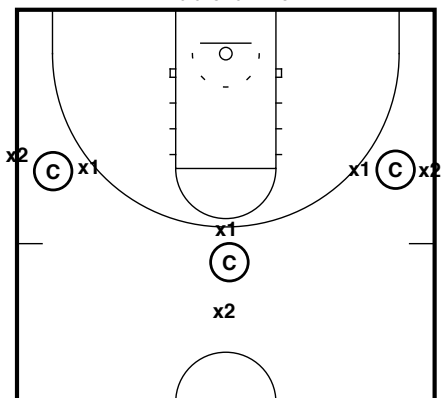


# On Ball Defense/Closeouts

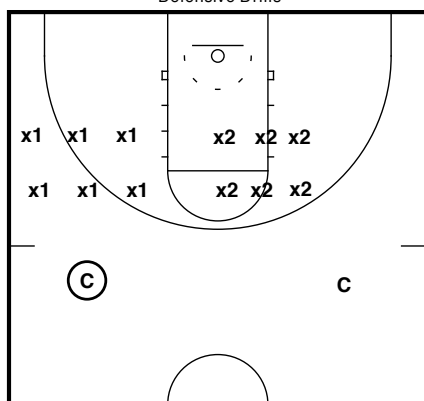
Individual Trace Drill  
Defensive Drills



Individual Trace Drill  
Coach on offense-player on defense

- 1st) Trace the ball with hands
- 2nd) Trace the ball with hands-pop back on jab & recover

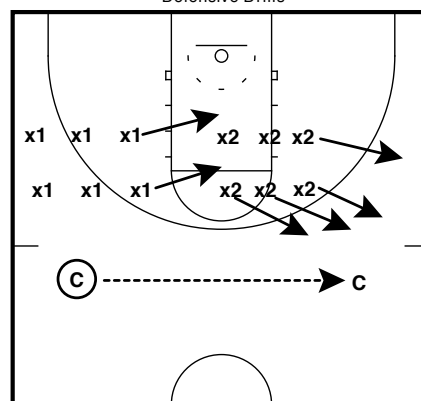
Group Trace Drill  
Defensive Drills



Group Trace Drill

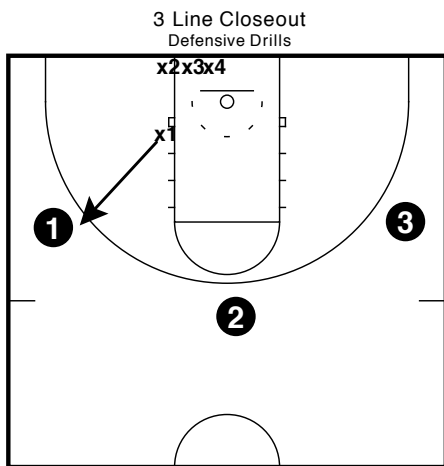
C1 starts with the ball (X1's are in on-ball defense; tracing, popping back on jab, etc. while X2's are in help defense)

Group Trace Drill  
Defensive Drills

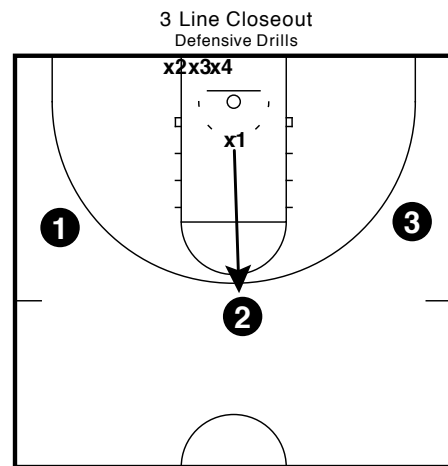


C1 passes to C2: All of X2's go into on ball defense while all of X1's go into help defense

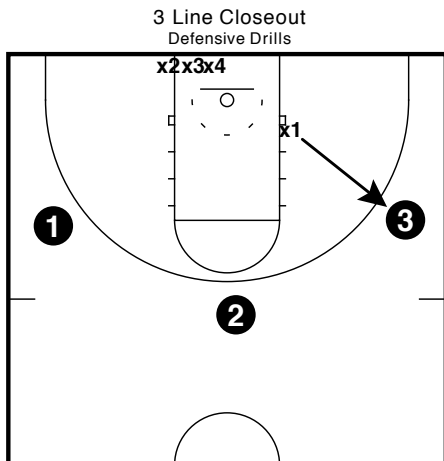
# On Ball Defense/Closeouts



1st closeout is to the wing. x1 has active feet in the paint...on "GO" he closes out to the wing & then traces ball. Once he's done, x2 will get to the starting point and do the drill



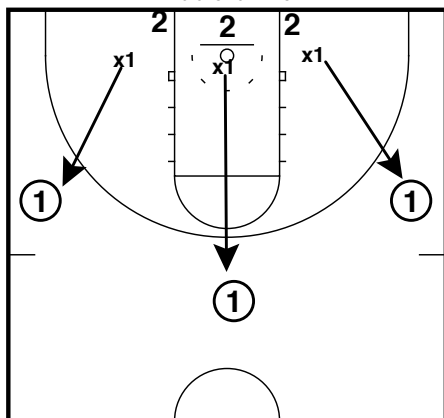
Once everyone does a correct closeout to the wing they move to the 2nd closeout which is to the top. x1 has active feet in the paint...on "GO" he closes out to the top & then traces ball. Once he's done, x2 will get to the starting point and do the drill



Once everyone does a correct closeout to the top they move to the 3rd closeout which is to the other wing. x1 has active feet in the paint...on "GO" he closes out to the wing & then traces ball. Once he's done, x2 will get to the starting point and do the drill

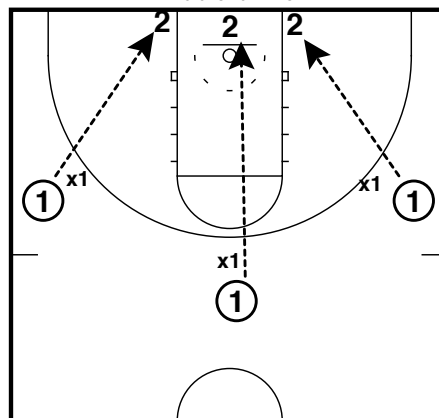
# On Ball Defense/Closeouts

Man in the Middle Close Outs  
Defensive Drills



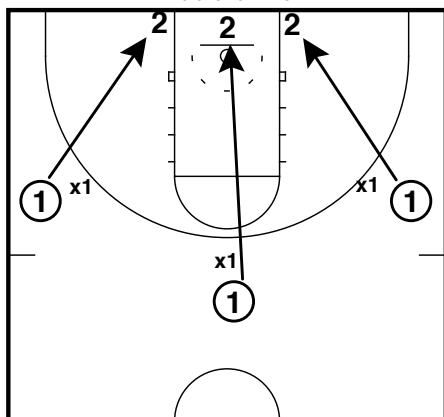
3 Groups. X1 is first to closeout on 1

Man in the Middle Close Outs  
Defensive Drills



X1 traces in on-ball d; 1 passes to 2 and follows with a close out (next diagram)

Man in the Middle Close Outs  
Defensive Drills

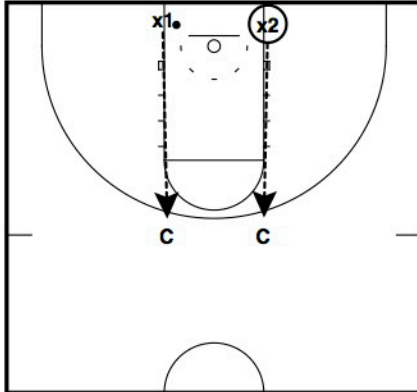


X1 traces in on-ball d; 1 passes to 2 and follows with a close out

Drill continues with the 3 man rotation. Can add jab-pop back; 1 dribble slide; etc.  
(rotate positions so everyone closes out on different locations of floor)

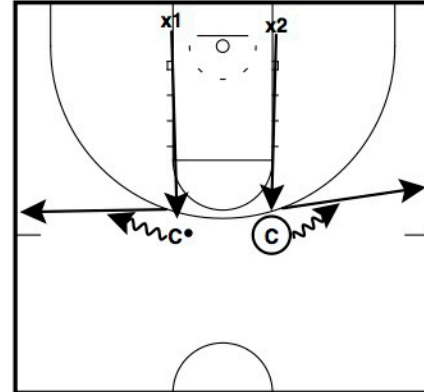
# On Ball Defense/Closeouts

1 on 1 Close Out-Top & Wing  
Defensive Drills



Player(s) on the baseline start with the ball. Pass it to coach up top.

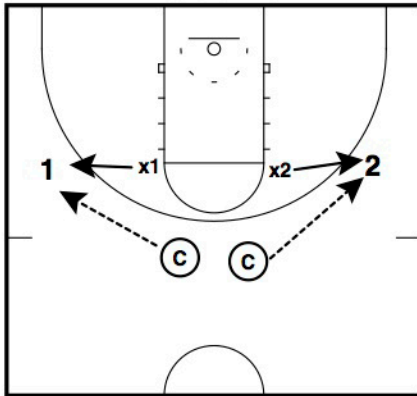
1 on 1 Close Out-Top & Wing  
Defensive Drills



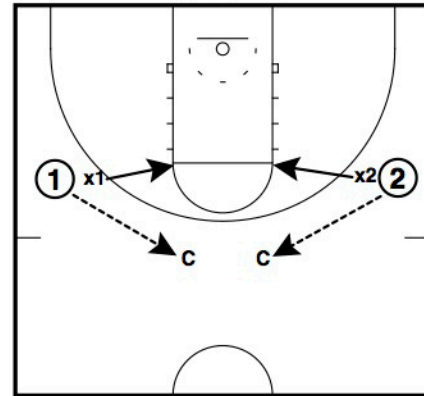
Player(s) follow their pass with a high hand closeout & proceed by tracing the basketball.

\*Progression: Coach can attempt to make a dribble to the outside and player must level him off and slide out of the drill

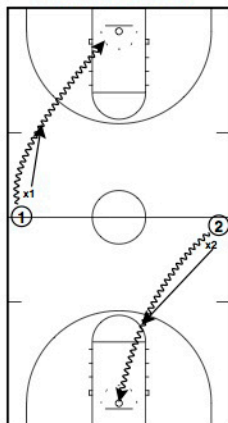
1 on 1 Close Out-Top & Wing  
Defensive Drills



1 on 1 Close Out-Top & Wing  
Defensive Drills

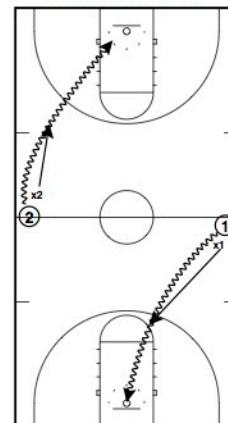


1 on 1 Driving Lines-Half Court  
Defensive Drills



1 on 1 from half court. Defense level off ballhandler. Keep in front. Offense try to attack the rim

1 on 1 Driving Lines-Half Court  
Defensive Drills



Defense becomes offense and attacks the other direction

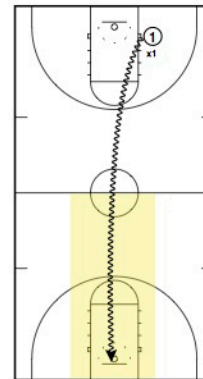
# On Ball Defense/Closeouts

1 on 1 Driving Lines-Full Court  
Defensive Drills



1 has to work to get open. x1 makes it tough.

1 on 1 Driving Lines-Full Court  
Defensive Drills



On the catch it's full court 1 on 1. 1 is trying to score the other way. x1 is trying to turn him as much as possible. Once 1 crosses half court, he can only operate in the middle third (create boundary with cones or managers)

1 on 1 Fake Game  
Defensive Drills



Perimeter Players

1 on 1 Fake Game  
Defensive Drills



(cont.) 2 has 1 dribble or 0 dribbles to get a shot off. X2's focus is to stay down on fakes and keep him from scoring.

1 on 1 Fake Game  
Defensive Drills



Post Players

1 on 1 Fake Game  
Defensive Drills



5 has 1 dribble or 0 dribbles to get a shot off. X5's focus is to stay down on fakes and keep him from scoring.

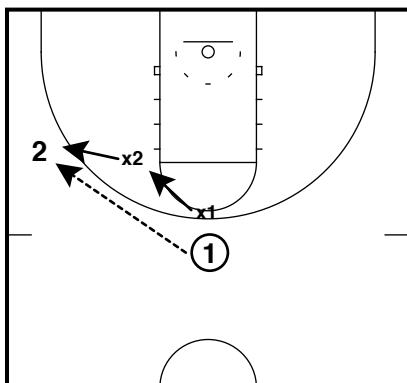
3 on 3 Close Out  
Defensive Drills



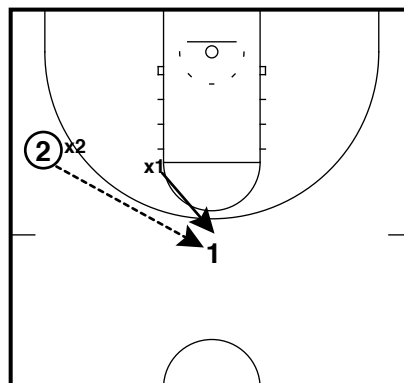
Coach throws it out..every offense player must touch the ball (ball reversals) and then play live 3 on 3

# Jump to Ball/Gap&Help

2 on 2 On/Off  
Defensive Drills

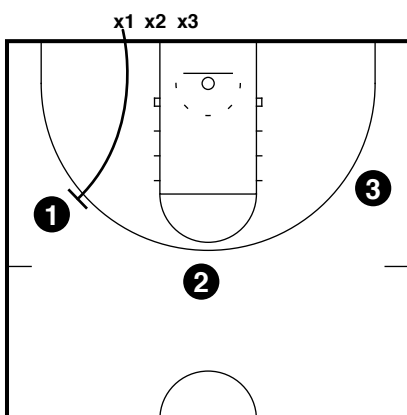


2 on 2 On/Off  
Defensive Drills



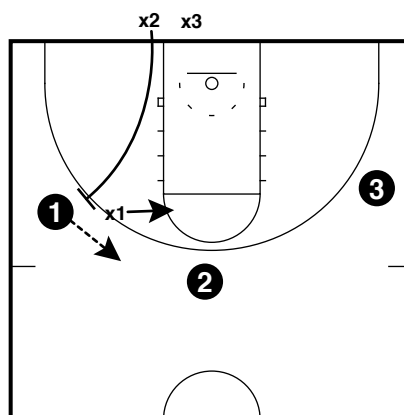
Can progress to 1 & 2 trying to punch the gaps with the dribble

3 Man Closeout/On-Off Drill  
Defensive Drills

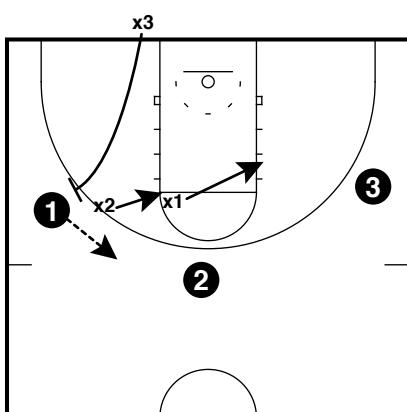


No ball needed. Closeout-fake pass to top-next guy closes out-first guy gets in gap

3 Man Closeout/On-Off Drill  
Defensive Drills

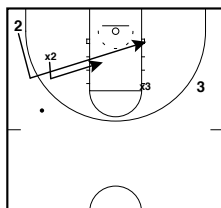


3 Man Closeout/On-Off Drill  
Defensive Drills



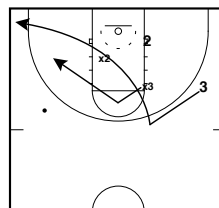
# Jump to Ball/Gap&Help

2 on 2 Vision  
Defensive Drills

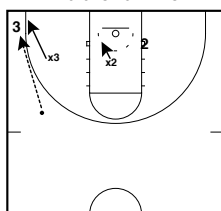


Ball is stationary. Offensive players make game cuts and defenders have to relocate and fight for vision

2 on 2 Vision  
Defensive Drills



2 on 2 Vision  
Defensive Drills



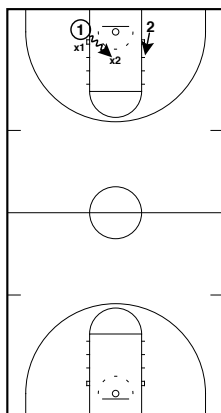
Coach can throw it in at anytime to work on the closeout. Player throws back to coach...defenders jump back to the ball.

2 on 2 Vision  
Defensive Drills



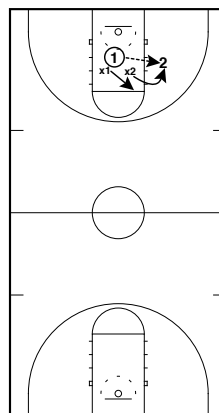
Progression: Coach can change sides of the floor  
Progression 2: Coach can shoot it (work on blockout)  
Progression 3: Coach punches gaps w / drive  
Progression 4: Offensive players can dribble it 2 x

2 on 2 Energizer  
Defensive Drills



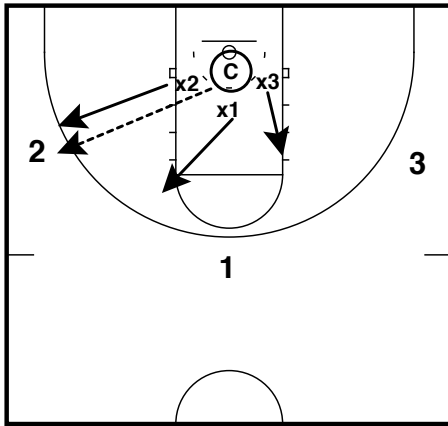
Full court 2 on 2. Offensive players must stay even with the ball. Defensive players work on jumping on-off the ball.  
Adjustments: Can do it just in the half court to start...can do it to score at the end or just go all the way through.

2 on 2 Energizer  
Defensive Drills



# Jump to Ball/Gap&Help

## 3 on 3 Close Out Defensive Drills

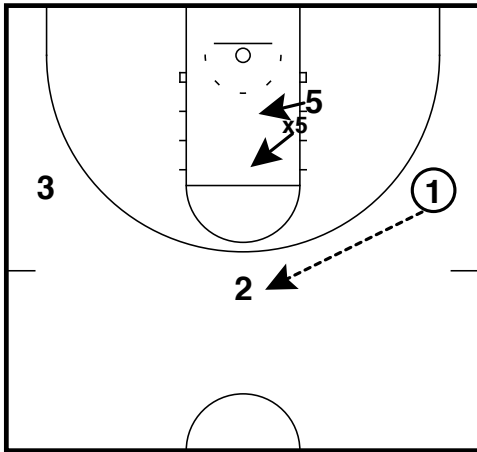


Coach throws it out..every offense player must touch the ball (ball reversals) and then play live 3 on 3



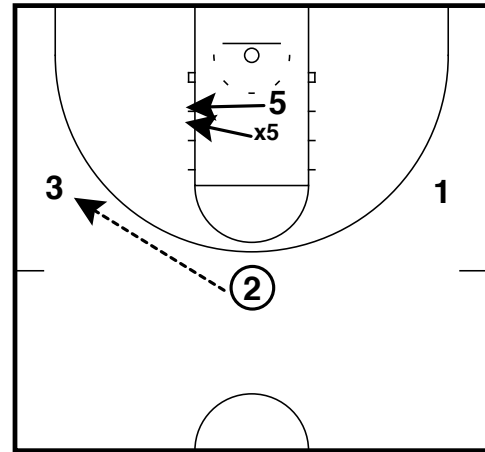
# Post Defense

3 Around 1 Post Defense  
Defensive Drills

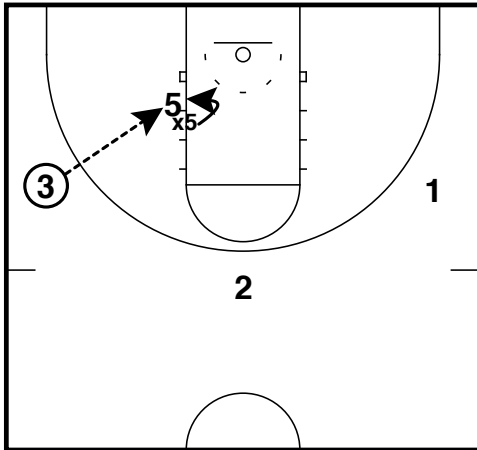


Work on 3/4 the post

3 Around 1 Post Defense  
Defensive Drills



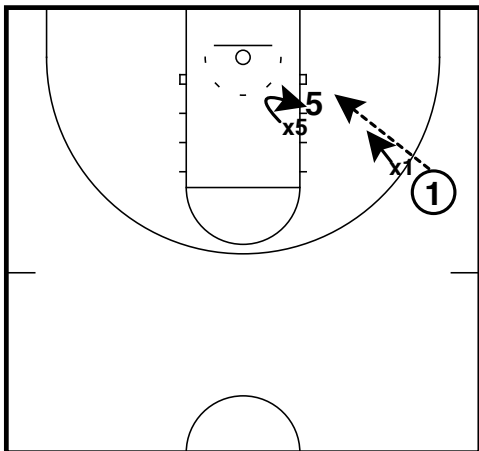
3 Around 1 Post Defense  
Defensive Drills



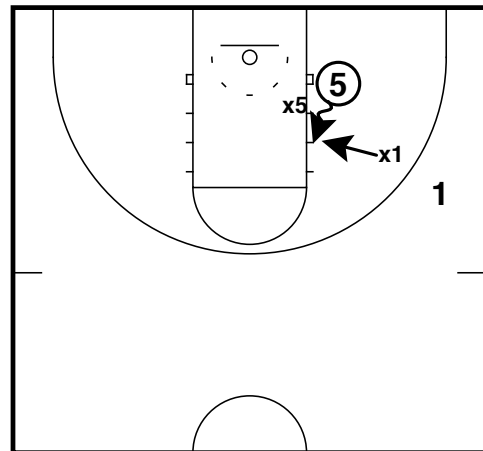
Pass into the post=jump behind

# Post Defense

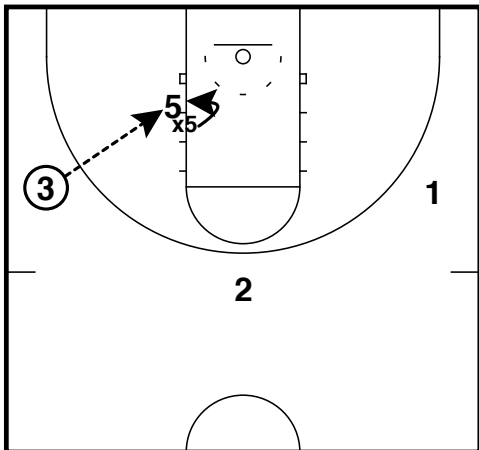
2 on 2 Choke the Post  
Defensive Drills



2 on 2 Choke the Post  
Defensive Drills

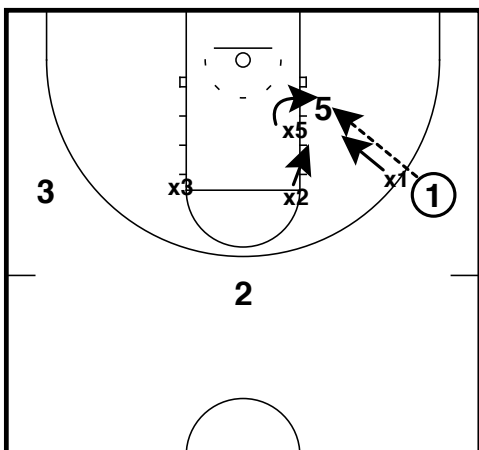


2 on 2 Choke the Post  
Defensive Drills



Pass into the post=jump behind

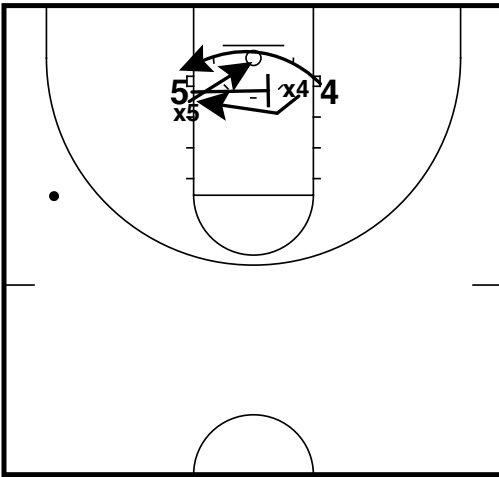
4 on 4 (3 Around 1 Choke)  
Defensive Drills



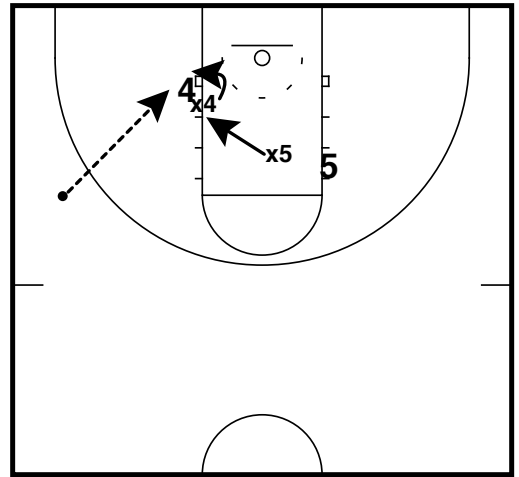
4 on 4 Live (work on choking the post)

# Post Defense

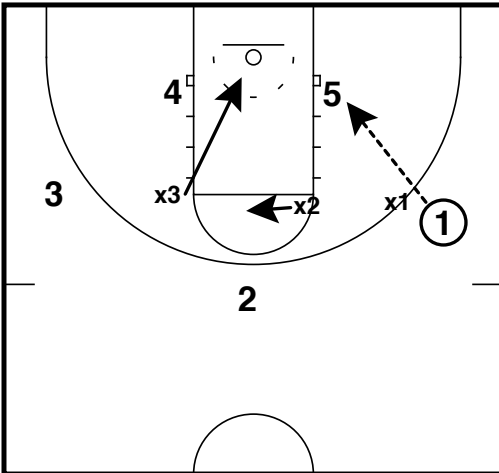
2 on 2 Post Trap Breakdown (Bigs)  
Defensive Drills



2 on 2 Post Trap Breakdown (Bigs)  
Defensive Drills

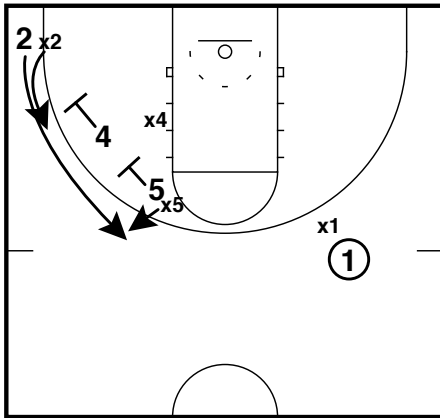


3 on 3 Post Trap Breakdown (Guards)  
Defensive Drills



# Off-Ball Screens

Defense vs Staggered Away  
Defensive Drills

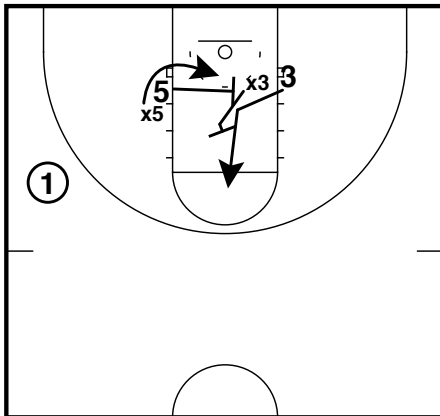


X2- Chasing

X4- Zoning to protect basket (no slips) then fight through once x5 gets back

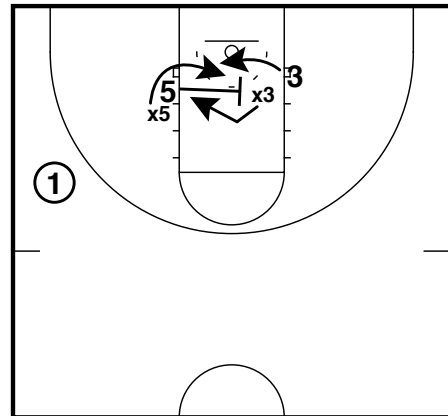
X5- Extending to prevent tight curl (can be a little more aggressive with help than if it was a single screen because of X4)

Defense vs Cross Screen  
Defensive Drills



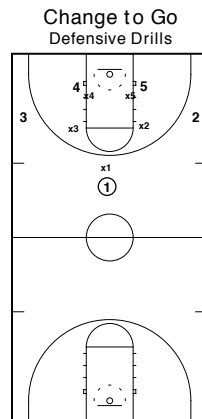
If offensive player chooses to go high off the cross screen: push him all the way up stream ("chest up")

Defense vs Cross Screen  
Defensive Drills

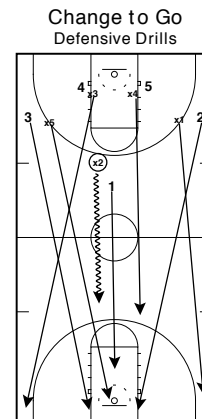


If offensive player chooses to go low off the cross screen: x3 can go up and over ("V") because he has help underneath

# Transition Defense

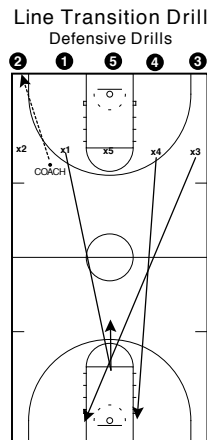


**CHANGE DRILL:** Offense executes offense vs 5 defenders (trying to score). Whenever coach yells "change", the ballhandler must place the ball on the ground exactly where he is and defense becomes offense (and vice verse). Rule- you cannot pick up the same person who was guarding you (this creates a scramble situation). Now the new offensive team is executing their offense vs the new defense looking for a score.

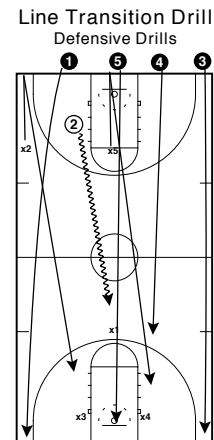


**Progression to CHANGE Drill: GO DRILL**

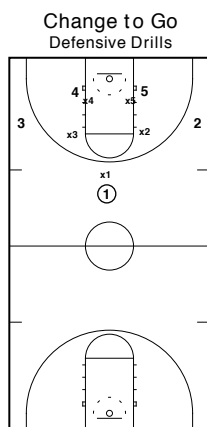
If at anytime, the coach yells "GO" the ballhandler must place the ball exactly where he is...the new offensive team will break the other way in transition and the new defensive team must get back in transition D. (NOTE: I would recommend running change drill several times before adding the "GO" aspect)



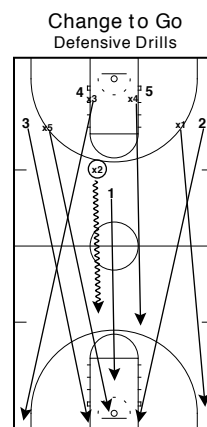
Coach starts with the ball. Throws it to any of the offensive players who immediately break the other way. Whoever the coach calls out (can be 1 or 2 names..in this case x2 & x5) from the defensive team must touch the baseline before sprinting back to defense.



# Whole



**CHANGE DRILL:** Offense executes offense vs 5 defenders (trying to score). Whenever coach yells "change", the ballhandler must place the ball on the ground exactly where he is and defense becomes offense (and vice verse). Rule- you cannot pick up the same person who was guarding you (this creates a scramble situation). Now the new offensive team is executing their offense vs the new defense looking for a score.



**Progression to CHANGE Drill: GO DRILL**

If at anytime, the coach yells "GO" the ballhandler must place the ball exactly where he is...the new offensive team will break the other way in transition and the new defensive team must get back in transition D. (NOTE: I would recommend running change drill several times before adding the "GO" aspect)