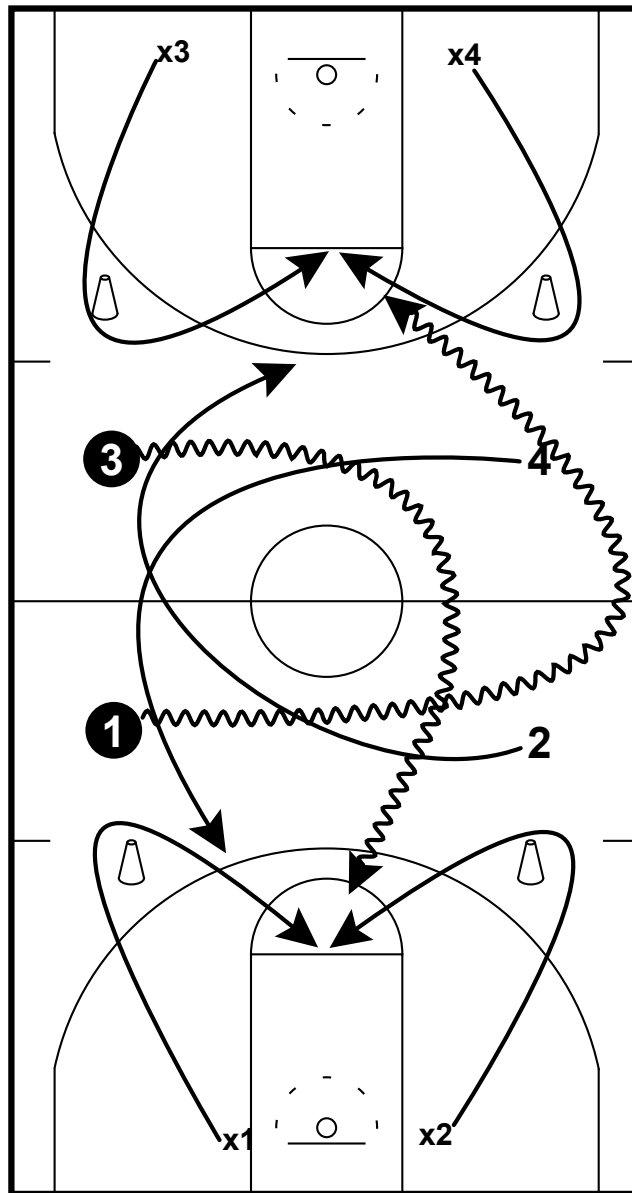
Offensive player can work on any type of moves.

1. Floaters
2. Euro
3. Mid range
4. Pro Hop

Defensive Practice Drills

2v2

2 on 2 attack/Defend
Defensive Drill



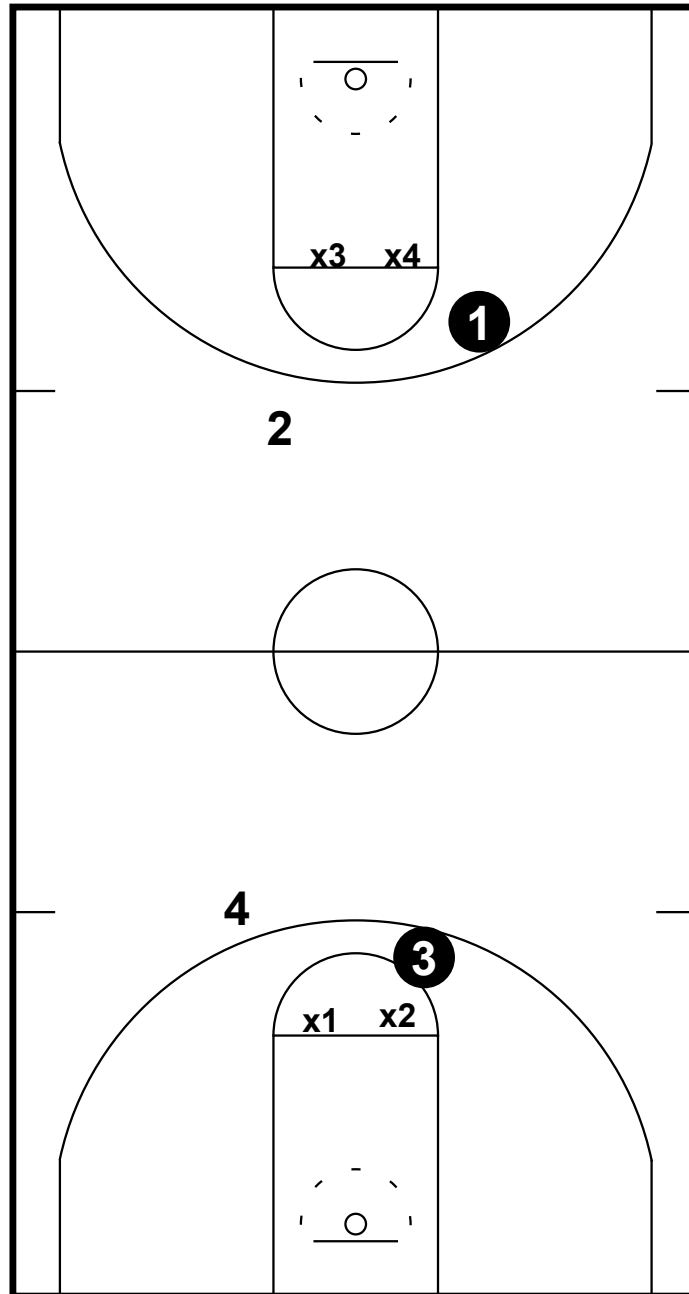
Have 8 lines total 4 defensive lines (2 on each side of the baskets)
4 Offensive lines (2 on each side at half court)

Both defensive players go around the cones to play defense
Lines 1 and 3 are both on offense attacking on side of the court and players 2 and 4 are going on the opposite side.

Defensive Practice Drills

2v2

2 on 2 attack/Defend
Defensive Drill



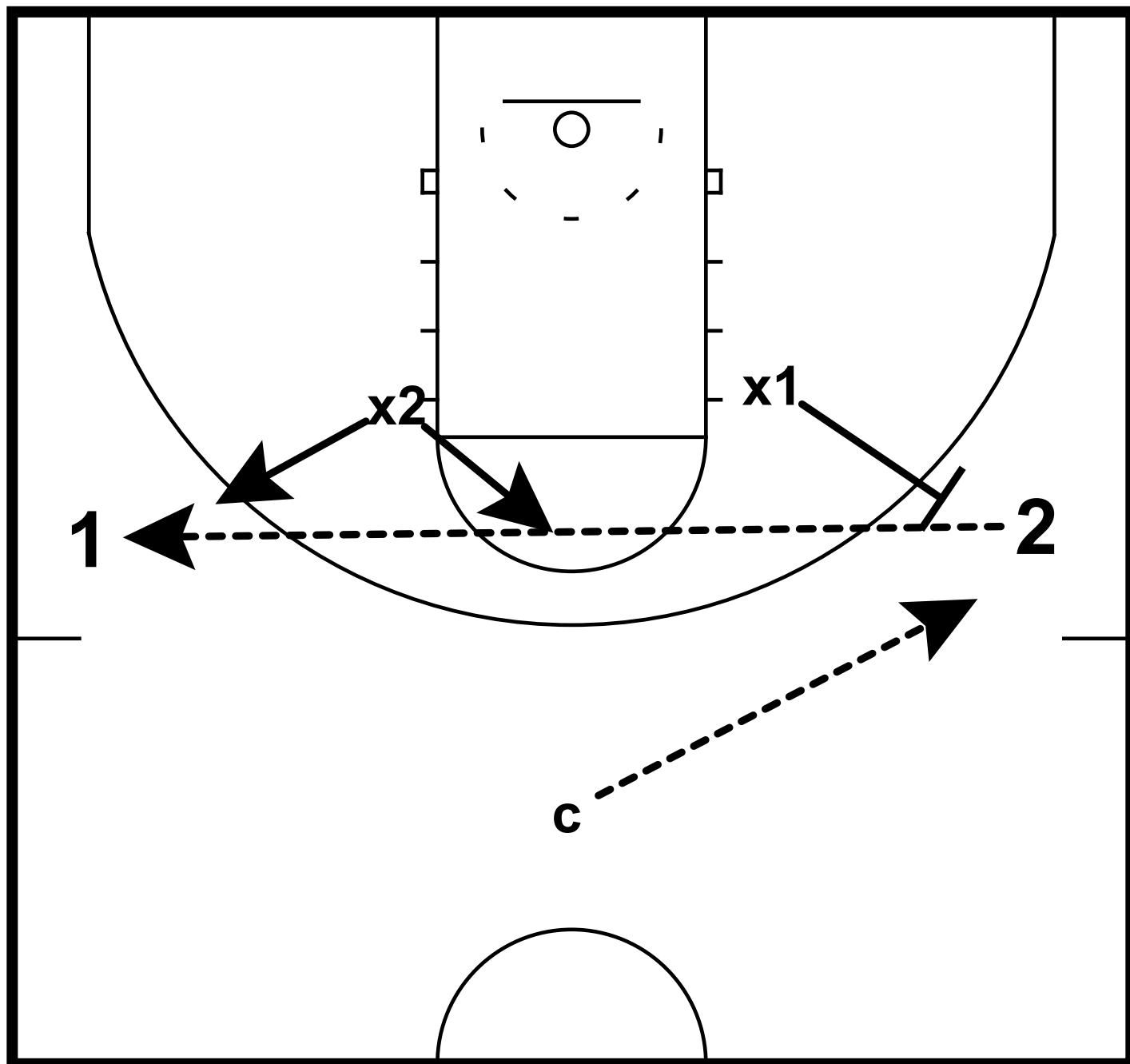
Go live 2 on 2.

Defense must get a stop to get off if not they stay on

Defensive Practice Drills

2v2

2 on 2 closeout
Defensive Drill



Coaches pass to wing

x1 must close out on high side

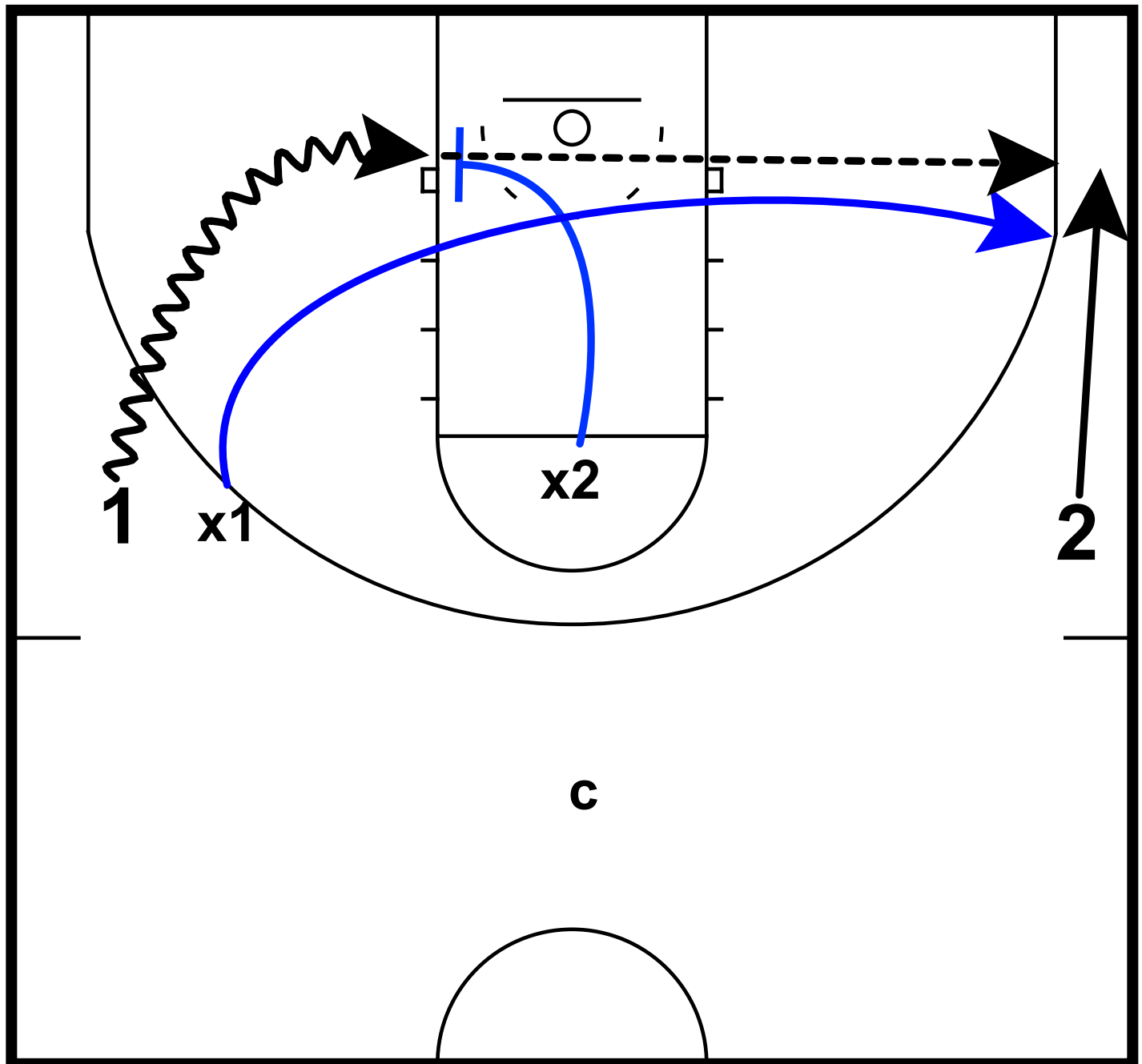
x2 is in help position

Player 2 skips passes it to player 1 and x2 and x1 adjust and rotate

Defensive Practice Drills

2v2

2 on 2 closeout Defensive Drill



Player 1 drives baseline and with x 2 diving down and cutting him off

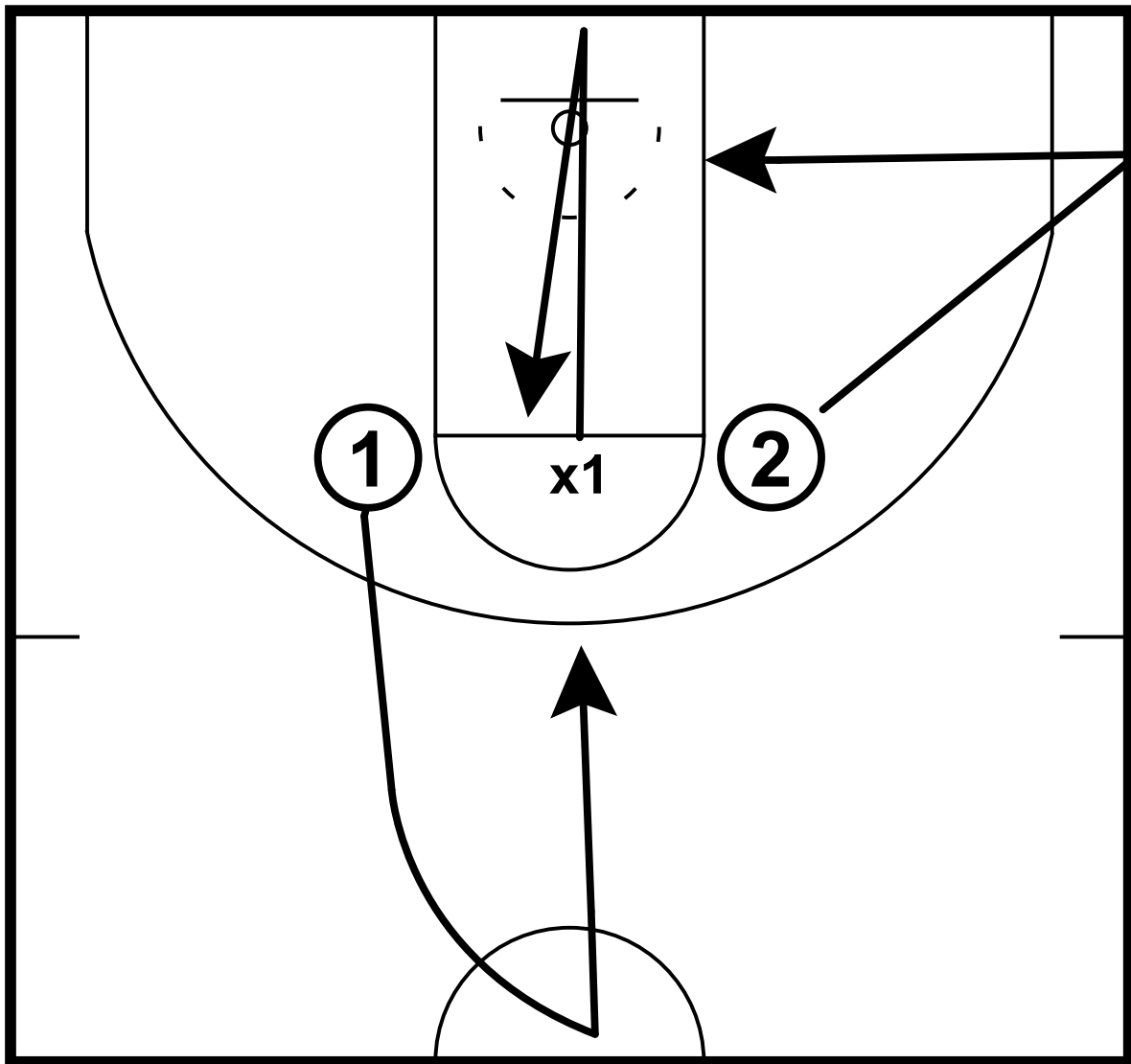
x1 then scrambles and runs to the corner while player 1 passes to player 2 who dives down in the corner

Defensive Practice Drills

2v2

2 on 1 3 on 2 attack

Defensive Drill



Three players, one designated to be on defense

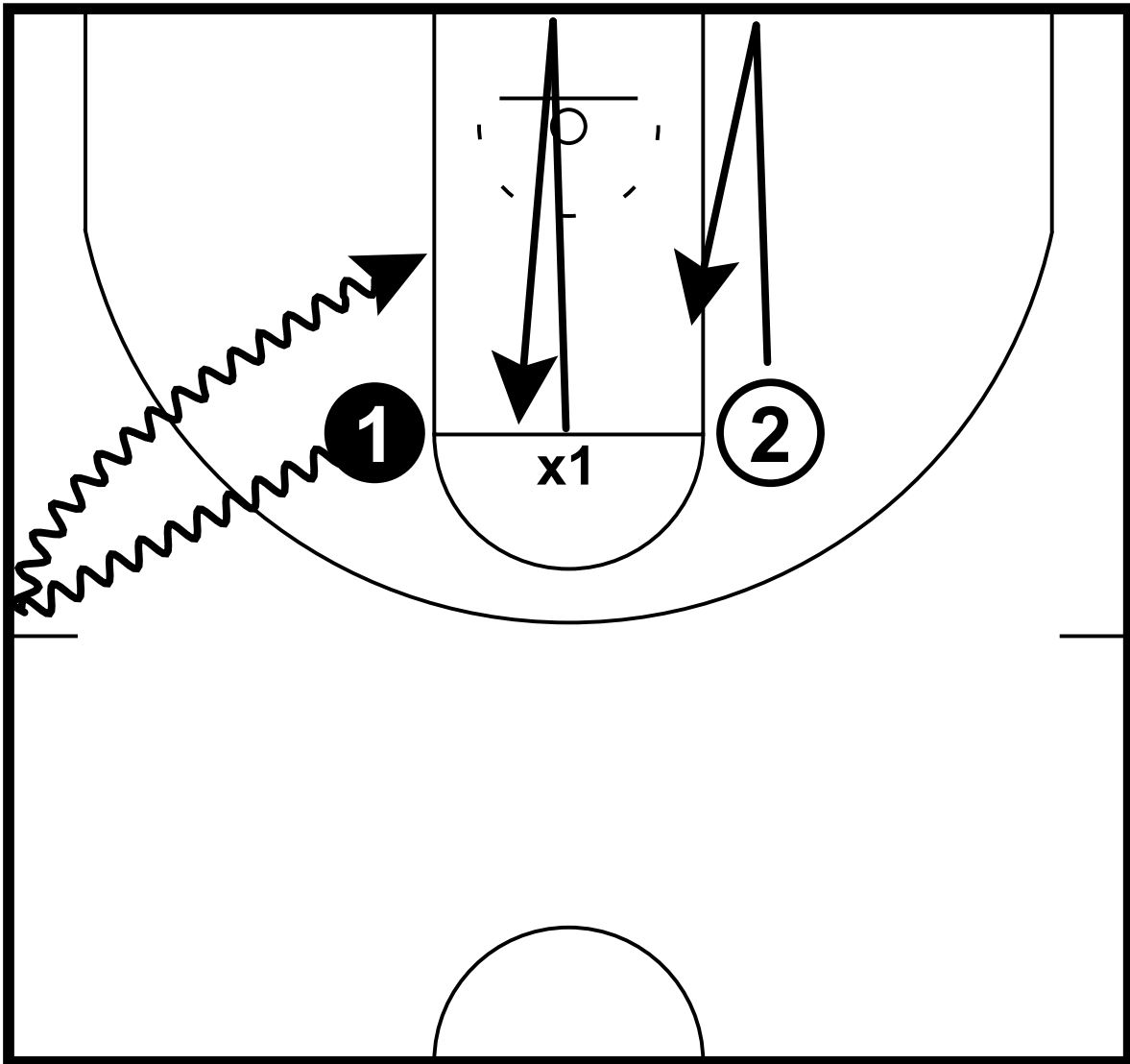
Coach says go each player runs to touch baseline before playing 2 on 1.

Defensive Practice Drills

2v2

2 on 1 3 on 2 attack

Defensive Drill



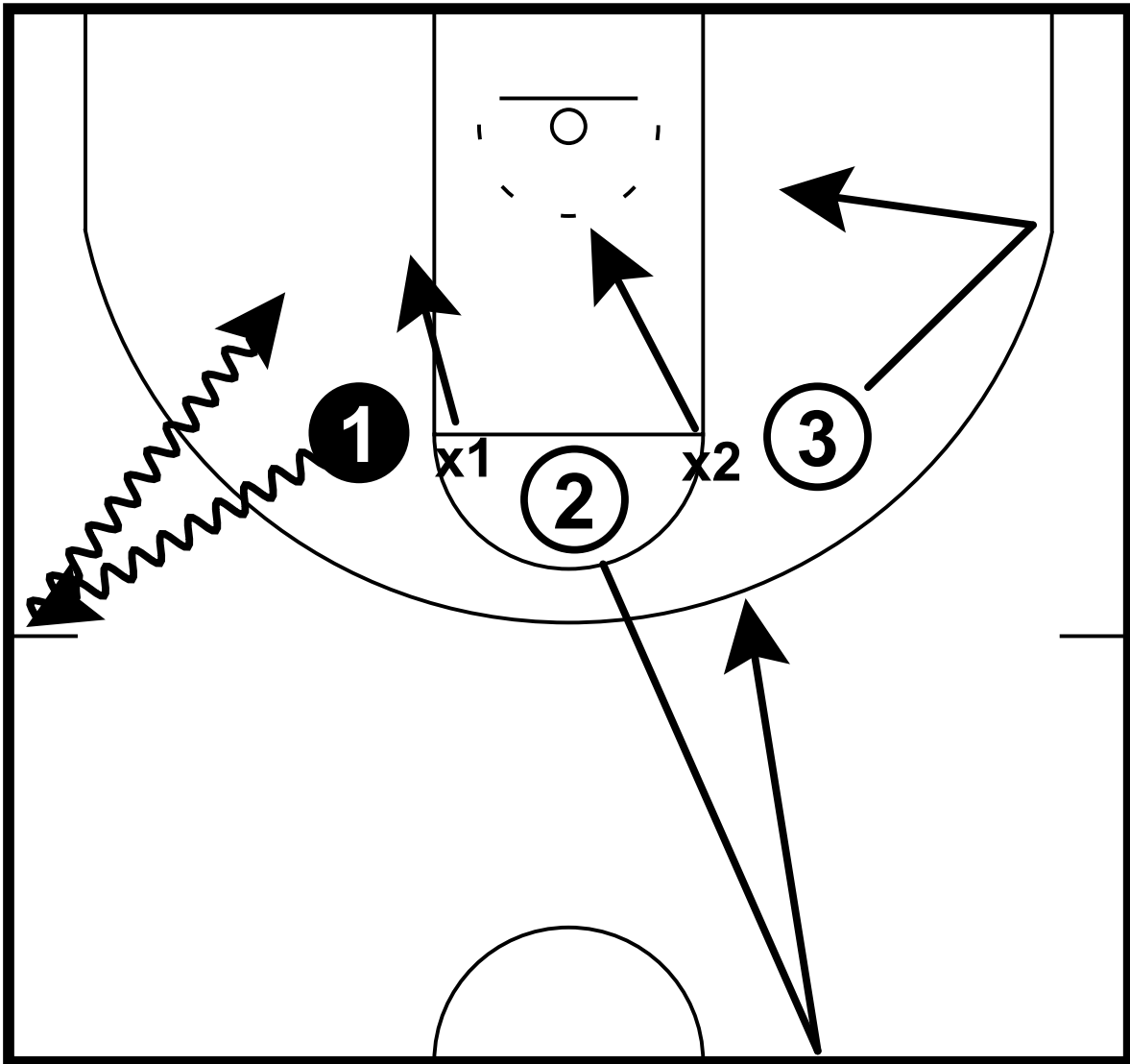
8 second shot clock. Once coach says go. Options are only in the paint or 3's or 2 passes
Stress taking Charges, getting deflections, steals, point out bad shot selection

Defensive Practice Drills

2v2

2 on 1 3 on 2 attack

Defensive Drill



3 on 2 attack

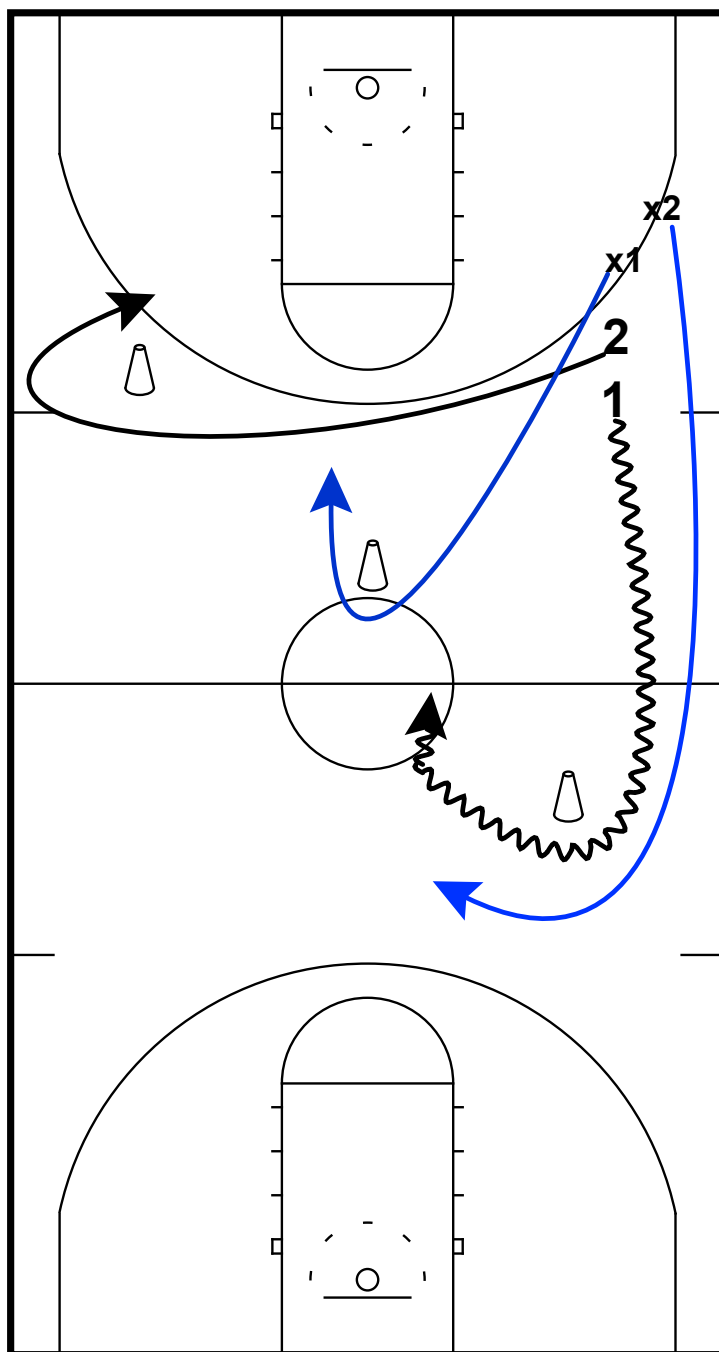
Same rules apply as in 2 on 1 attack Count charges deflections, bad shots, steals, Teach as a transition drill as well

Work on communication defensive rotations recover, contested shots, boxing out, no easy basket, no fouling

Defensive Practice Drills

2v2

2 on 2 cone drill Defensive Drill



Player 1 dribbles up around cone pass half court
player 2 circles around top of the key and goes around cone at the wing

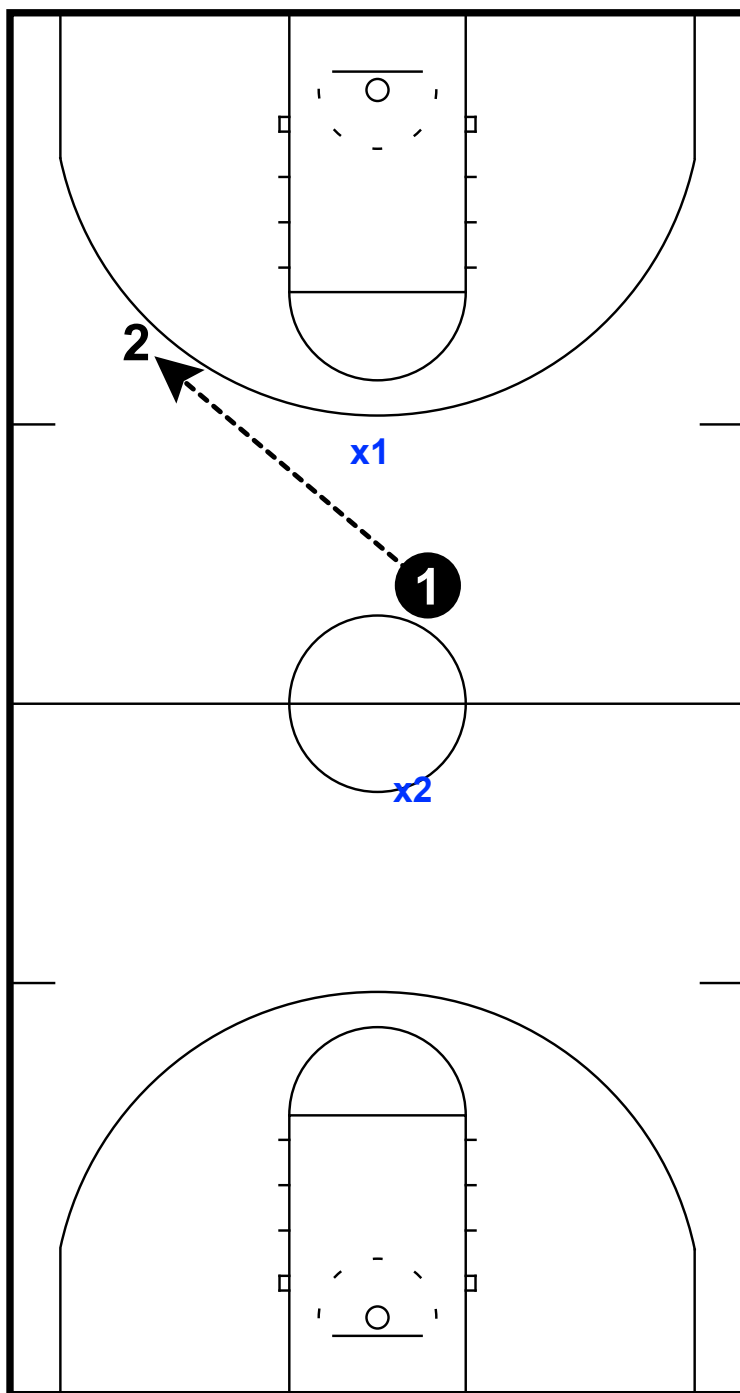
x1 goes around cone at half court and waits for offense
x2 goes around cone pass half court and trails x1 to get into play

Defensive Practice Drills

2v2

2 on 2 cone drill

Defensive Drill



Goal is to create and 2 on 1 advantage

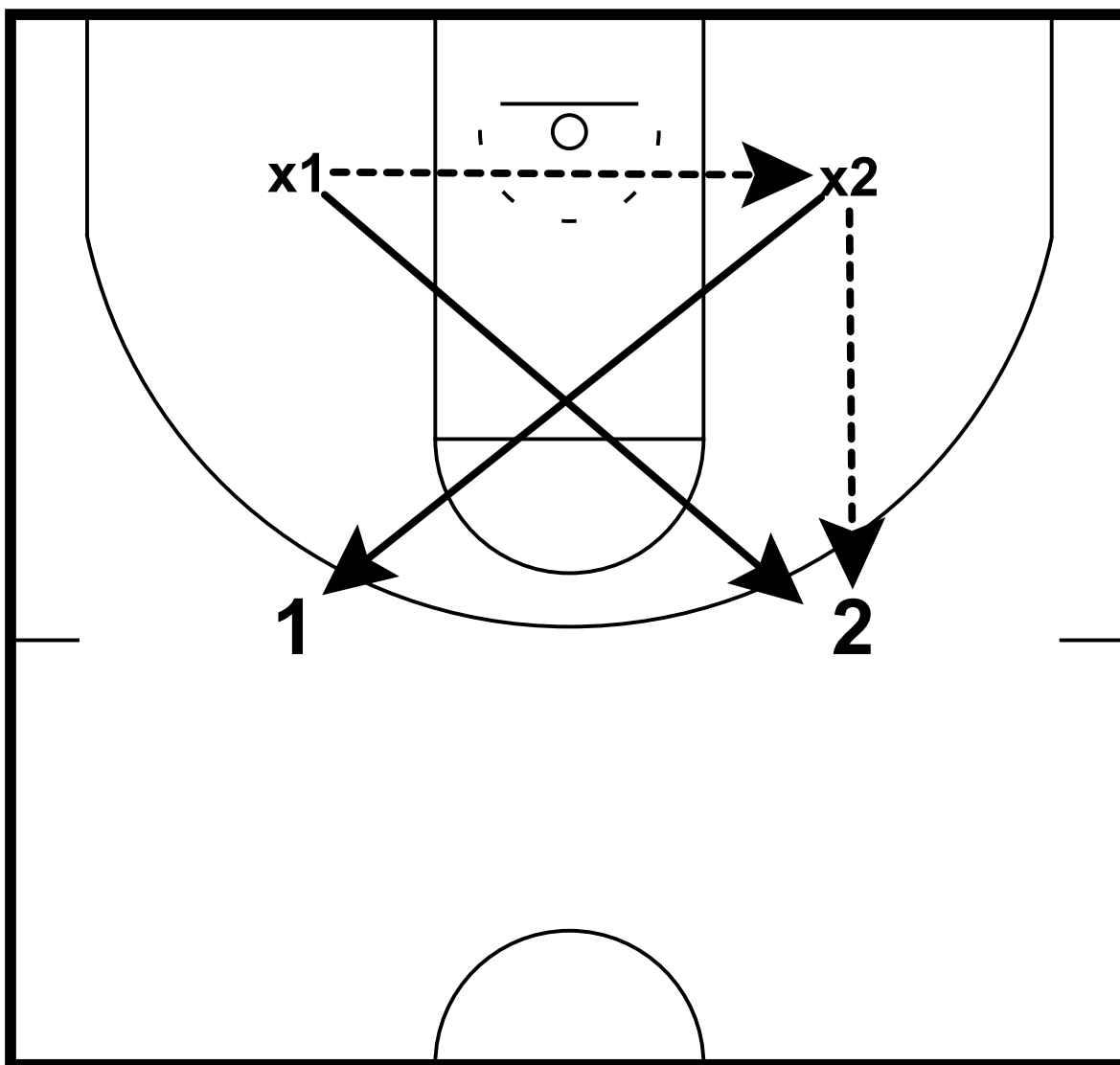
X1 must try to defend and slow down offense until x2 gets into the play.

You can keep chart of deflections, charges, defensive stops, offensive makes for each team, back taps.

Defensive Practice Drills

2v2

2 on 2 HC Defense
Defensive Drill



x1 passes to x2

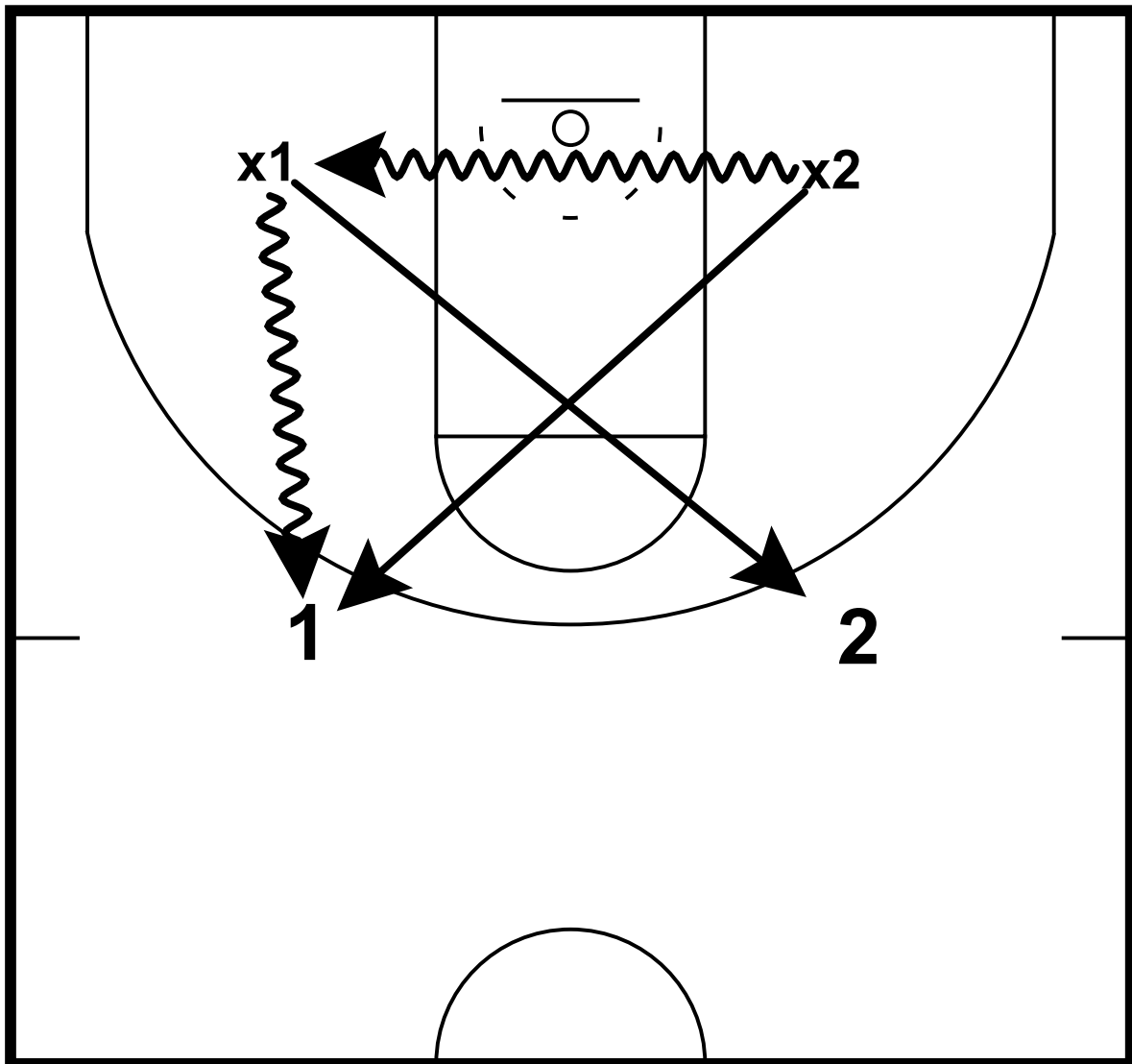
x2 passes to the coach at the top of the key

Both x1 and x2 both sprint to close out and go live 2 on 2

Defensive Practice Drills

2v2

2 on 2 HC Defense
Defensive Drill

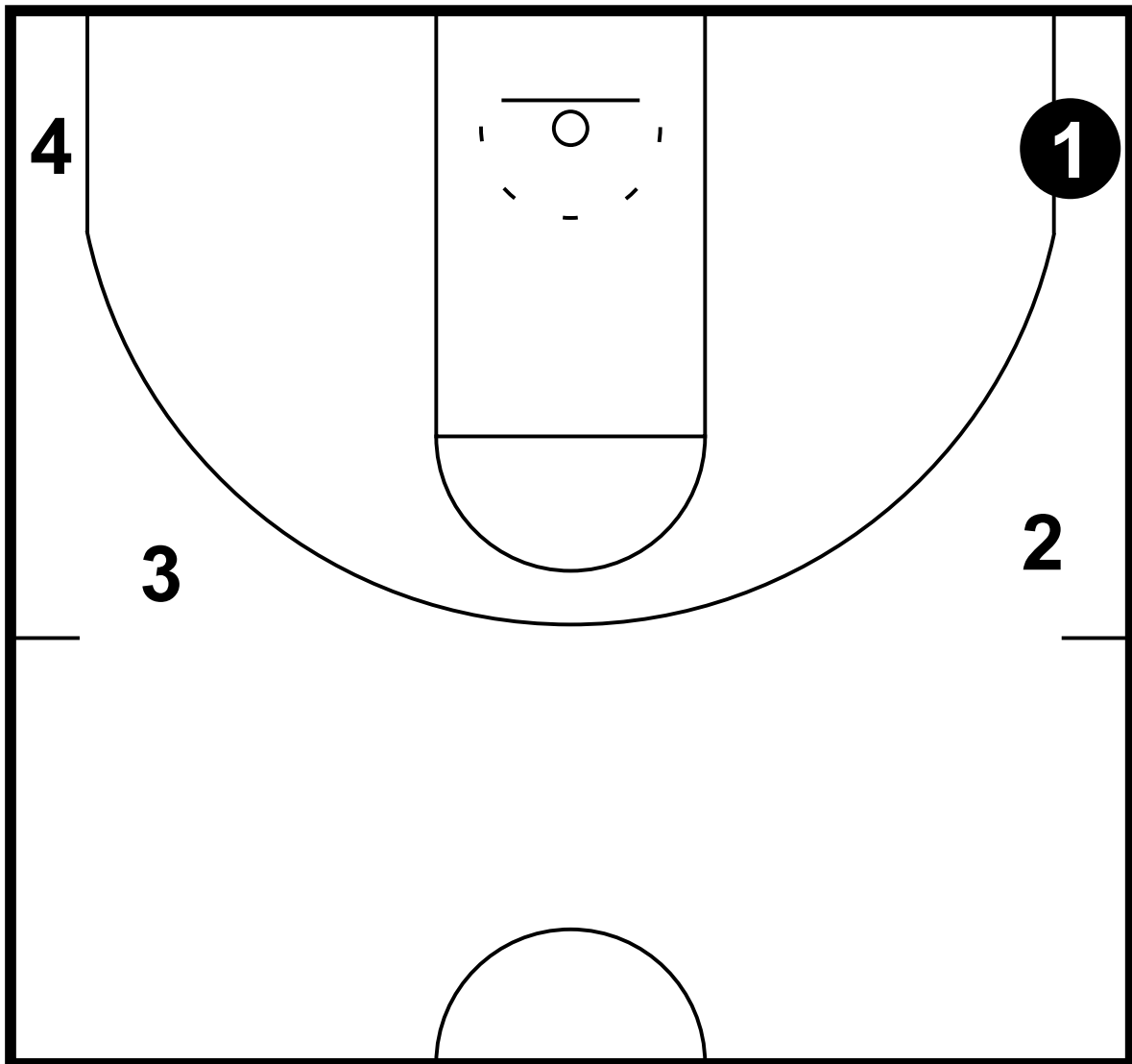


Repeat on other side

Defensive Practice Drills

2v2

2 on 2 SSG close out
Defensive Drill

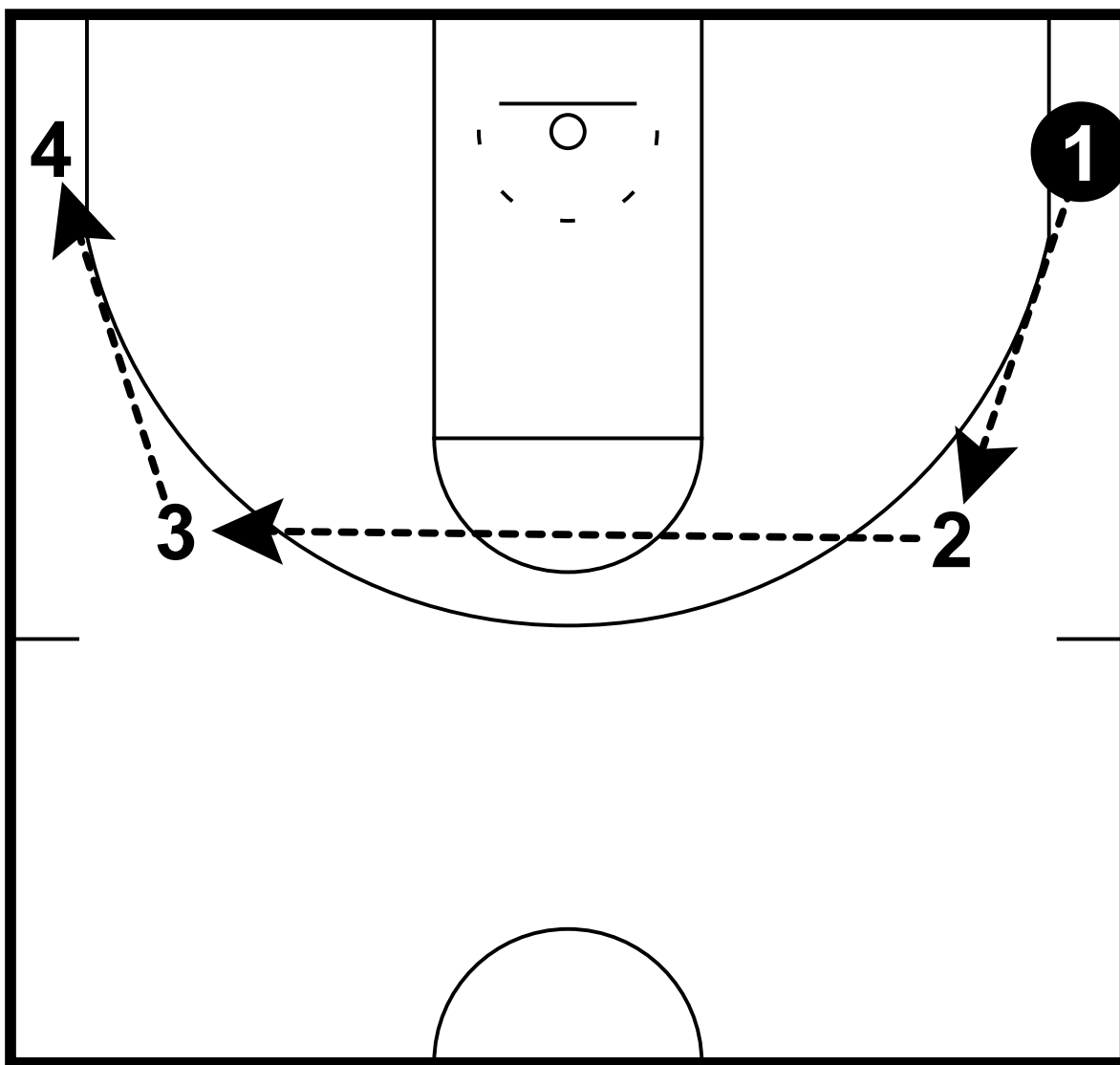


Start out in a 4 out setup

Defensive Practice Drills

2v2

2 on 2 SSG close out
Defensive Drill

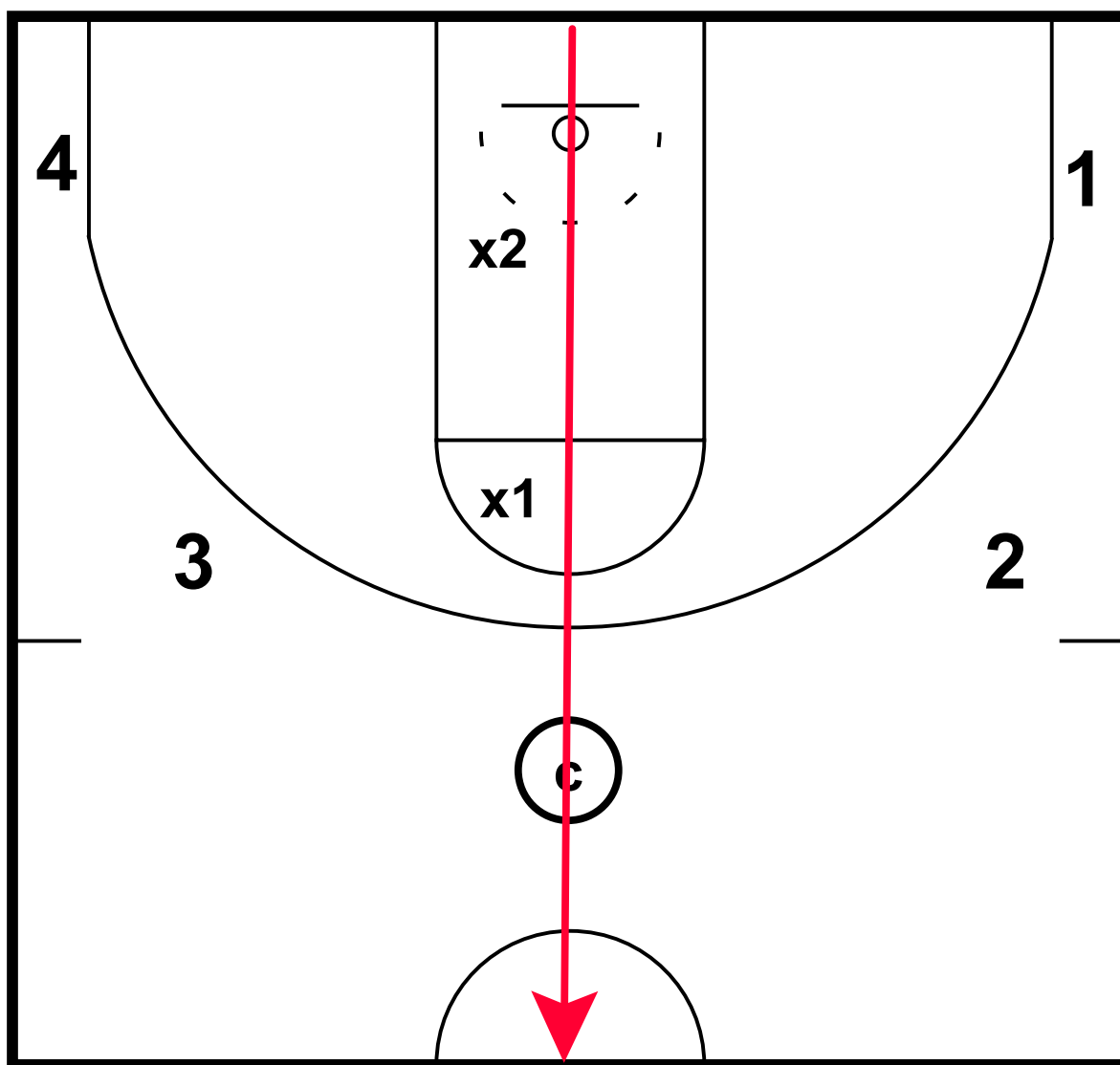


player 1 passes to player 2 and runs and closes out on player 3
Player 2 passes to player 3 and player 2 closes out on 4
Now play 2 on 2 SSG

Defensive Practice Drills

2v2

2 on 2 SSG close out
Defensive Drill

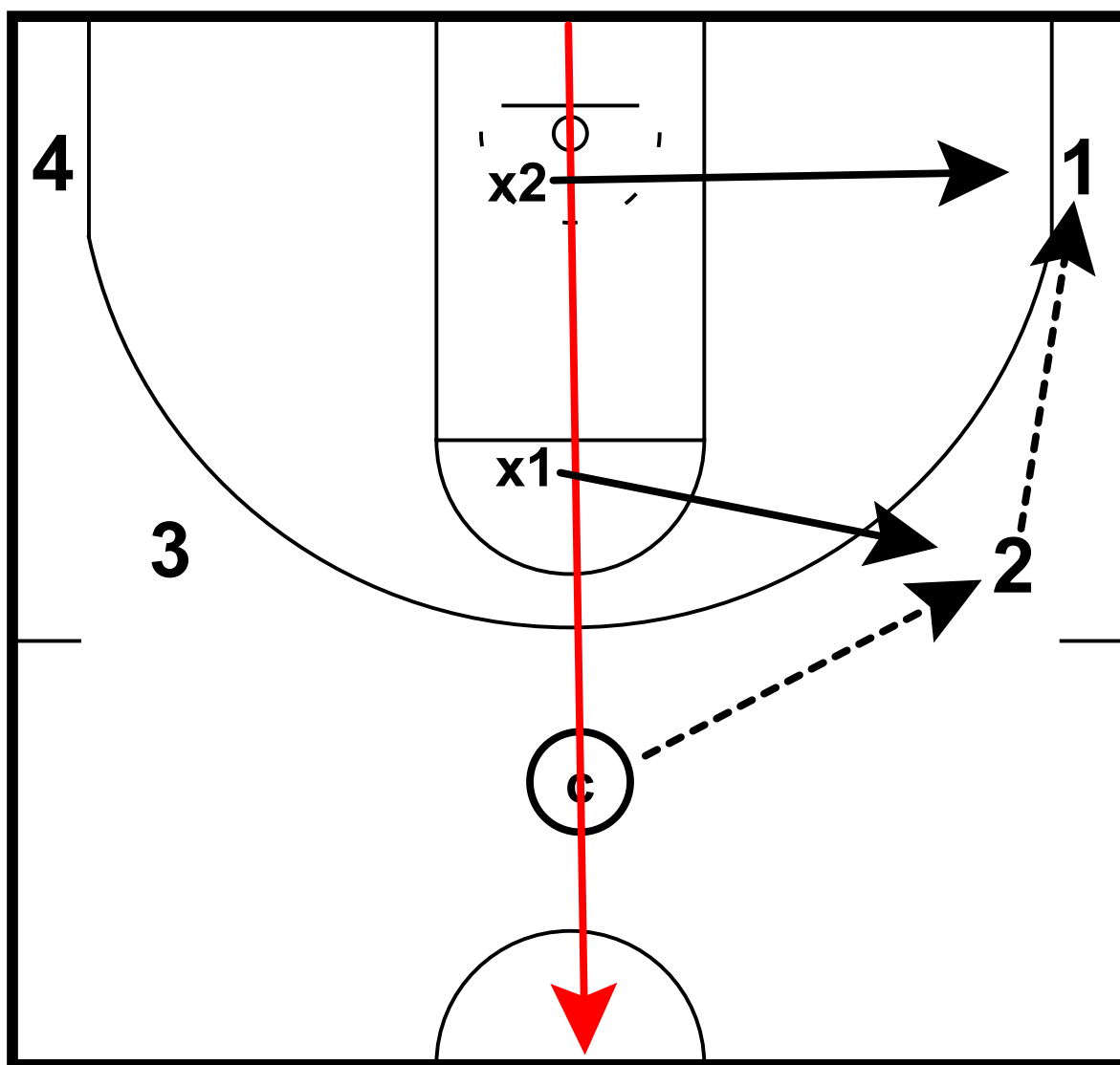


Another Variation of 2 on 2 SSG
x1 and x2 both line up on the help side line

Defensive Practice Drills

2v2

2 on 2 SSG close out
Defensive Drill

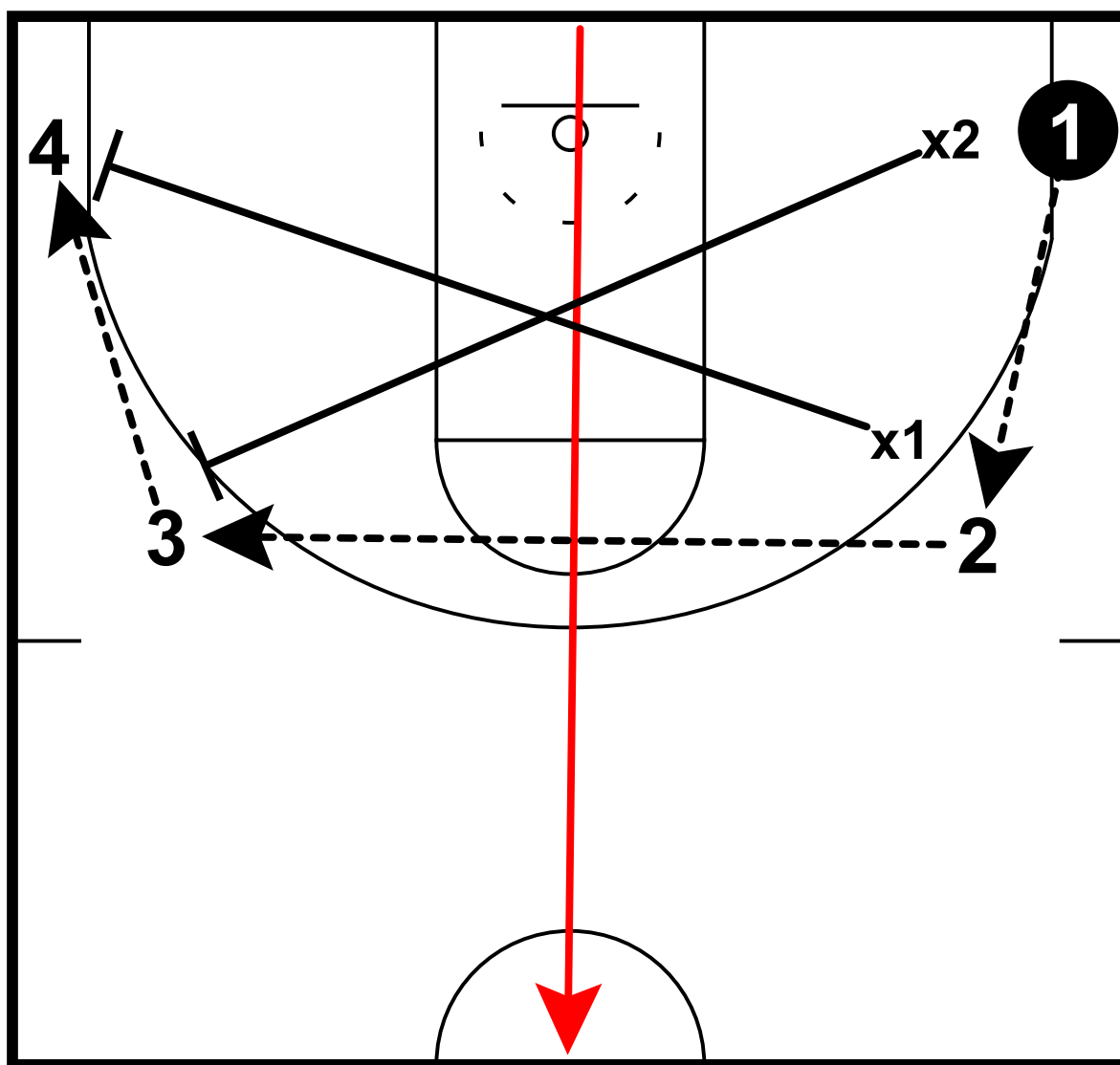


Coach Passes to player 2 on the wing and x1 closes out to player 2
Player 2 swings it to the corner to player 1 which x2 closes out on player 1

Defensive Practice Drills

2v2

2 on 2 SSG close out
Defensive Drill



1 passes to 2

2 passes 3

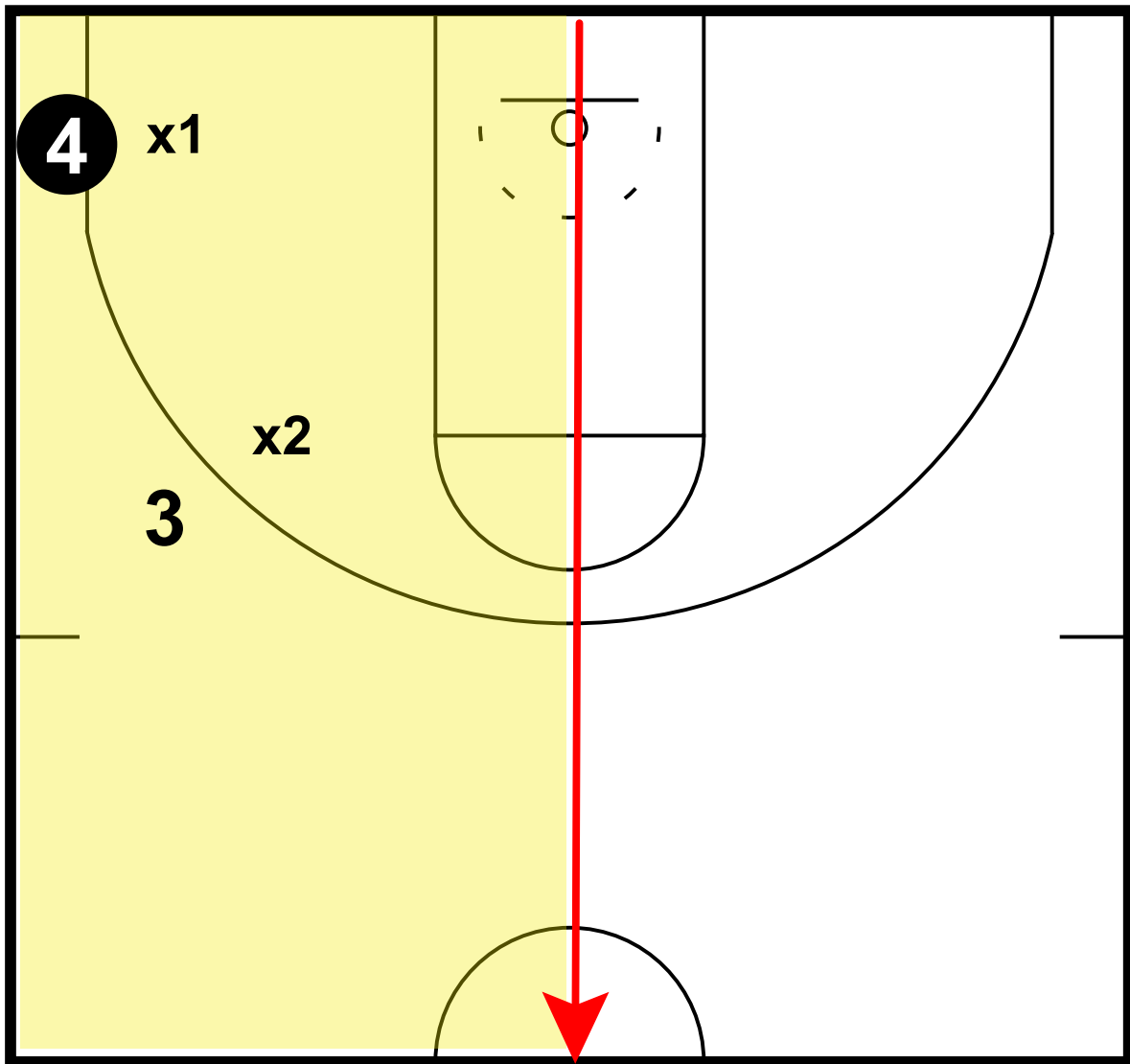
3 passes to 4 in the corner

Both x1 and x2 run and close out on the other side and play 2 on 2

Defensive Practice Drills

2v2

2 on 2 SSG close out
Defensive Drill

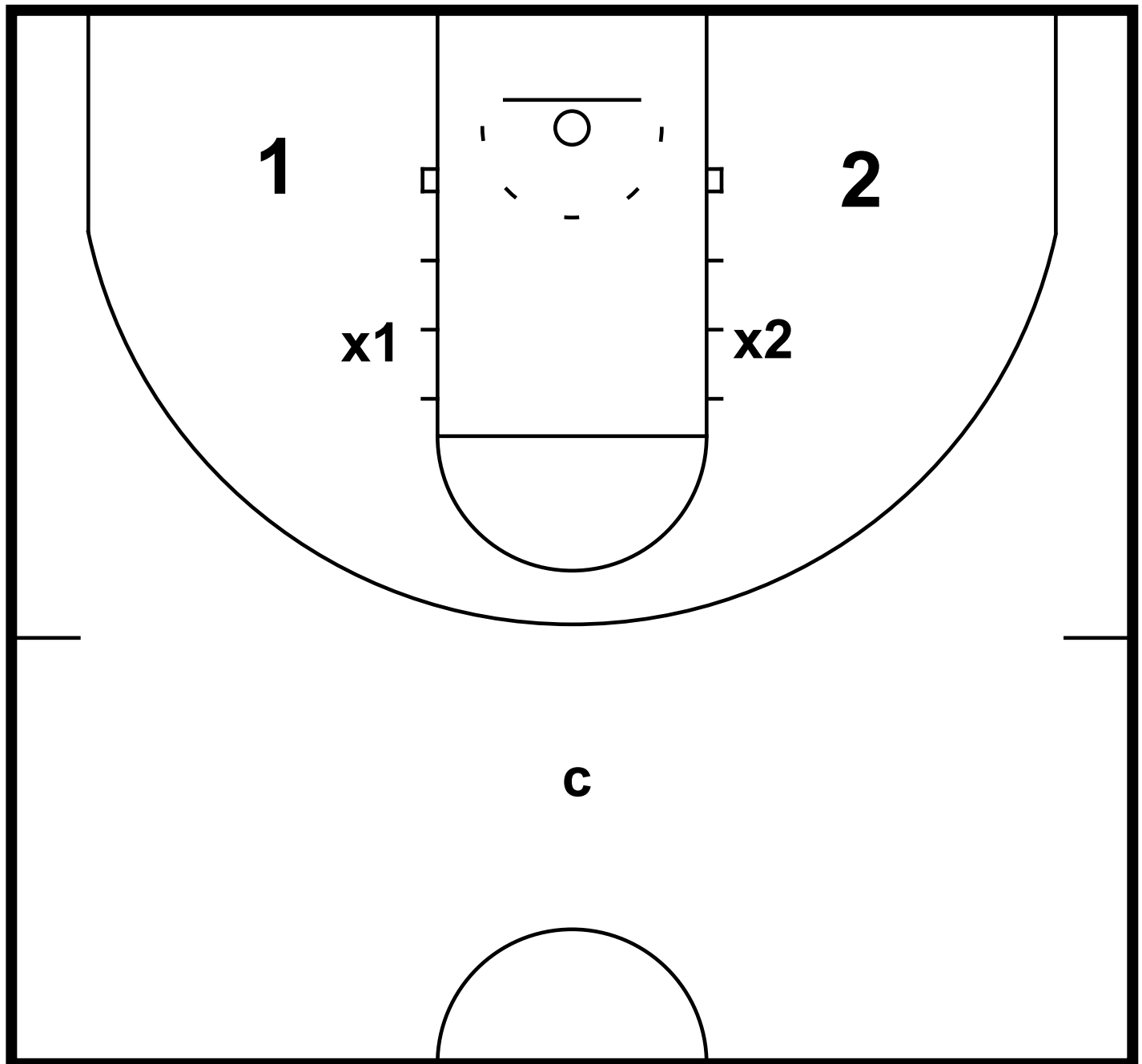


Defense gets a stop, they stay on
Offense scores or gets fouled they go to defense

Defensive Practice Drills

2v2

2 on 2 wide
Defensive Drill

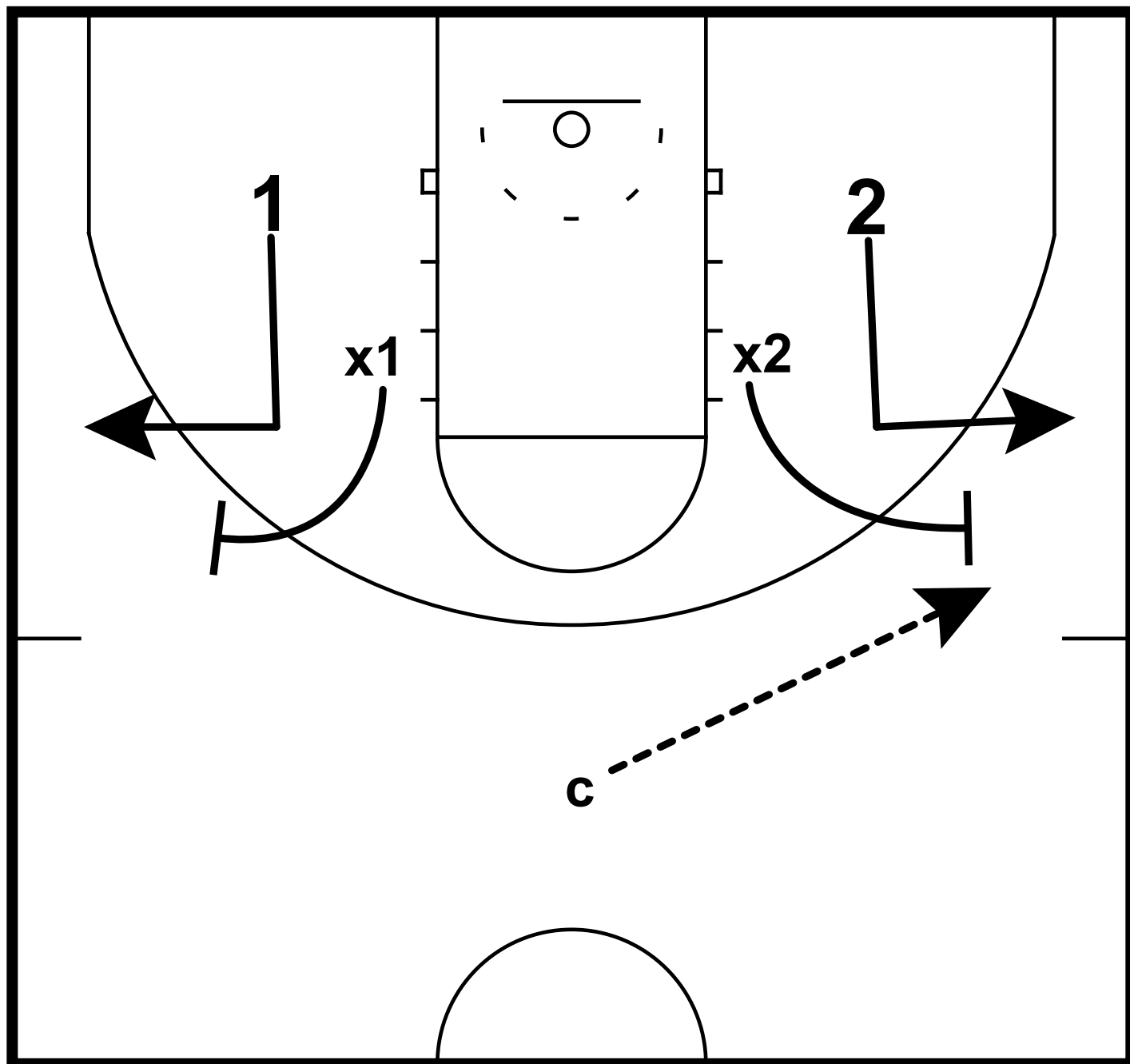


Defenders line up in line with the ball

Defensive Practice Drills

2v2

2 on 2 wide
Defensive Drill



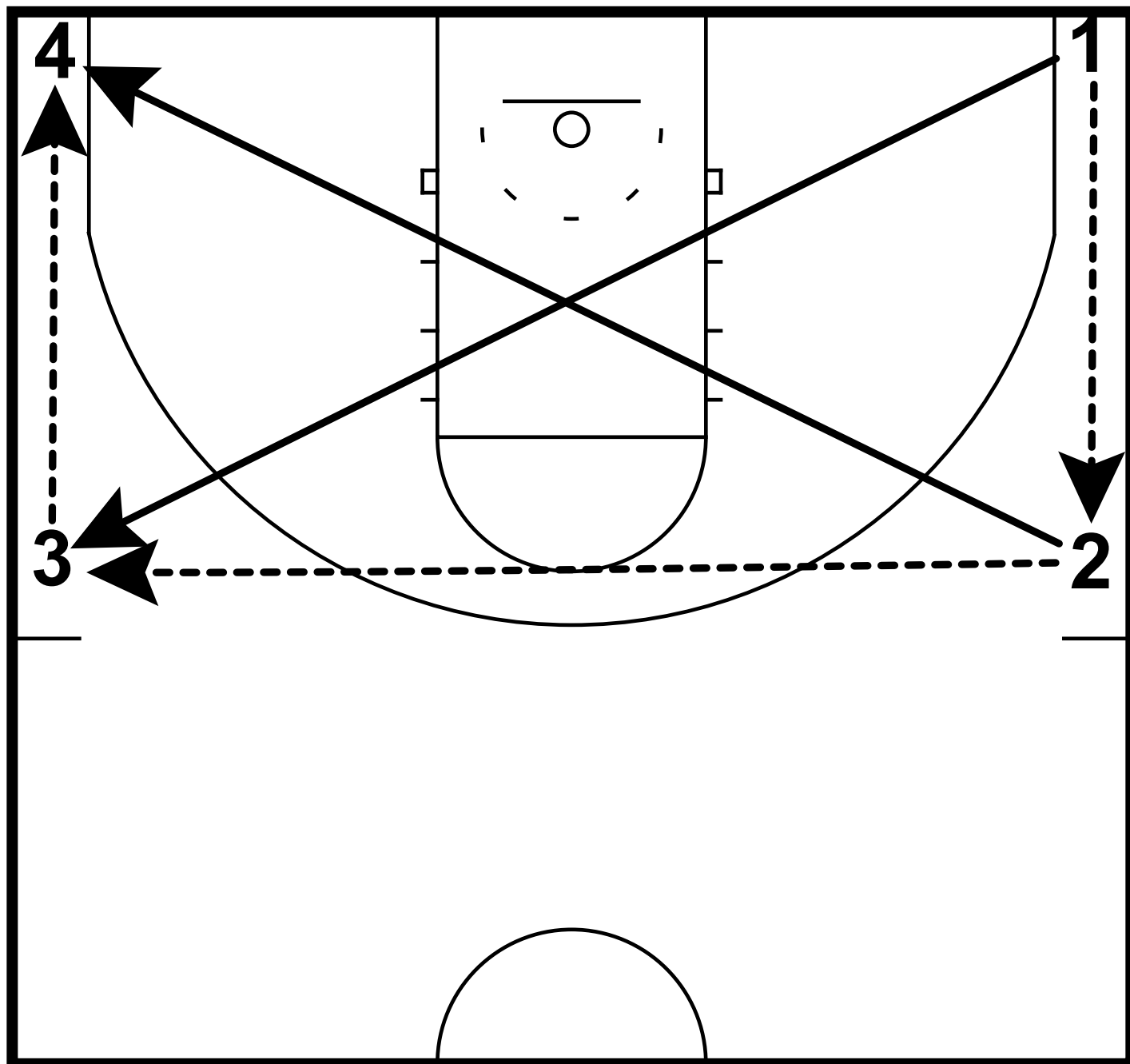
Offensive player makes L cuts to the wing
Defense tries to deny the wing pass

Defensive Practice Drills

2v2

Villanova 2 on 2 SSG

Defensive Drill



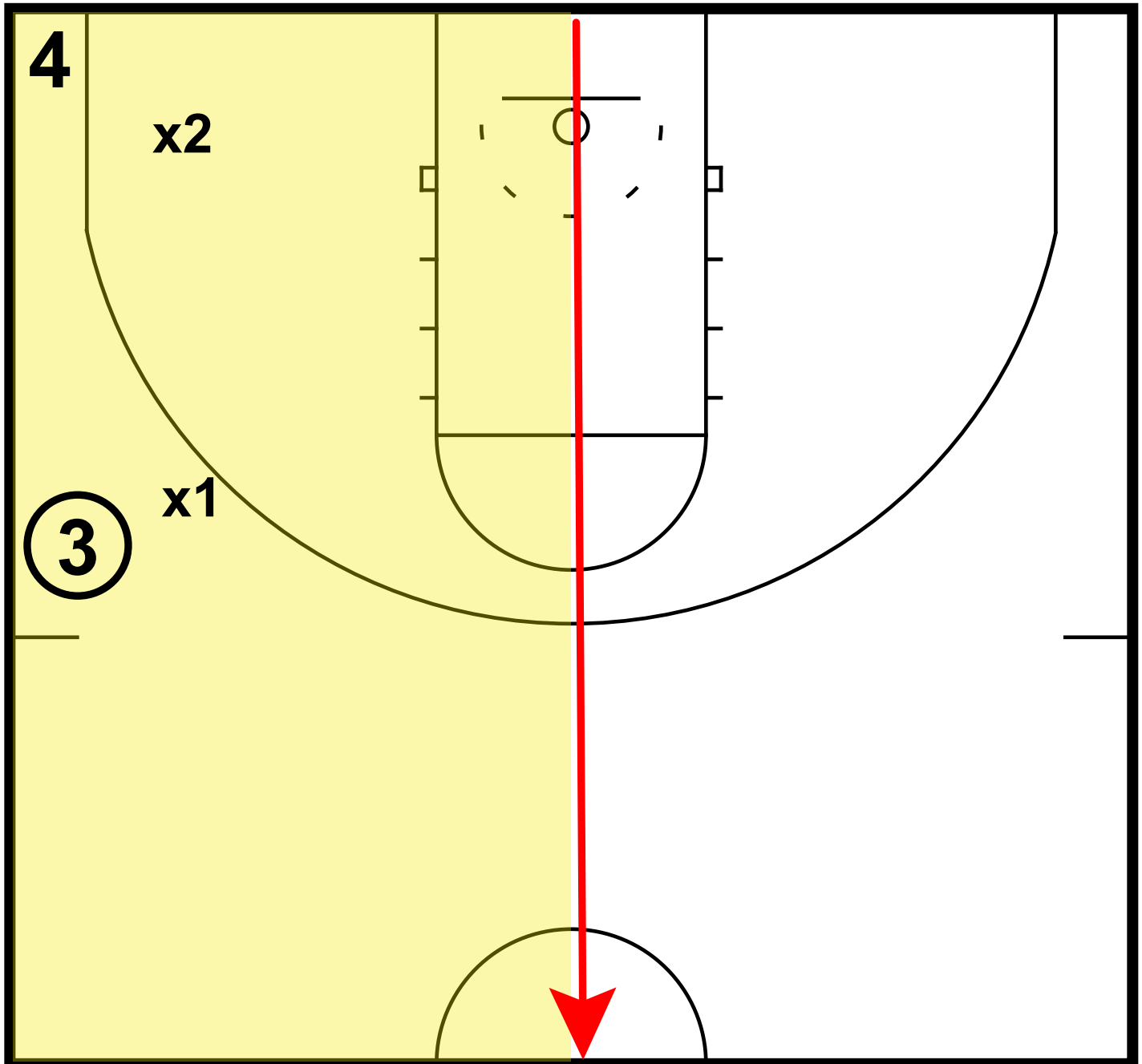
Pass around perimeter. X2 closes out in corner man
X1 closes out on wing man.

Defensive Practice Drills

2v2

Villanova 2 on 2 SSG

Defensive Drill



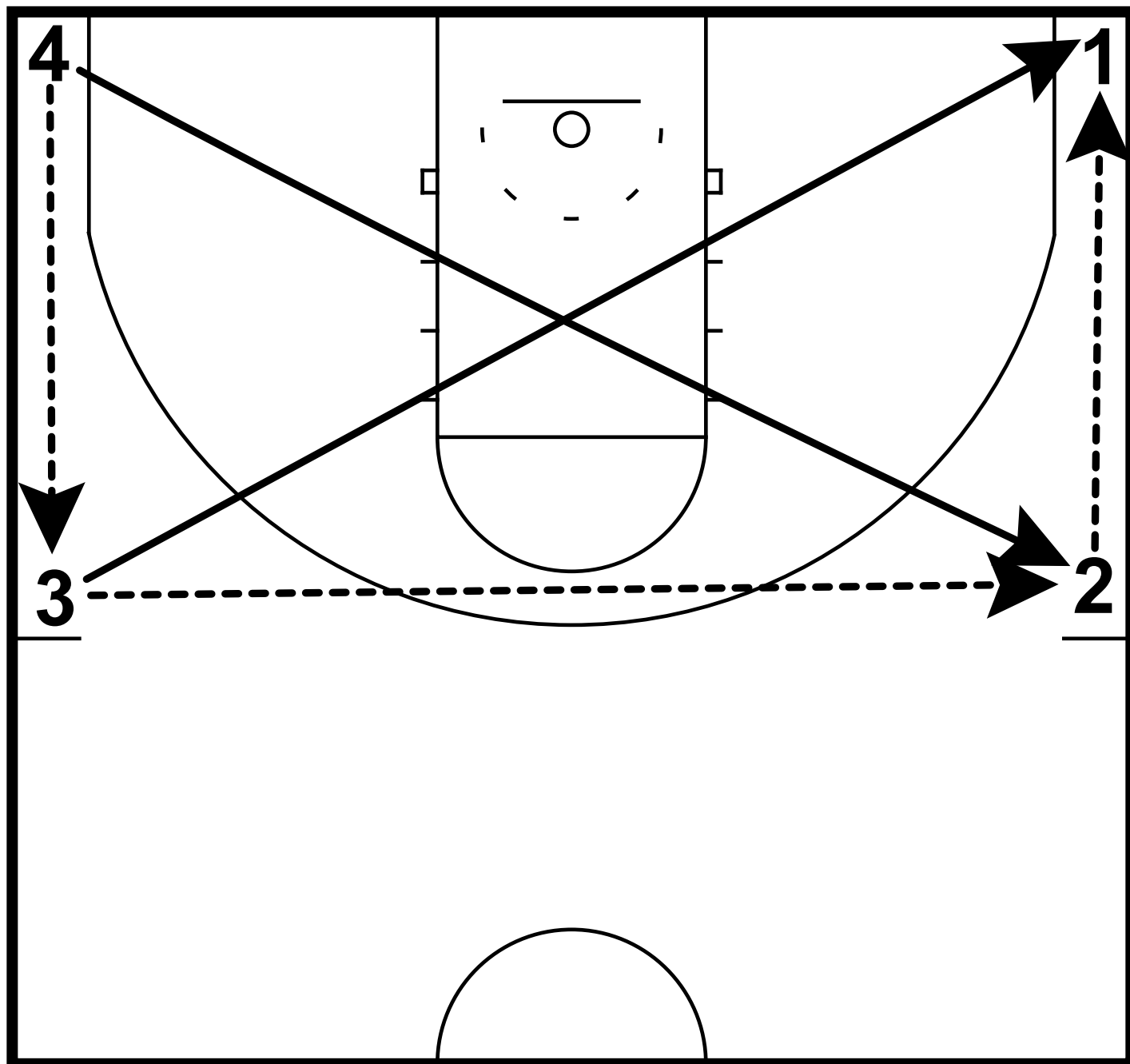
Then play 2 on 2

Defensive Practice Drills

2v2

Villanova 2 on 2 SSG

Defensive Drill



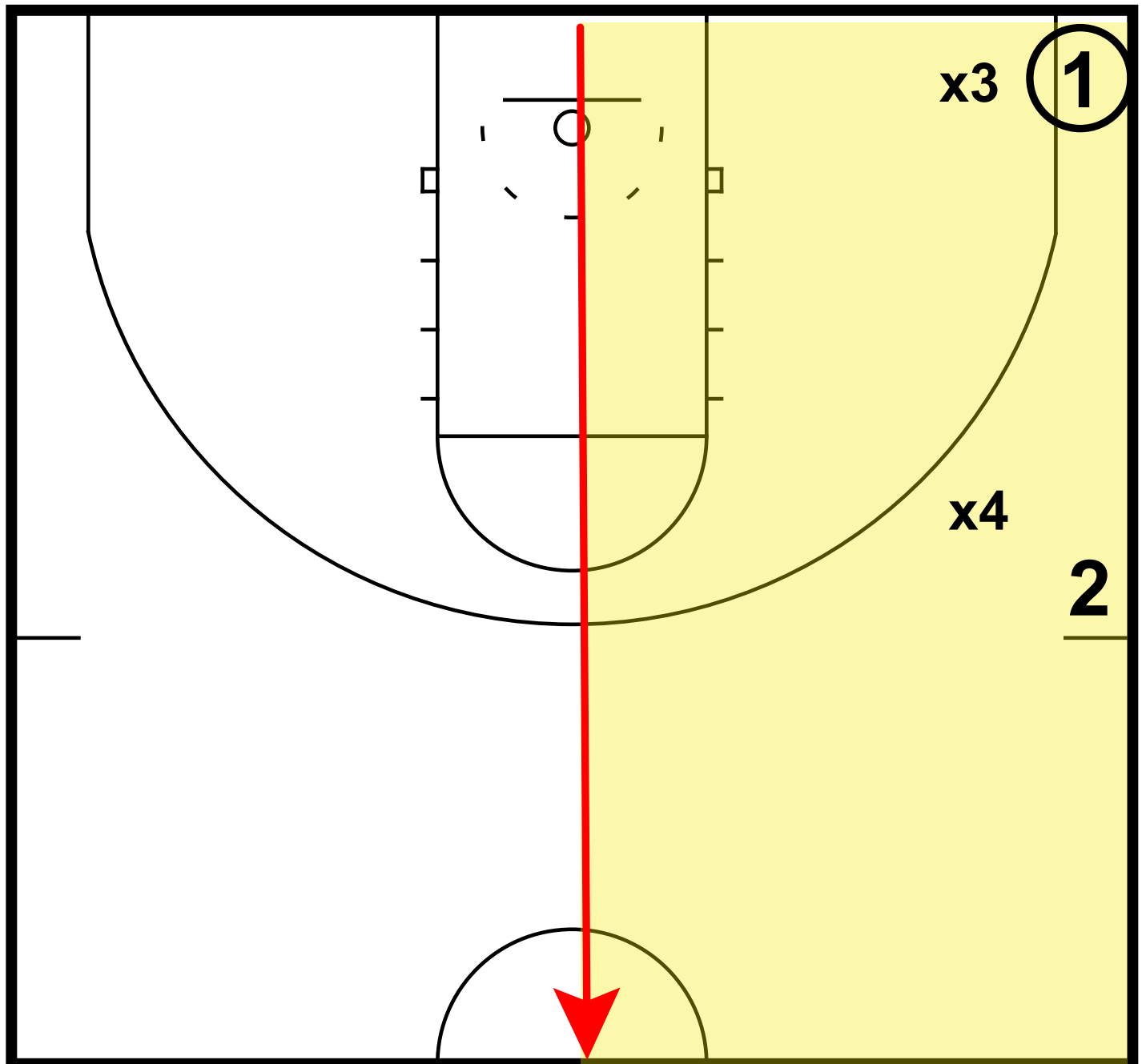
Do the same from the other side

Defensive Practice Drills

2v2

Villanova 2 on 2 SSG

Defensive Drill

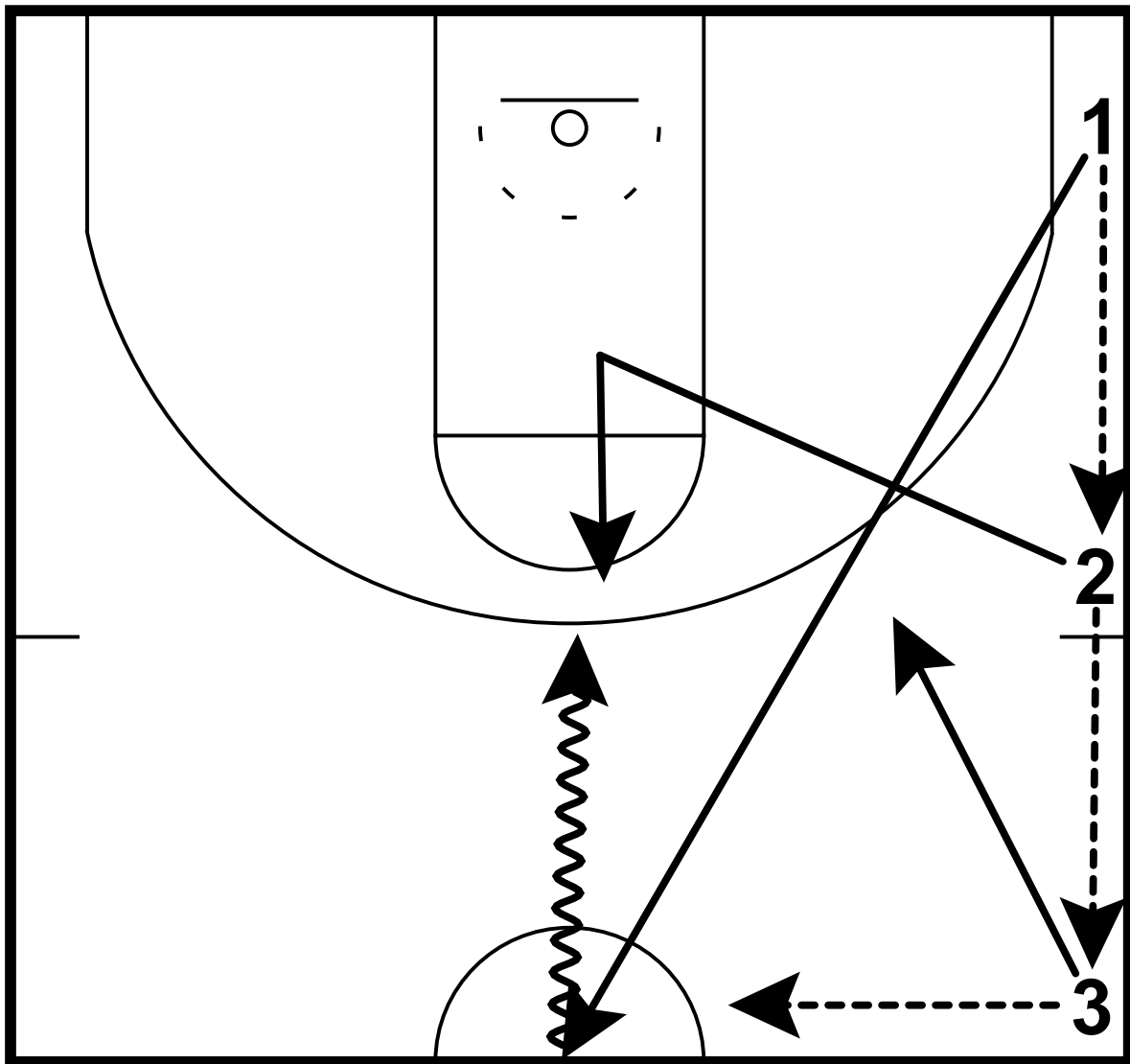


cont...

Defensive Practice Drills

2v2

Sideline 2 on 1 Defensive Drill



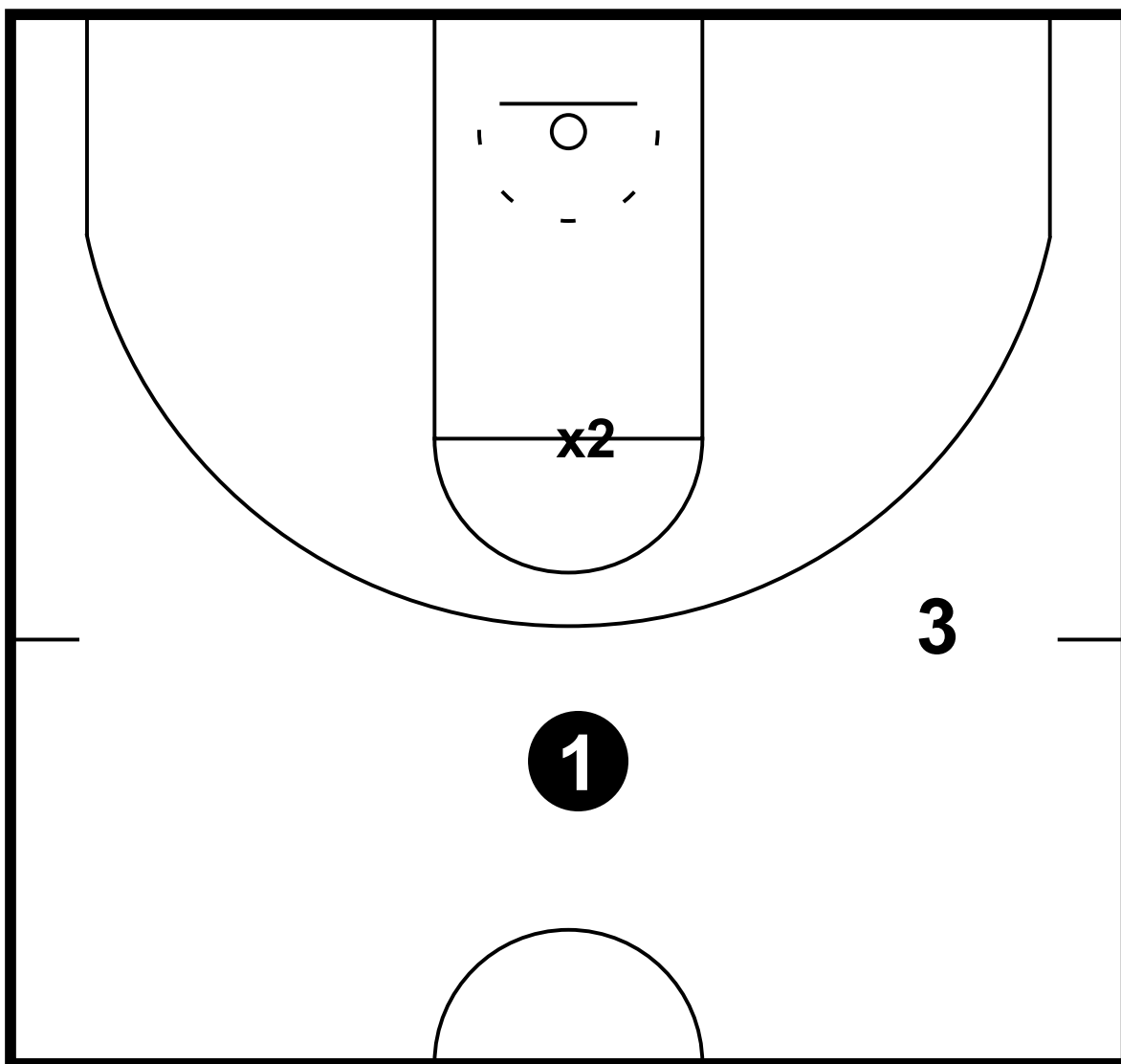
3 Lines on the sideline (baseline, top of key extended and half court). Player 1 starts with the ball on the baseline. then passes to 2 and passes passes to player 3

While player 3 is getting the ball from player 2 player 1 is running to the half ct circle to receive the ball from player 3 while player 3 is then getting ready to play 2 on 1 with player 1 and go live

Defensive Practice Drills

2v2

Sideline 2 on 1
Defensive Drill

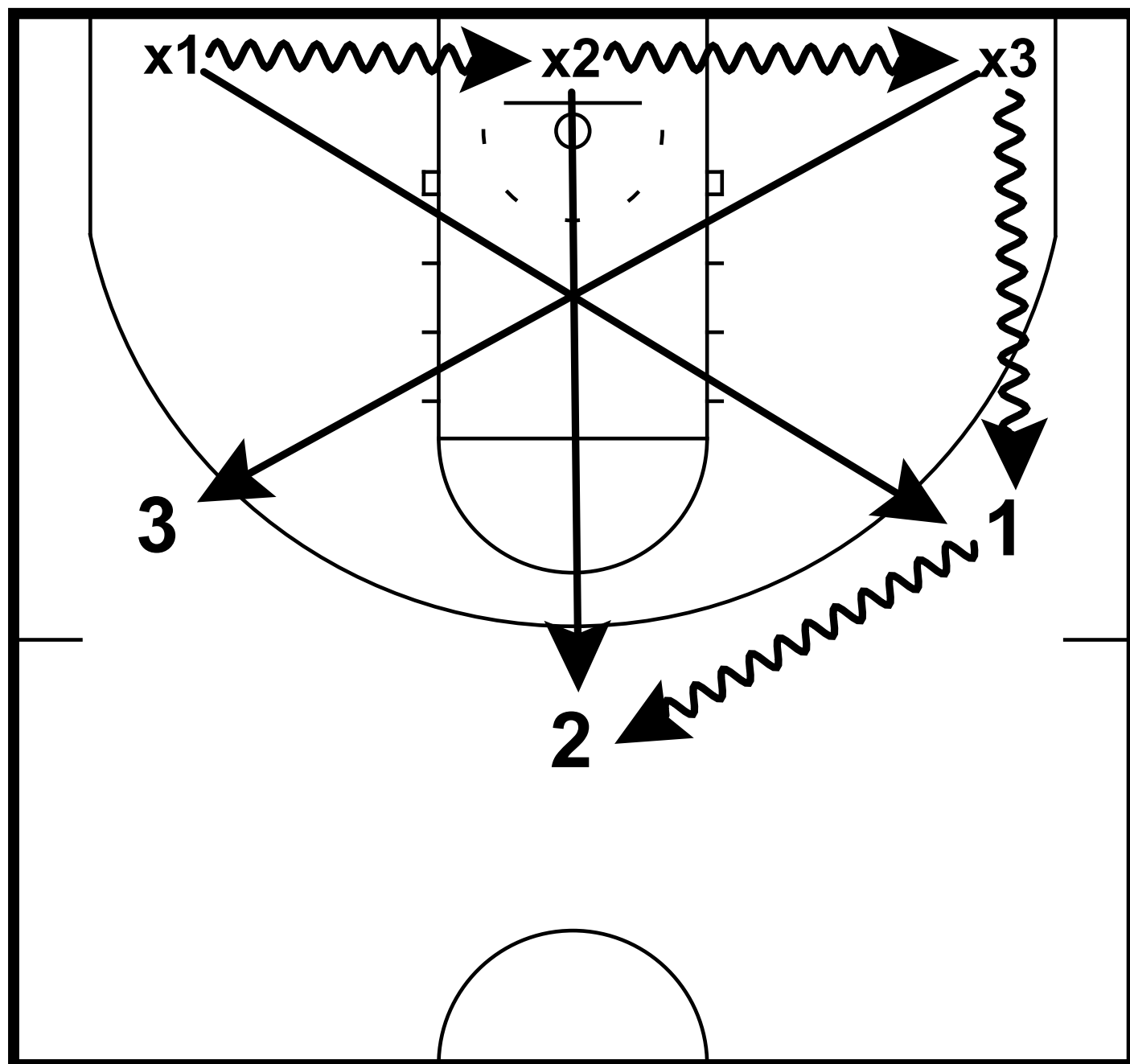


Go live 2 on 1

Defensive Practice Drills

3v3

3 on 3 Live
Defensive Drill



x1 pass to x2 x2 passes to x3.

x3 passes to player 1

player 1 passes to player 2

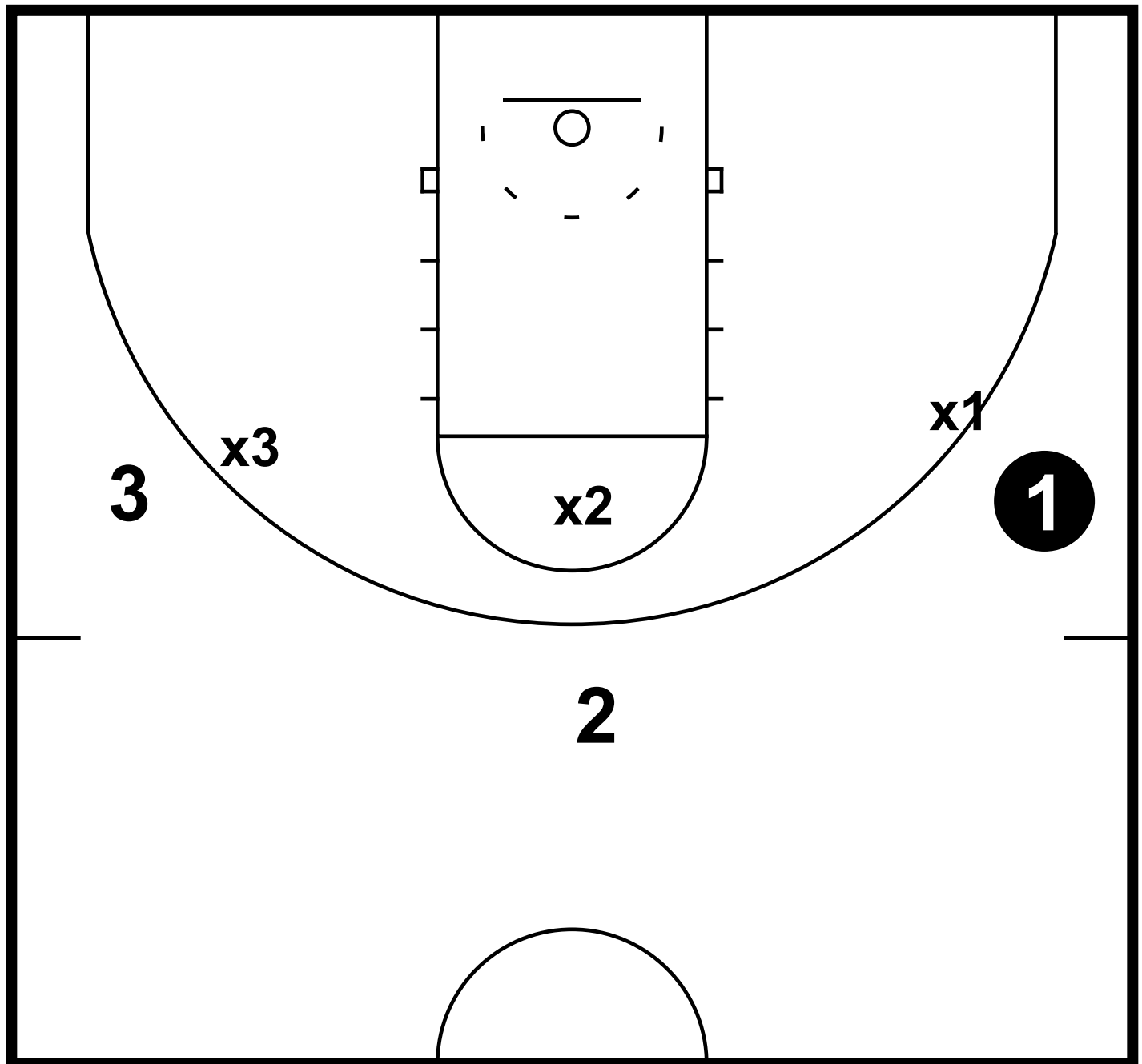
all three defenders close out on their an and go 3 on 3 live

Player 1 does not have to pass to player 2.

Defensive Practice Drills

3v3

3 on 3 Live
Defensive Drill



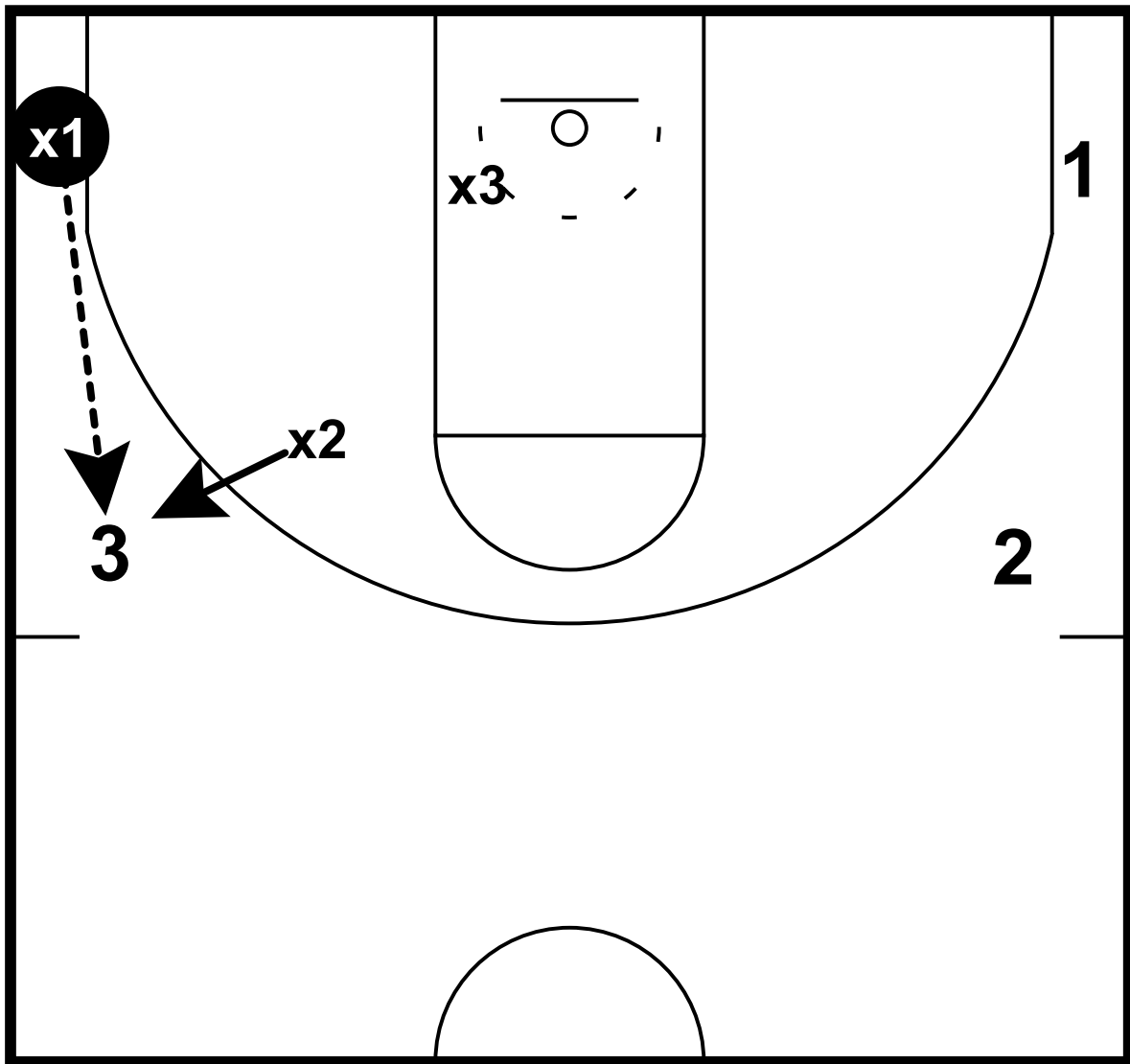
Drill goes on until defense gets a stop or play with a 12 second shot clock

Things to work on: Communication, Switching screens and going through screens, Taking charges, Steals, deflections, loose balls, contest shots, Help side and weak side defense, defensive rotations, recover

Defensive Practice Drills

3v3

3 on 3 closeout
Defensive Drill

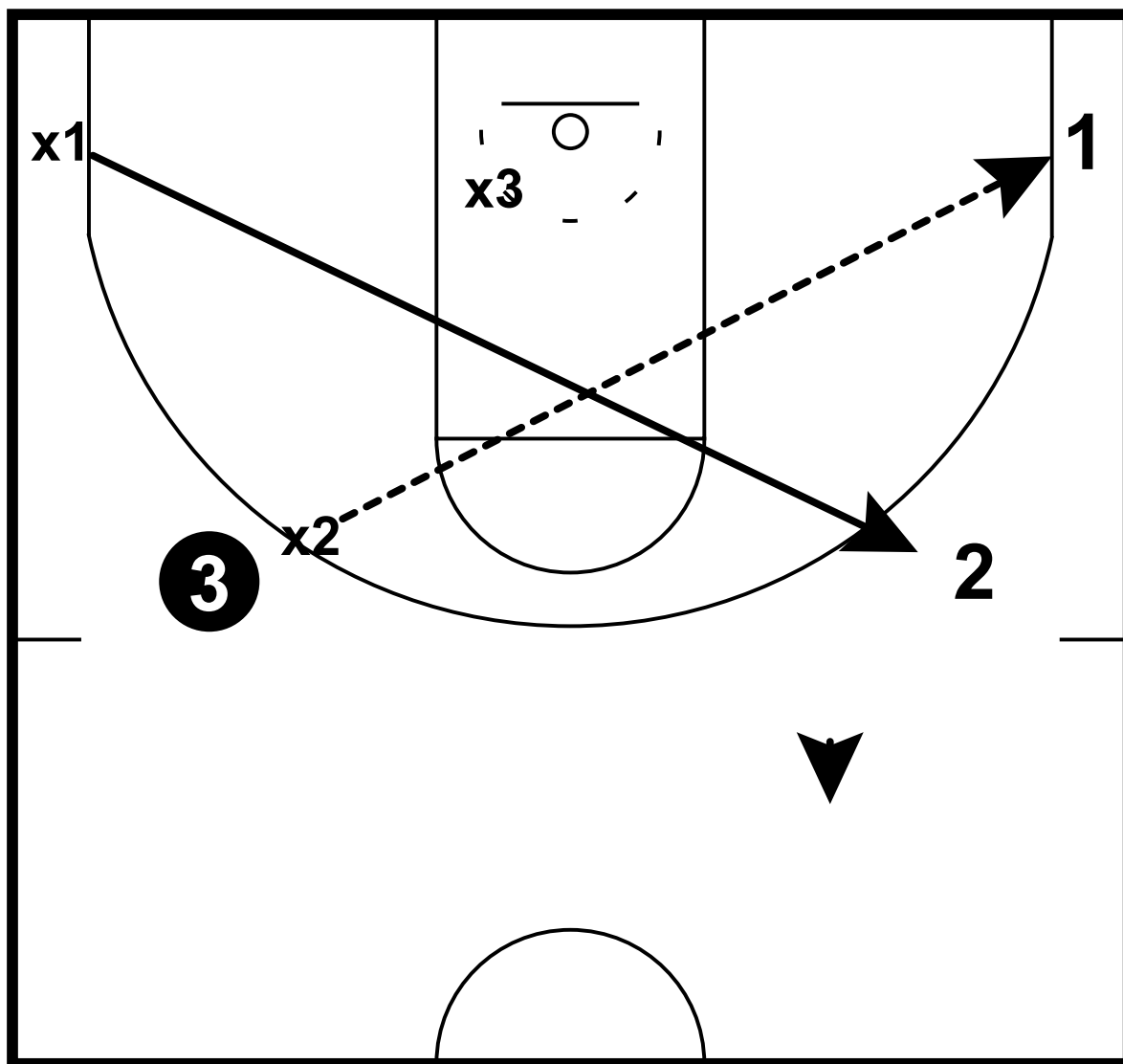


X1 start with the ball
x1 swings it to player 3 to create rotation

Defensive Practice Drills

3v3

3 on 3 closeout
Defensive Drill

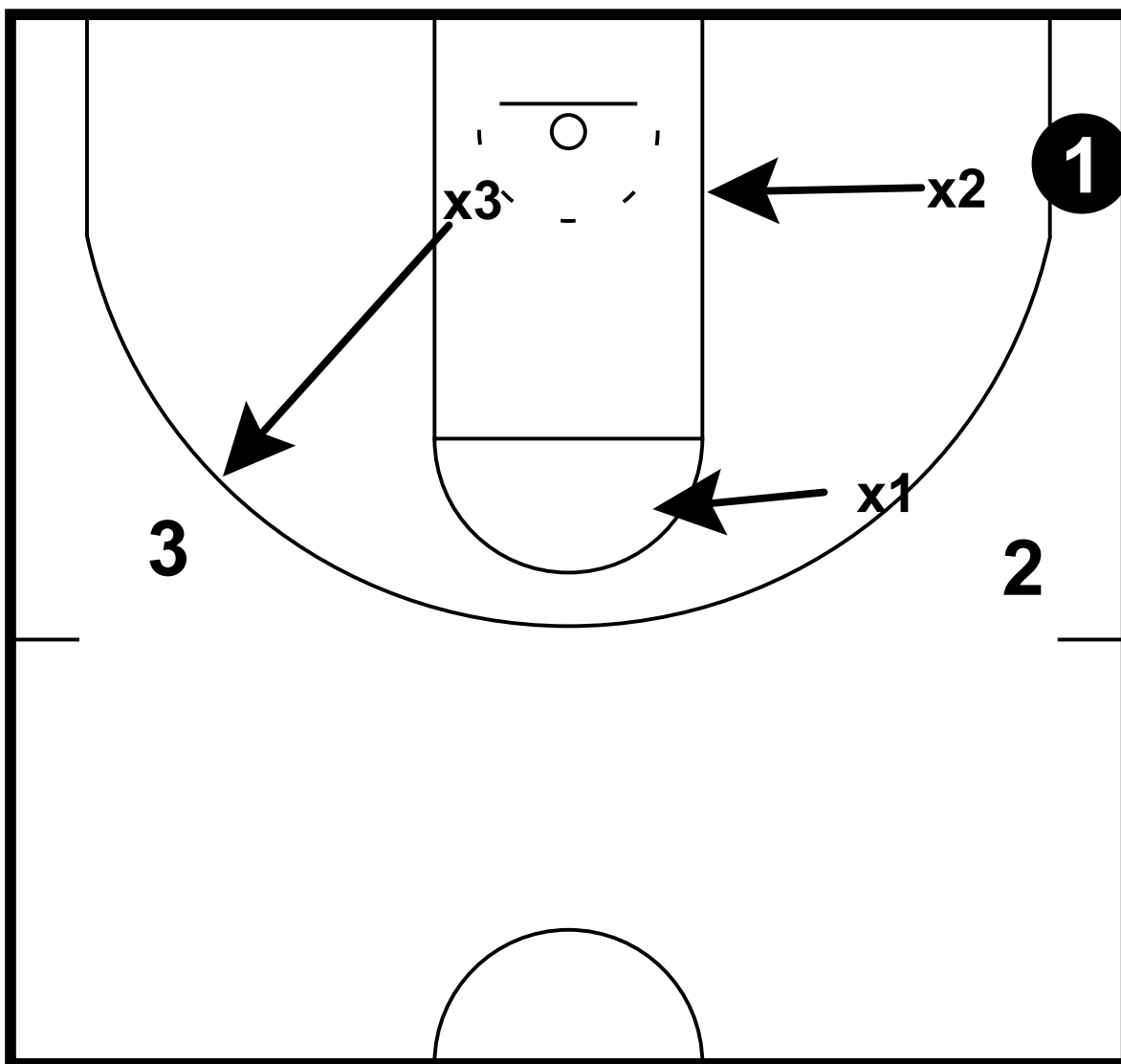


x2 closes out and is responsible for the 2nd pass that goes to player 1 in the deep corner

Defensive Practice Drills

3v3

3 on 3 closeout
Defensive Drill

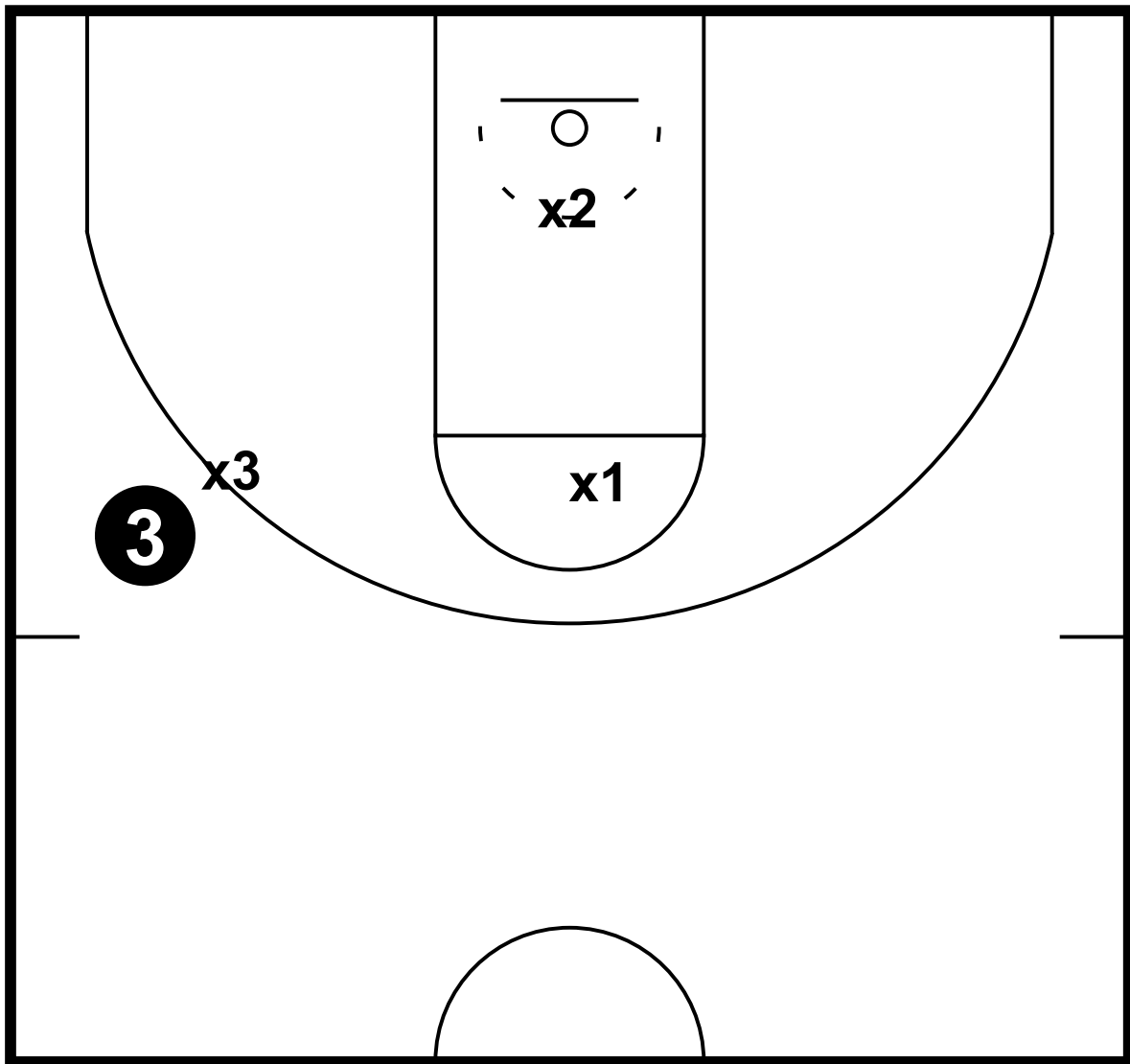


x3 takes on player 3 on the wing
Defenders x1 and x2 both move in help side

Defensive Practice Drills

3v3

3 on 3 closeout
Defensive Drill



From here they play 3 on 3

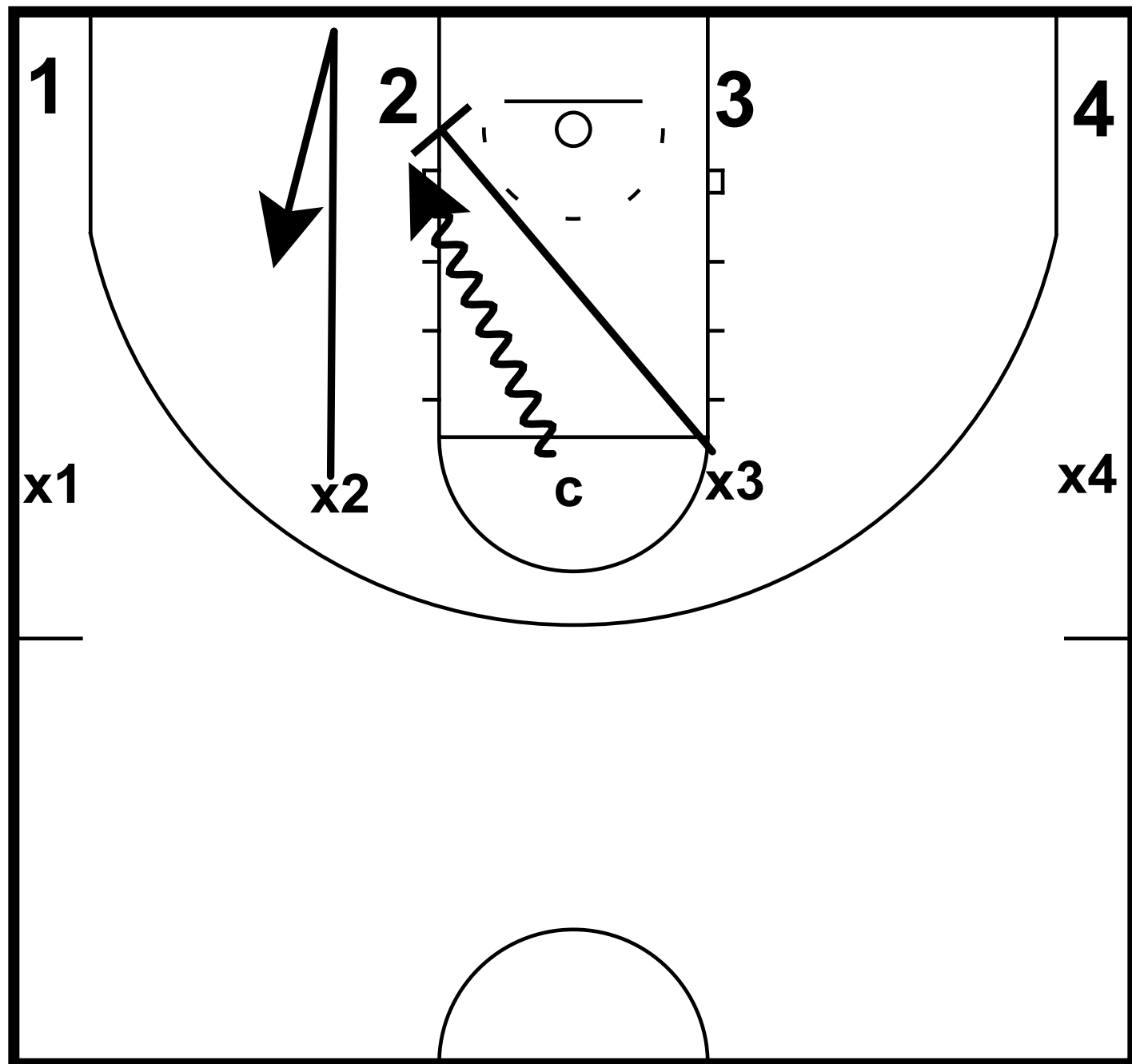
Focus here is to work ball rotations, calling out ball screens, and switches, icing ball screens and helping weak and strong side

Defensive Practice Drills

4v4

4v4 Push Transition Drill

Defensive Drill



Coach throws the ball to player 2.

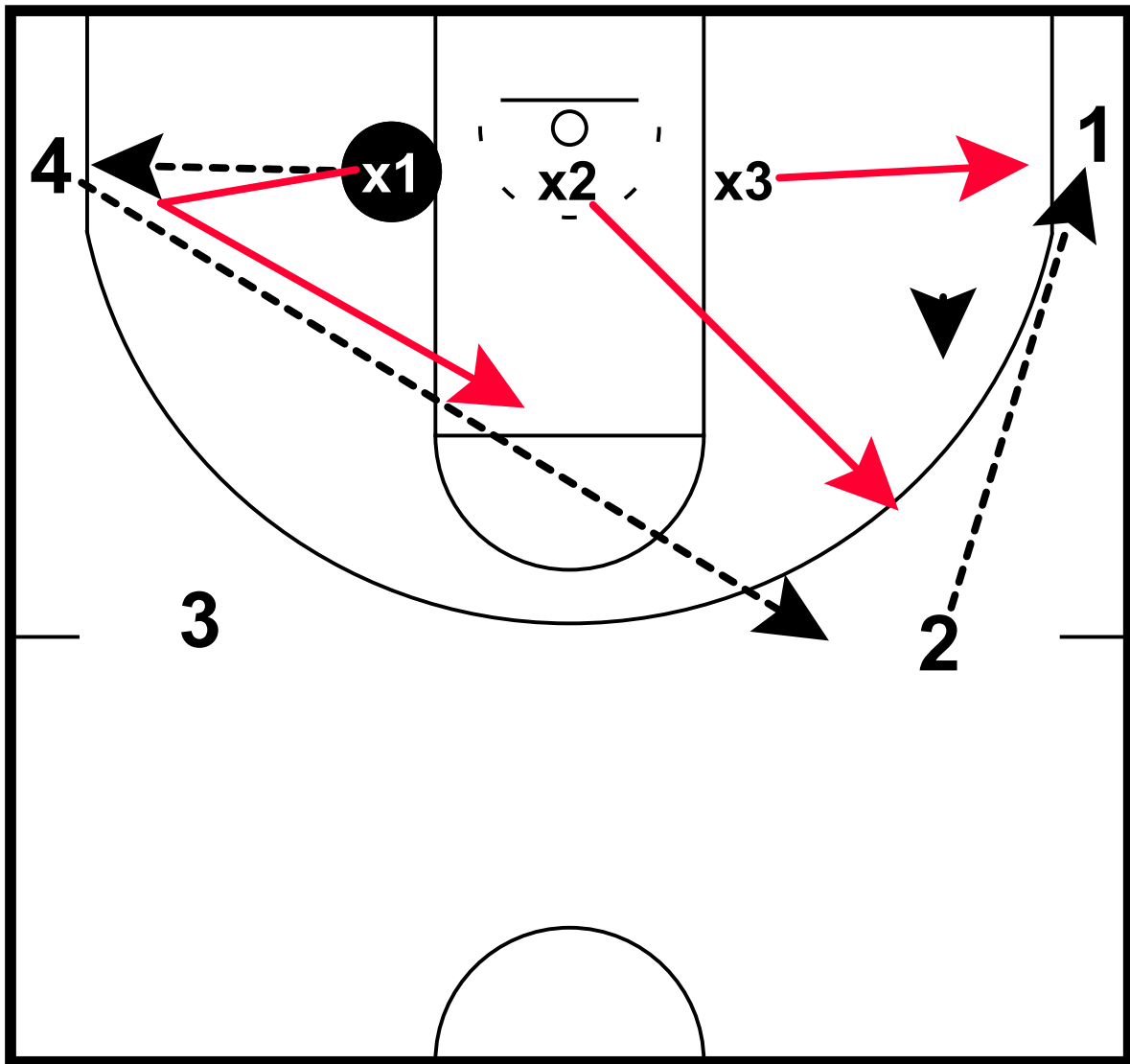
defender touches line while x3 must jam player 2 so he won't get an offensive advantage and tries to slow down 2 to have x2 get back into play.

Defensive Practice Drills

4v4

4 on 3 closeout

Defensive Drill



x1 throws to player 4 in the corner

Player 4 skips passes to player 2

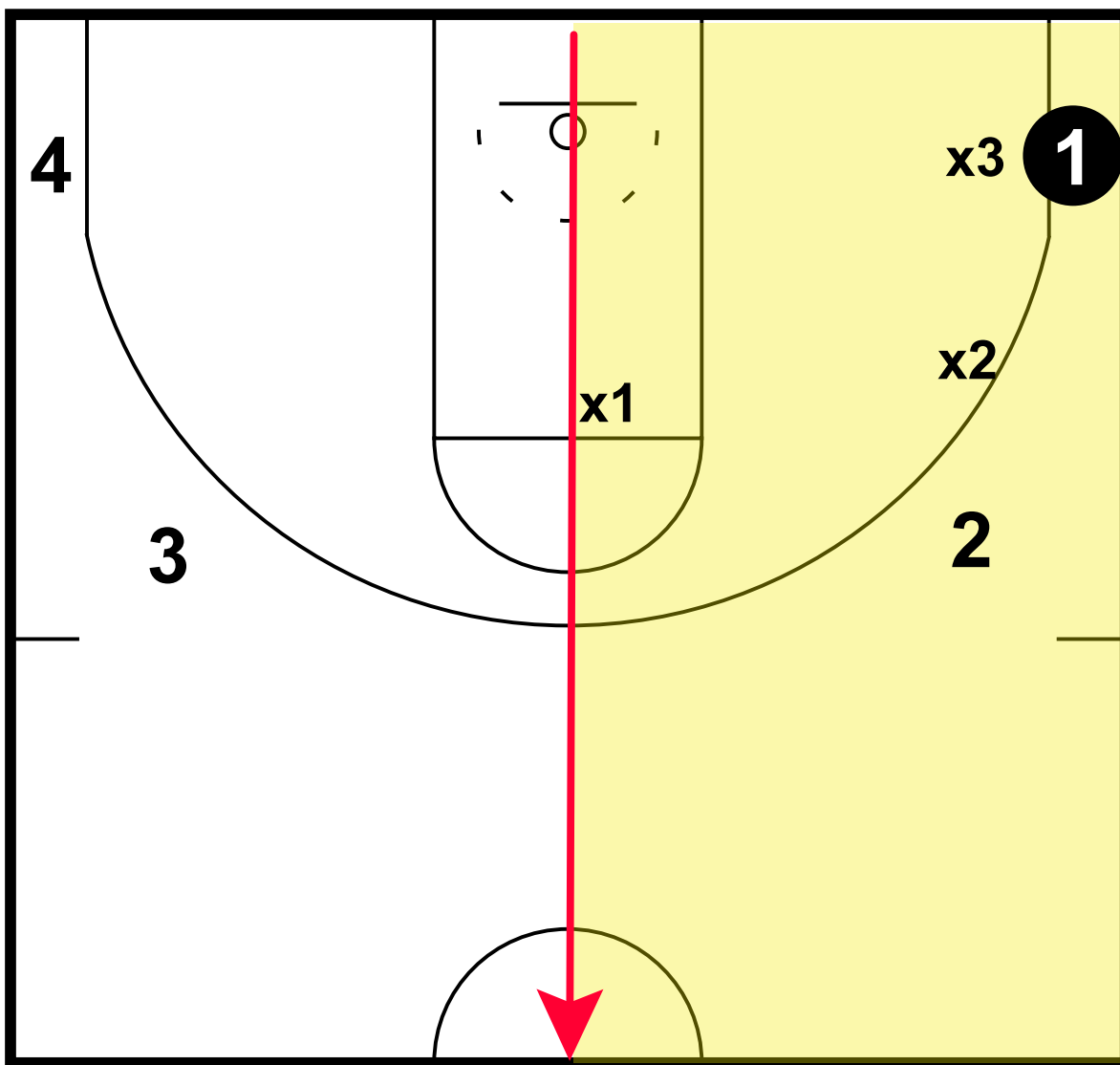
x1 from closing out on player 4 should recover to be in help side defense while x 2 closes out on player 2

Player 2 passes to 1 in the corner and x3 closes out

Defensive Practice Drills

4v4

4 on 3 closeout
Defensive Drill

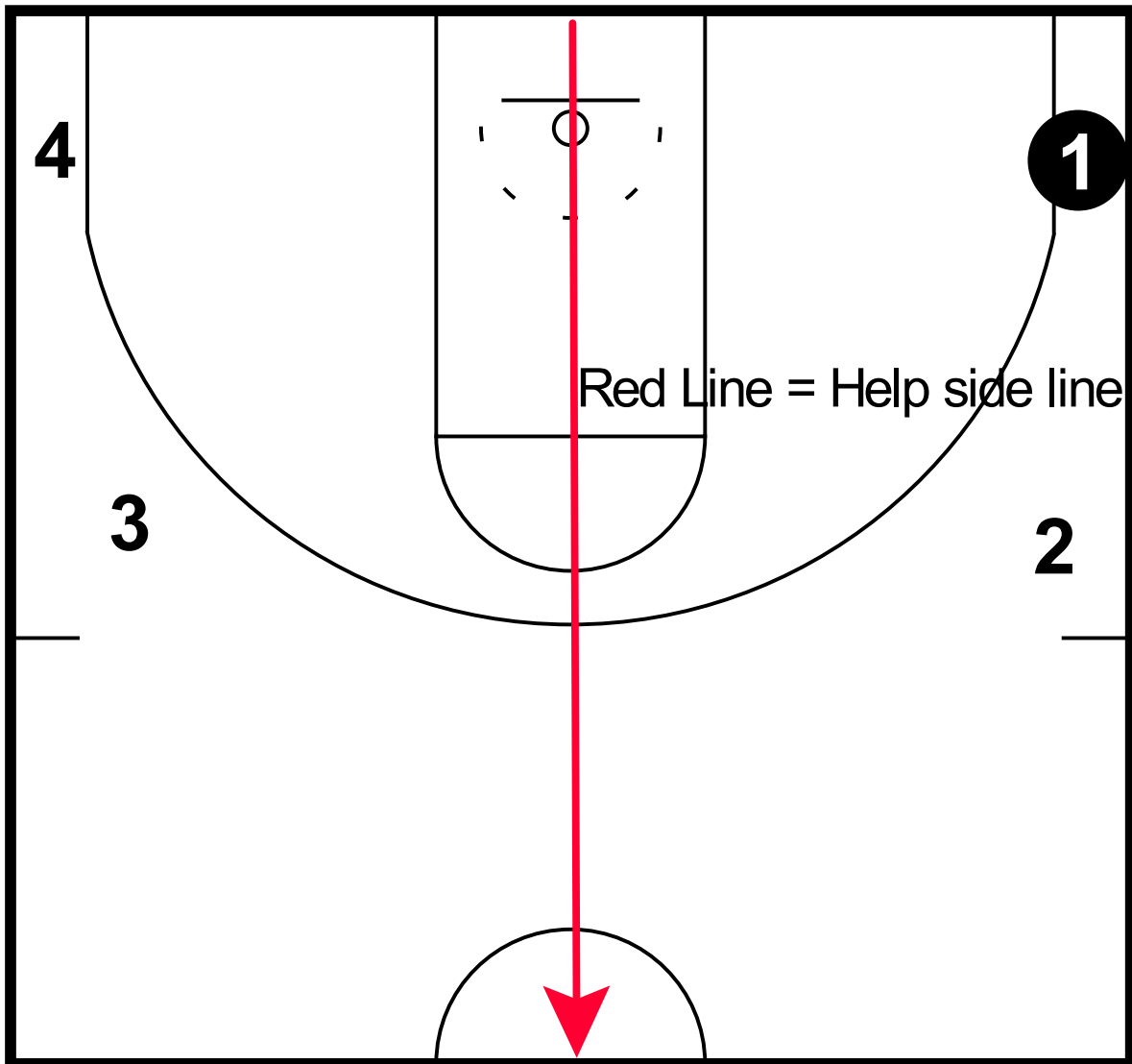


x3 is on the ball
x2 is in DENY--->ONE PASS AWAY
x1 is in HELP -----> TWO PASSES AWAY

Defensive Practice Drills

4v4

4 on 3 closeout
Defensive Drill



Whatever side the ball is on that is the side your short side game is played on