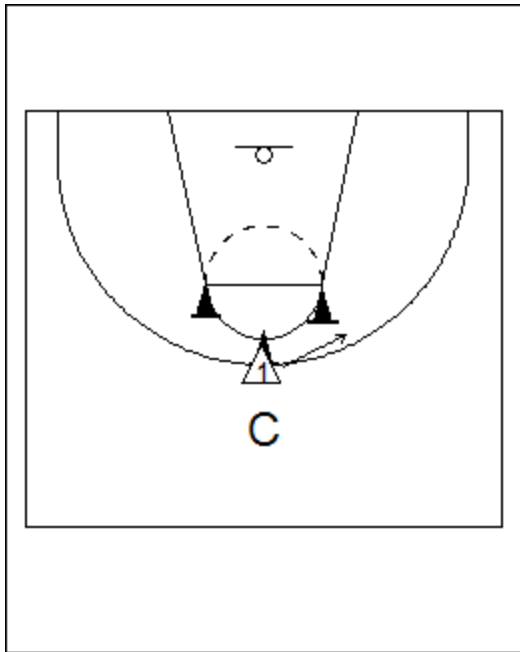




Mario DeSisti: Man defense



Wall defense

Great 1 on 1 offense beats the defender with a long first step. Important to teach a long first defensive step. Offense's first step is big, defense must mirror this step.

Keys

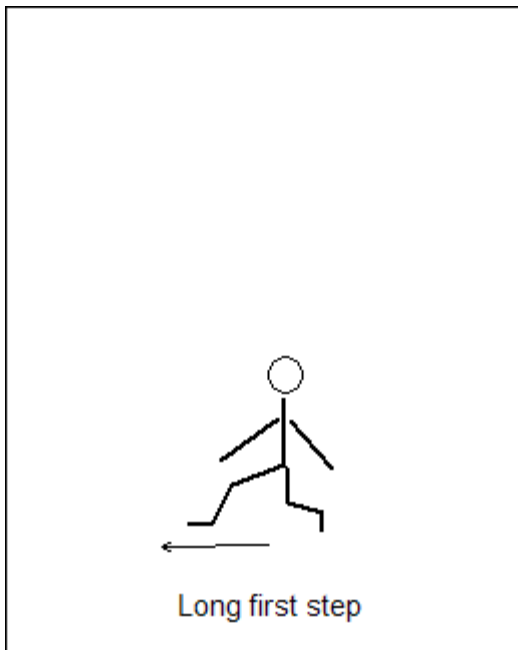
- Do not open the door with a drop step
- Diagonal, long step
- keep the shoulders back and the hands down

The coach directs the player to move

Long diagonal step, shoulders back, hands extended by hips along the line of the body. Take the contact on your chest.

Do this drill from different spots on the floor. Most players will have one direction in which they move better. Drill to eliminate this disparity.

1



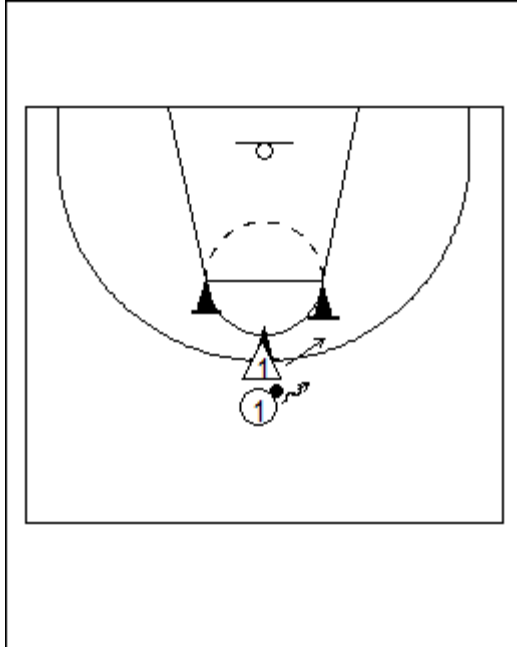
Body position

It cannot be emphasized enough the correct body position. The shoulders are back with the hands down. This prevents unnecessary fouls but also aids in balance.

2

3

Guard the ball

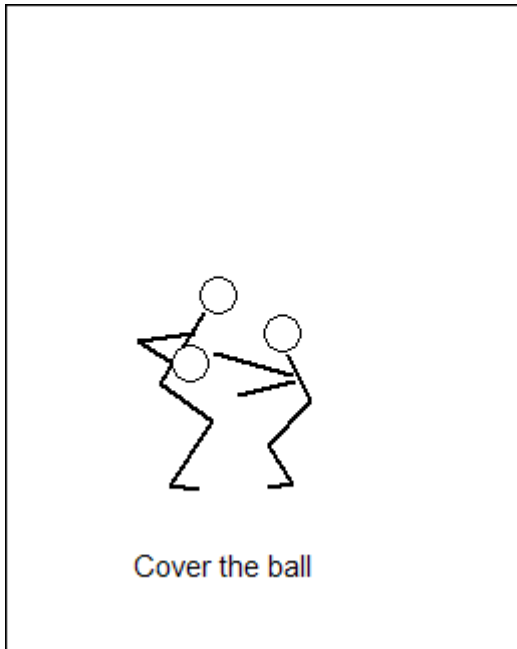


Now add the ball and an offensive player. Advise the offense to go straight at the basket not sideways.

You do not want a shot. Always cover the ball with one hand. If right handed shooter use left hand. Do not cross body. Fouls occur because the defense is twisted.

4

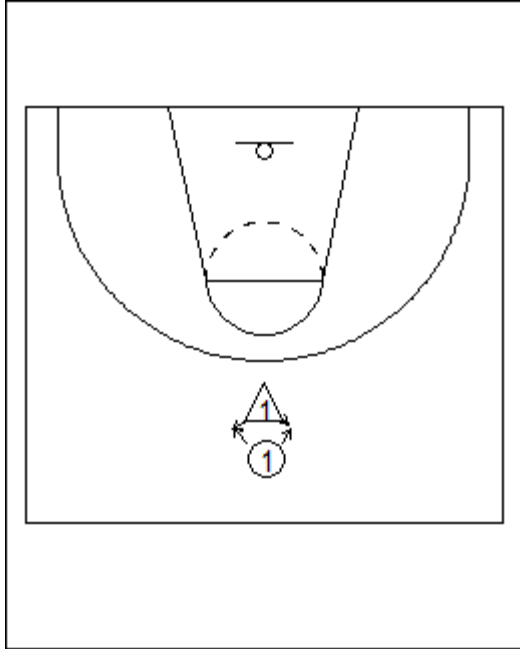
Cover the ball



While maintaining perfect balance the defender keeps one hand above the ball. This prevents the quick shot, pass and dribble. It distracts the offensive player's concentration.

If the ball is in the offensive players right hand cover with the defensive left hand. No cross pressure as it forces the defensive player off balance.

The second hand is to prevent the ball from being switched to the other hand. If the ball moves hip to hip the defender should be able to tie it up.



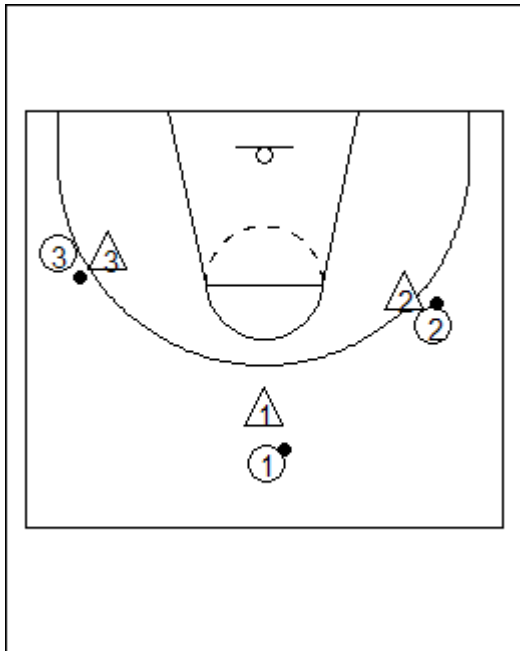
5

Drill

Balance and footwork

The offensive player grabs the wrists of the defense. The offense now moves with long diagonal steps. The defense mirrors the feet. Keep the shoulders back and hands by hip.

Work different spots on the floor.

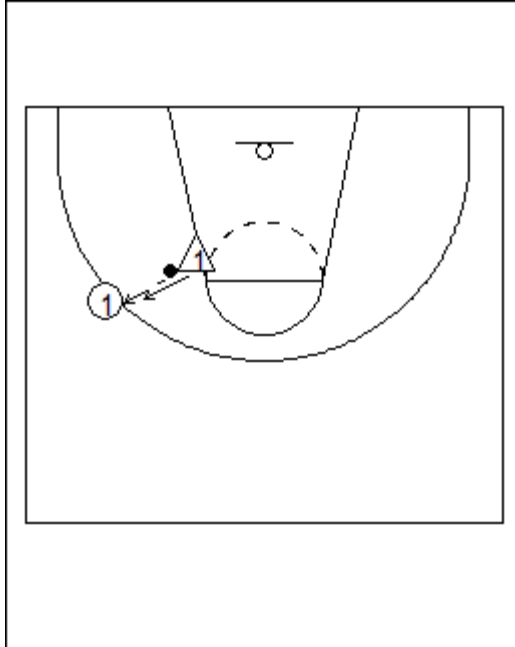


6

Ball pressure

When the offensive player moves trace the ball with one hand. The other hand prevents the drive.

Recovery



The defense tosses the ball and closes to the offense. Run!!!! On defense you sprint to help and recovery.

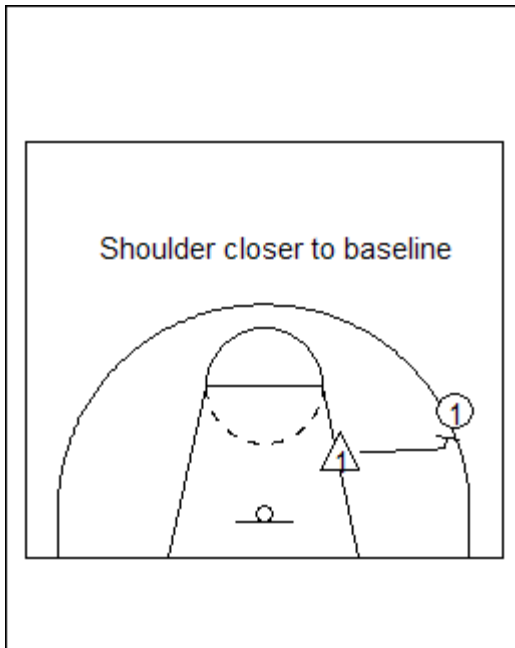
One hand covers the ball.

No "Seven Eleven defense" both hands up and surrender. Running with two hands up is not a natural position. Forces the defender off balance.

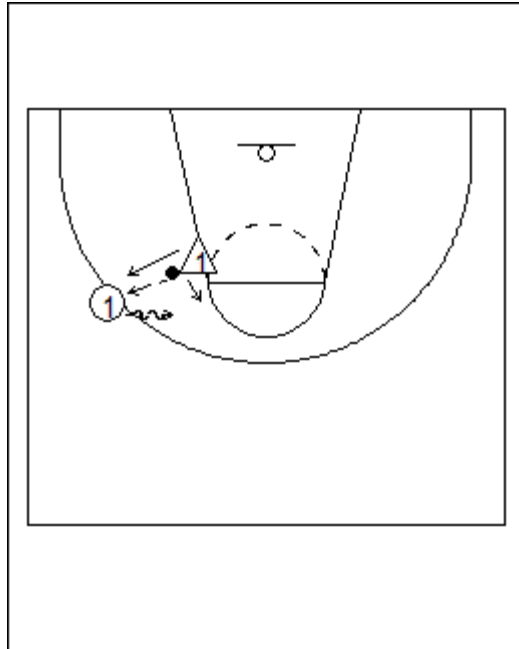
On the catch make a horizontal swipe at the ball (YUGO)

try to make the offense protect the ball. No 3pt shot.

Shoulder closer to the baseline



When you recover keep your shoulder closer to the baseline than the offensive players. This will force any drive back to the middle where help is available. If you recover and the defense does not move quickly return to your "wall" defensive position.



Recovery 1 dribble

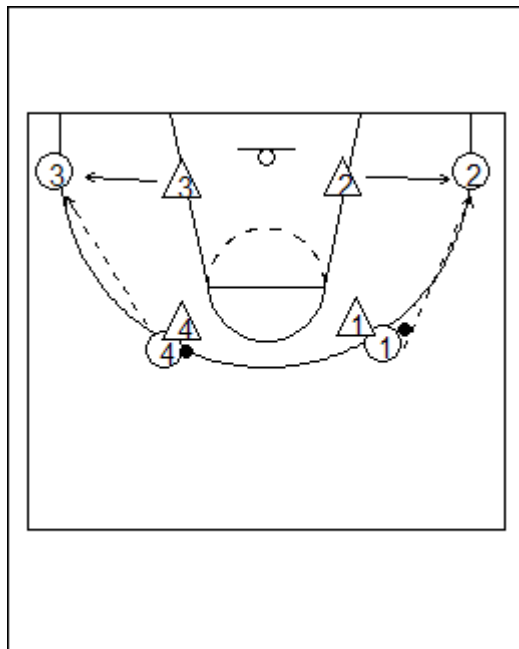
Now the offense takes one dribble.
Work on a big diagonal step.
Remember to keep the hands
along the line of the body.

- One dribble right
- one dribble left

This is a wall defense. No force
position.

Next progression.

The offense shows a shot.
Contest with the arm closest to the
ball.



Drill

#1 protects the ball, X2 mirrors with
pressure.
Pass to #2 in the corner. X2 must
close and contest. X1 drops into
the elbow.

Pass back to #1, X1 must close
and contest.

The same action is happening on
the other side. Switch sides of the
floor.

Progression

The offense has three options

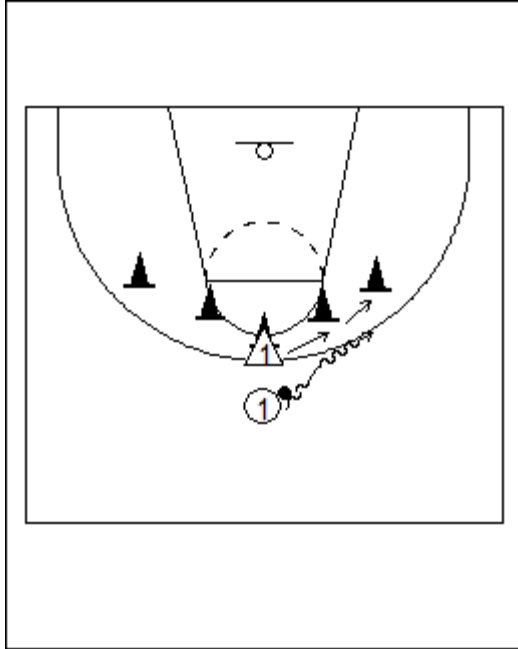
- shot
- drive right
- drive left

Stay on defense 4 times.

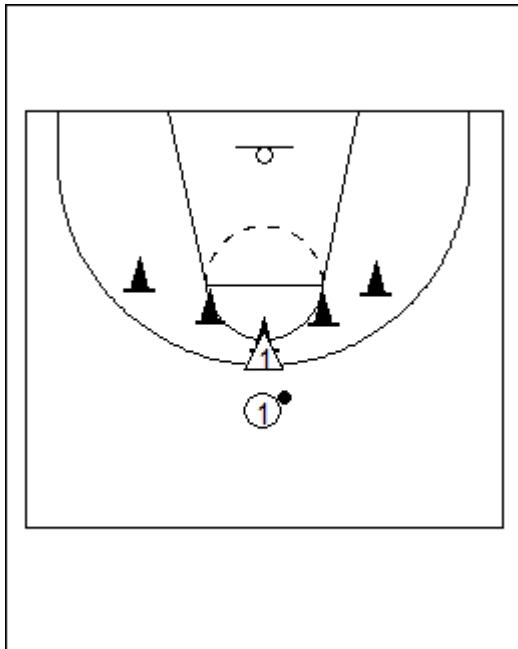
Note: Do not go to the three
options all at once. It takes time to
build to this level of competency.

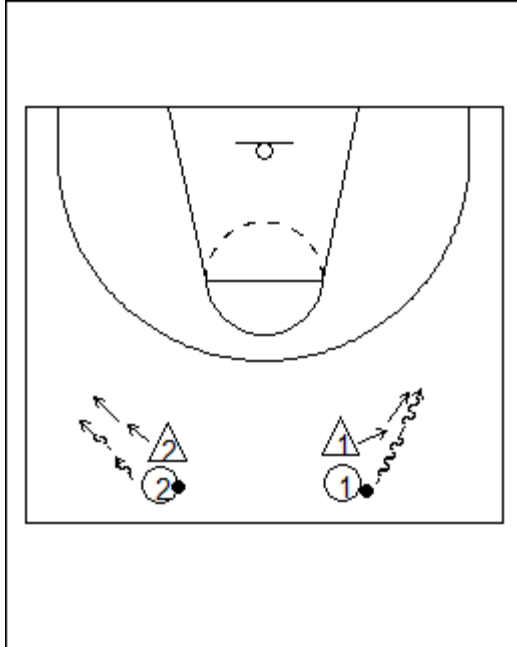
Two dribbles

The defense now must work on two long steps. Go slow at first.

**1 on 1 vs. fakes**

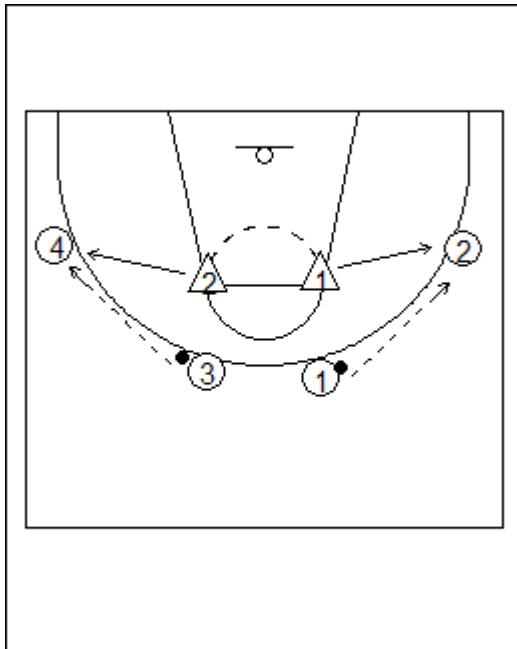
Cannot react to fakes, react to dribbles.
Very difficult skill. Good fakes should give the **intent** to shoot or drive. This is also a good drill to practice fakes.



1 on 1 from half

Offense takes two strong dribbles. Go by the shoulder of the defense. Defense long diagonal step. Keep your chest on the ball. Do not open the door with a drop step.

Keep your chest in the direction of the ball.

Recover to 1 on 1

#1 passes to #2. X1 recovers to defend #2. No force position play wall defense.

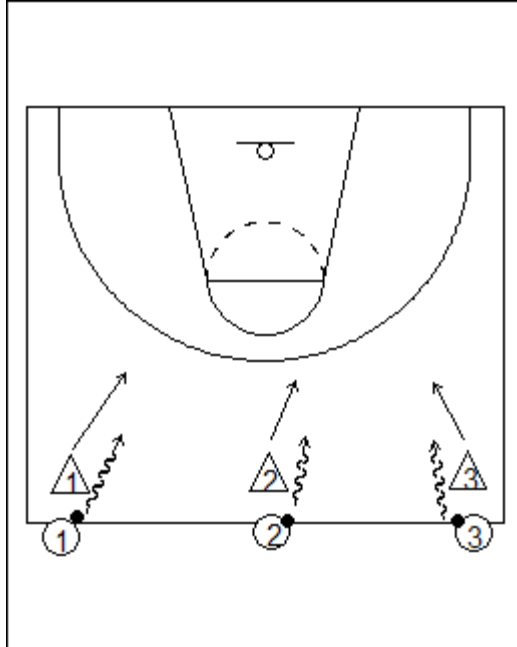
Stay three times on defense. Try to make the player pick up the ball away from the basket.

On the pick up have a horizontal swipe. Not a chop down.

Problem

On the close out jump into a stance. Run in with active feet (like a boxer). Do not lock out.

Defensive gap



The offense starts to dribble in from half.

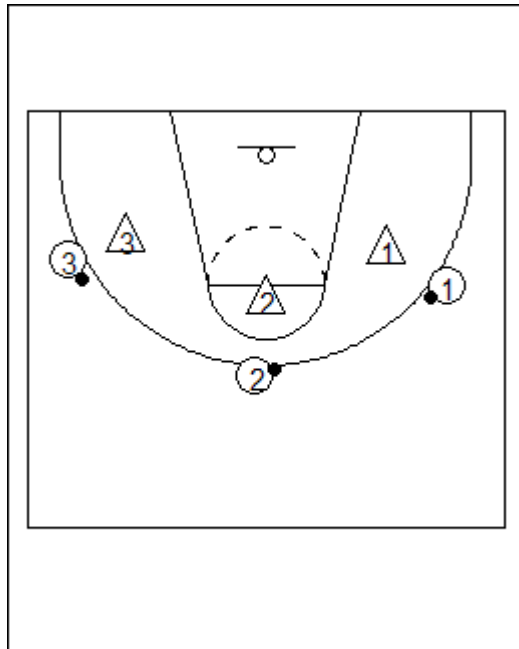
The defense keeps a 1 meter distance. On the pick up horizontal swipe and contest. Step up contact chest.

Key

Great defensive players close the distance when they see the second hand go to the ball.

How quickly can you establish ball pressure when the ball goes dead? This is the sign of great defense.

Close on pick up

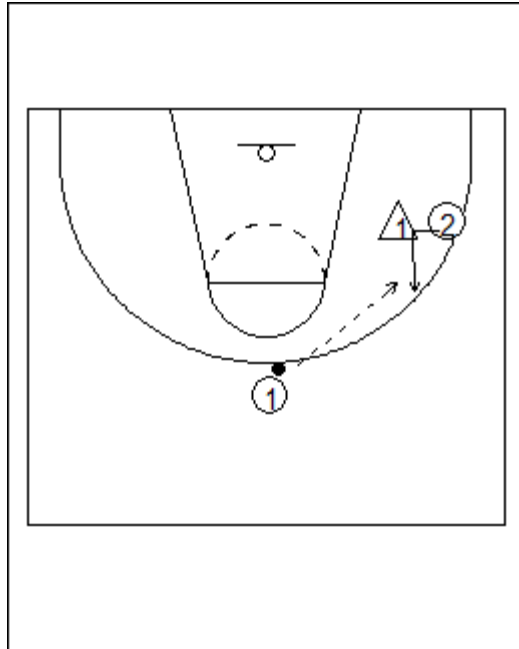


The offensive players dribble the ball in one spot. On the pick up the defense closes and contests.

Remember the horizontal swipe. (Adapt to the referees on this move)

Second progression

The offense now takes one hard dribble into a jump shot. Defense reacts. Close the space which the defense needs to shoot. Not trying to block.



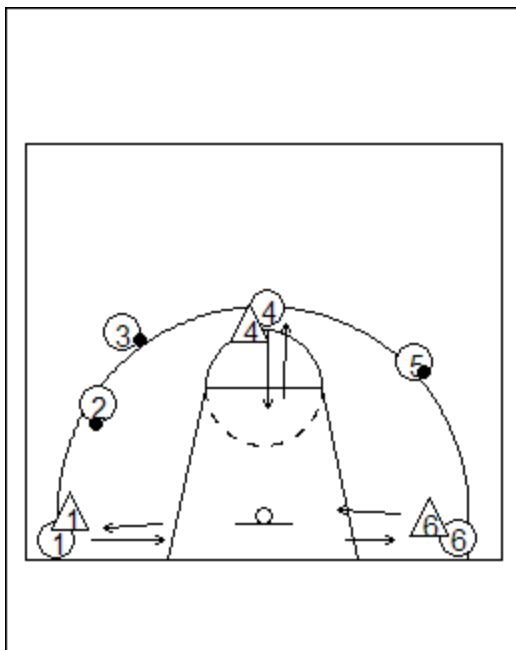
Live 1 on 1

Stay defense 4 times.

- Force left
- force right
- sag
- live based on what you learned

You are teaching defensive tactics.

Mario DeSisti: Off the ball defense



Denial Defense

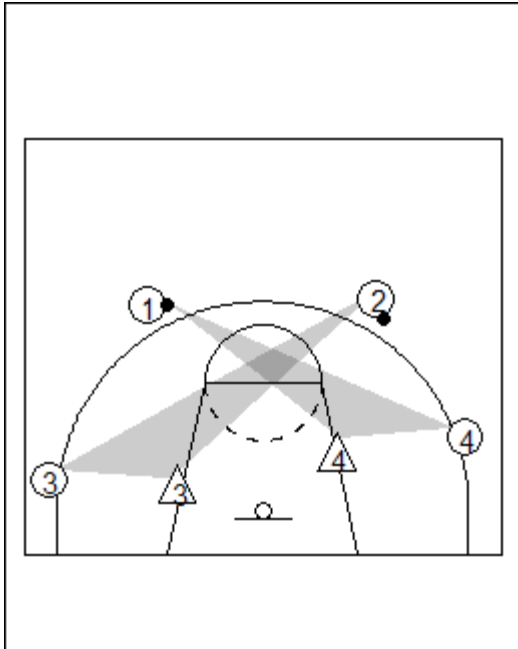
The offensive player's move in and out attempting to get open. The defenders play aggressive elbow in the passing lane denial defense. Force the player to back cut. When the offensive player goes behind the defense, "change eyes" (closed deny).

Progression

- no pass
- pass - knock down the pass
- pass if open and play 1 on 1
- switch positions

Keys

- Defense cannot stop feet. Active feet. Problem occurs when the defender jump stops to change direction. Stutter feet.
- Elbow at the ball to deny.
- See the ball



Defensive players start in help position

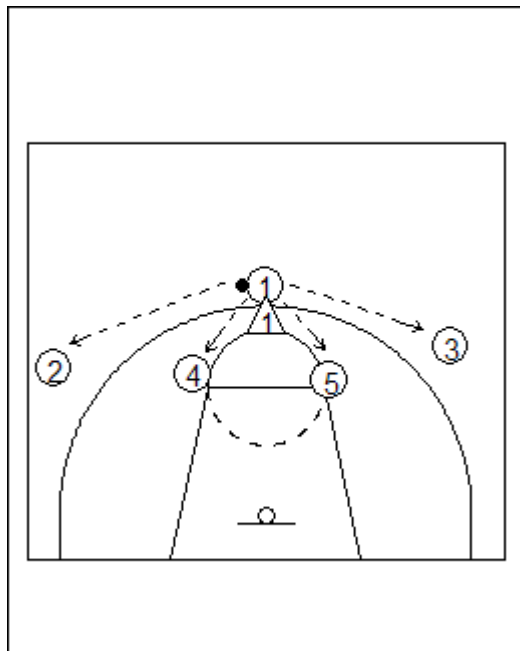
X3 sees #2 and #3
X4 sees #1 and #4

When #1 slaps the ball X3 closes to deny #3.
Play live 1 on 1 one. Backdoors are allowed.

When #2 slaps the ball X4 denies #4.

Play defense three times before switching.

Defensive positioning off the top



X1 plays positional defense when the ball is passed to all 4 players.

Must always slide in the direction of the ball.

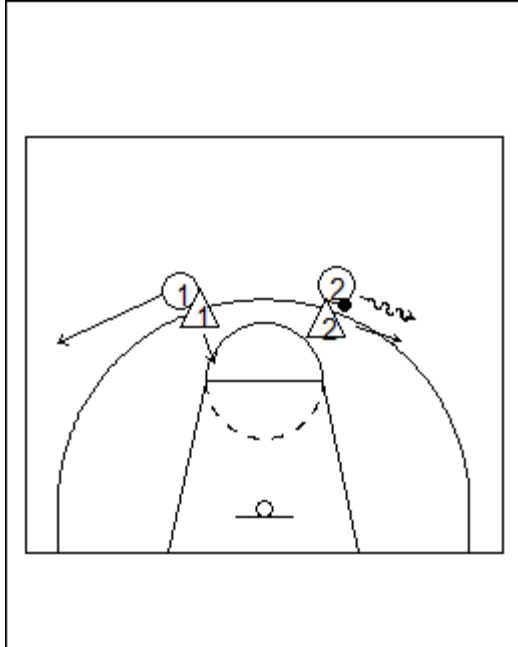
Work hard to deny the pass back to the middle. No help side.

When ball in the high post jump to stunt.

4

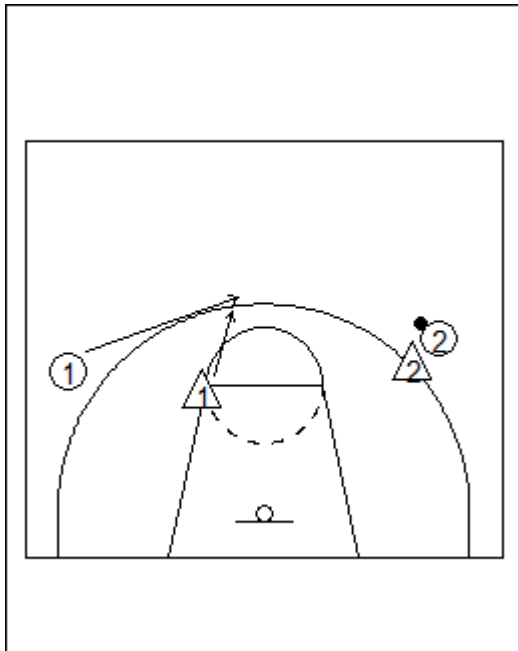
Ball side help side

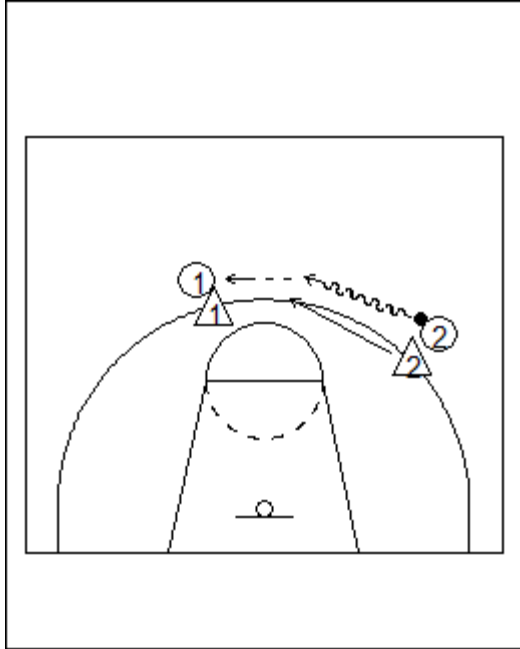
#2 dribbles the ball to the wing. #1 rotates away. X1 must properly position him/ her self.



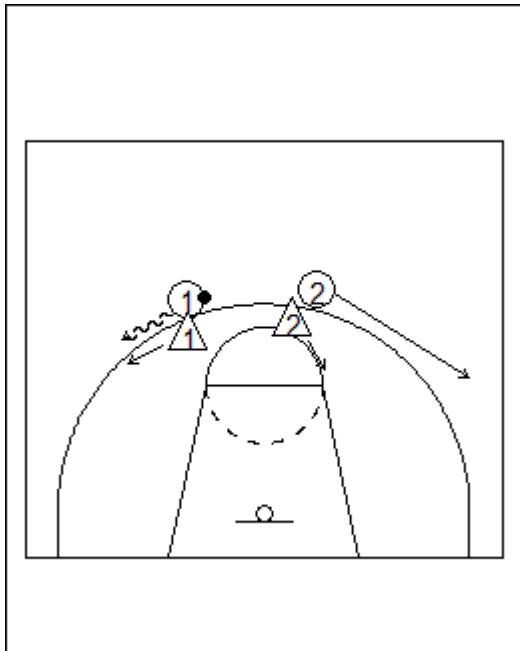
5

#1 now cuts to the top, X1 works to deny the ball on top. Get the elbow in the passing lane.





6
 #2 dribbles back to the top. Allow the pass from #2 to #1.

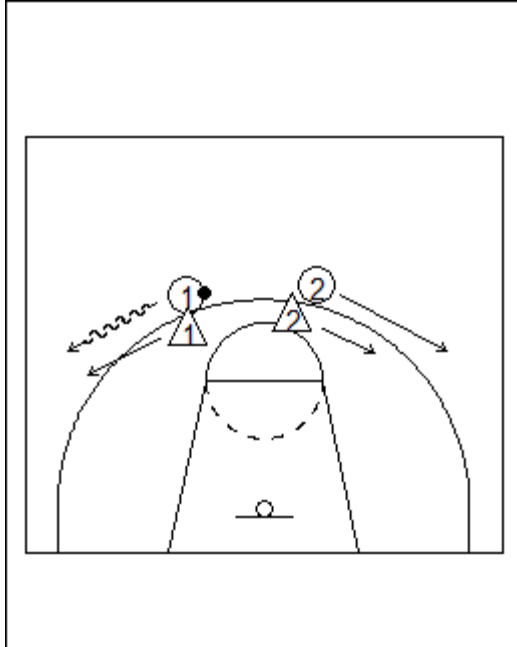


7
 The drill now continues with #1 dribbling to the wing and #2 rotating away.

Keys
 The objective is to deny the ball to the top.
 Change eyes on the backdoor cut.

Help recover on middle penetration

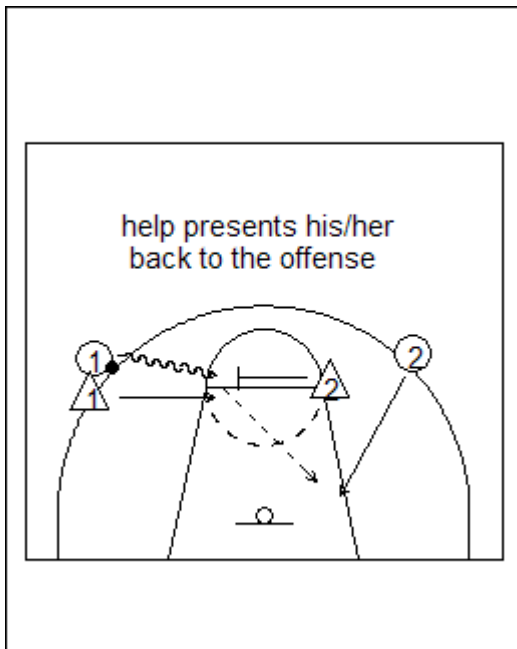
The drill starts the same way as before.

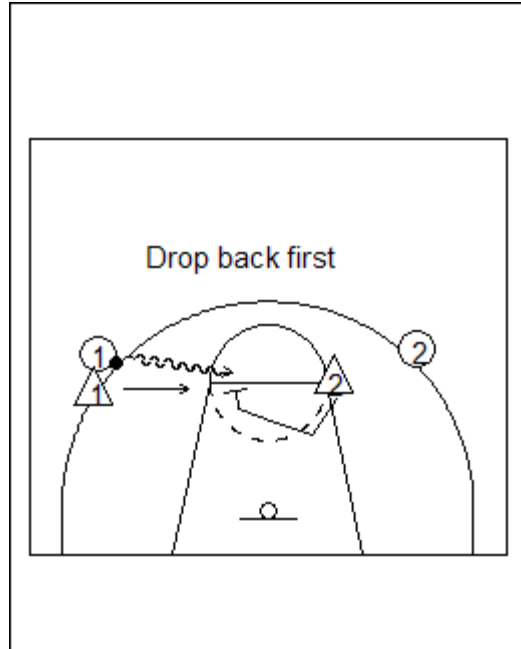


Help recover

The main emphasis is to be in position to recover and not give up the back cut. Do not allow 3 pt shots.

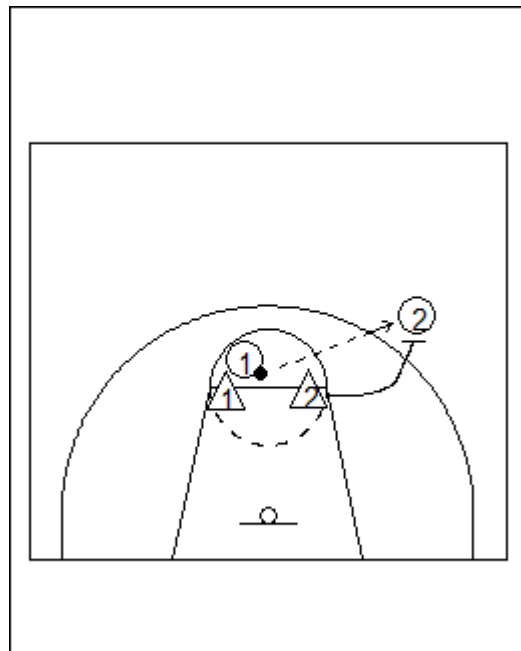
Never turn your back to your check when you help.





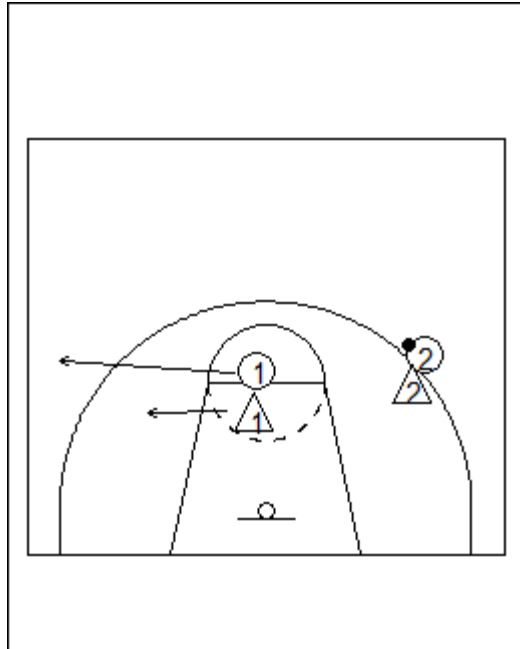
10

Drop back first to prevent the back cut. Run to help and run to recover. Most players stay too long. Once you see the dribbler beginning to pick the ball up sprint to recover. Recover on the pick up of the ball not the pass. Watch for the second hand to touch the ball.



11

Don't give up the baseline when recovering. You may have no help in that direction. Send them back to the congestion in the middle. Have your shoulder closer to the baseline than the offensive player. If no move is made adjust back to your wall defense. Remember to swipe at the ball.



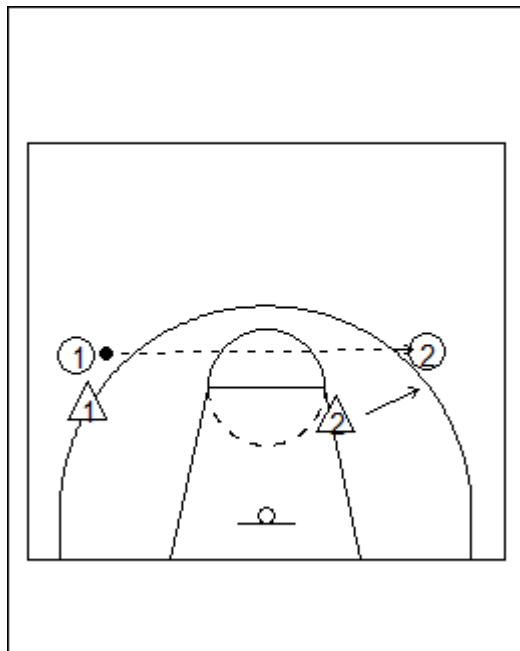
12

The drill continues back in the other direction.

Help side must step back for vision.

Run to recover not slides.

Play 2 drives in each direction then subs.



13

Skip pass

The drill starts the same as before. The offense throws the skip pass and the defense must recover. Move on air time of the ball.

Progression

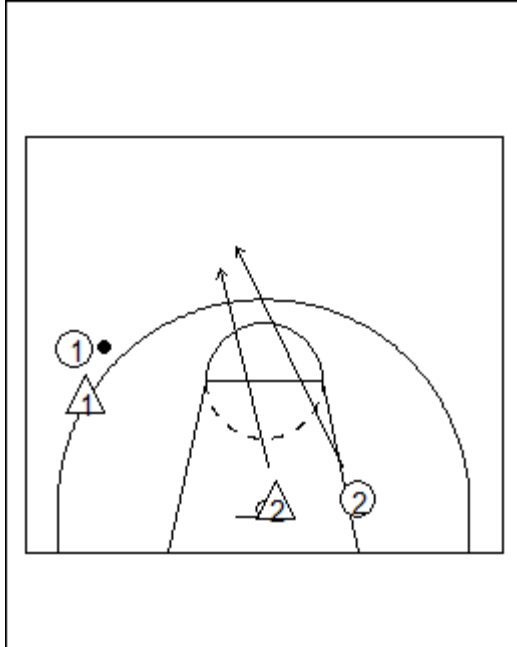
Start mixing up the different options;

- Cut - deny
- penetrate - help recover
- skip - recover

Play out of the post

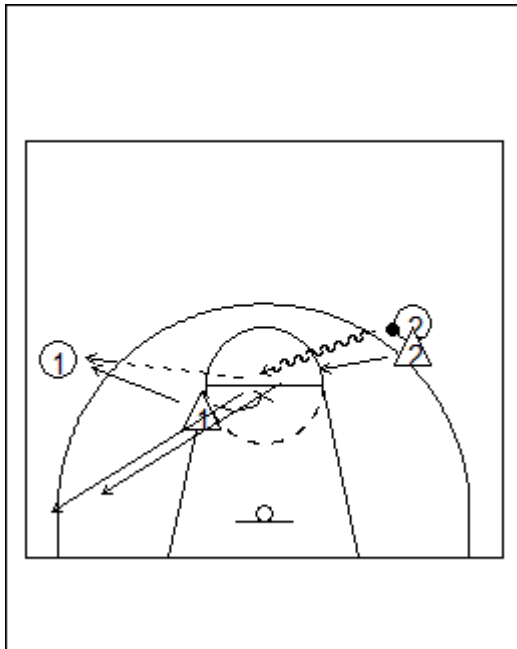
The drill starts the same only the help side offensive player moves into a post position. Work on playing defense against the same option only from a post.

Cut - top
 Cut - post
 Penetration - middle
 Penetration - baseline
 Skip

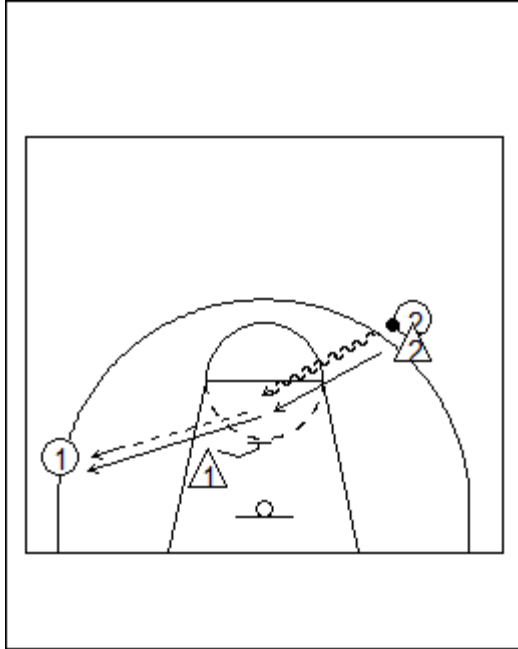


Advanced technique

If the pass is made to a player who is above the foul line extended recover to your original check.

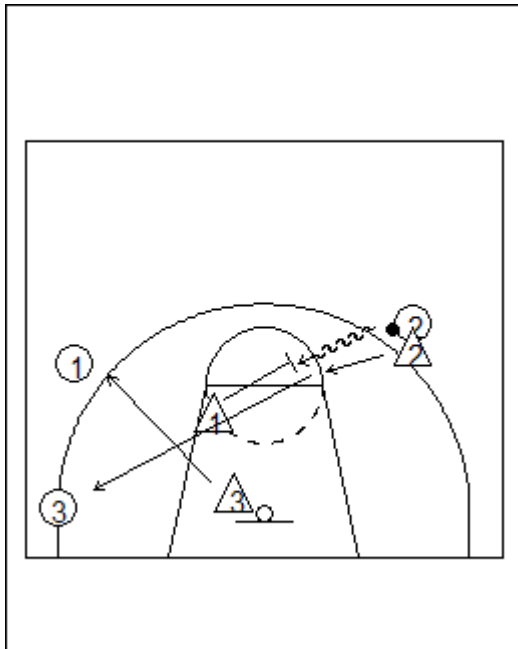


If the pass is made to a player below the foul line extended
Switch Recovery.



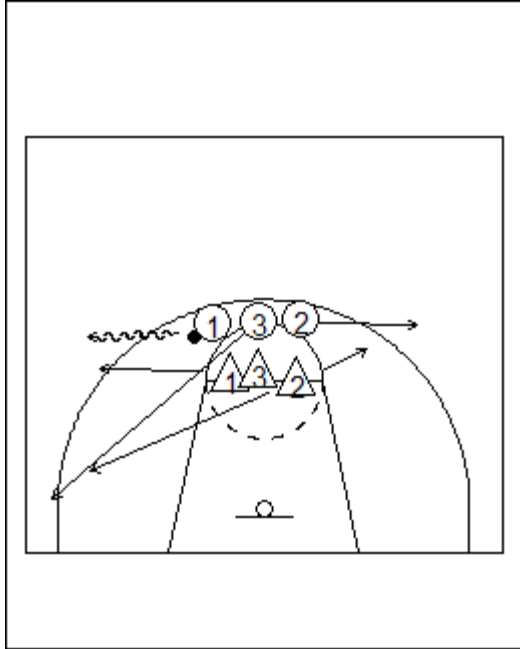
Superstar help

Trap the superstar in help. The other players must rotate to recover.



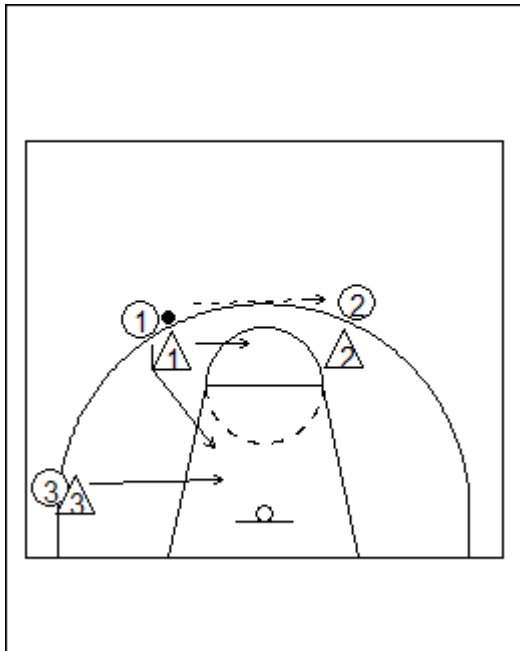
3 on 3

The offense starts with three players across the foul line. The ball is dribbled to the guard spot and the other two players fill the wing and other guard spot.

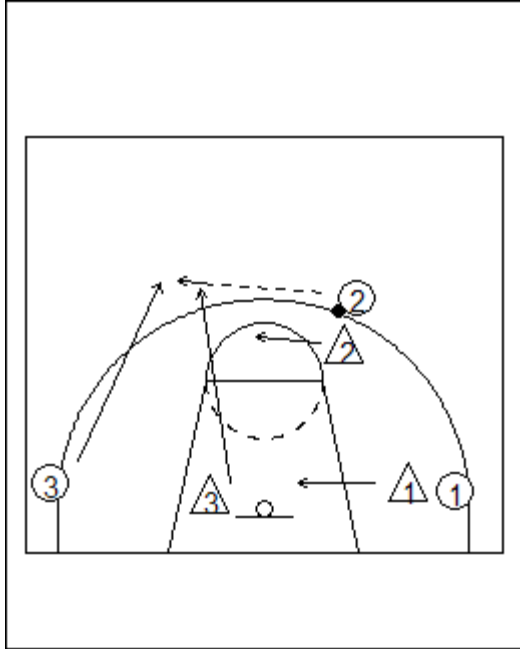


Jump to the ball

Both X1 and X3 must jump to the ball. X1 wants to force the defense to back cut. This way X3 can be in good help position. If X1 gets beat over the top there is no help.

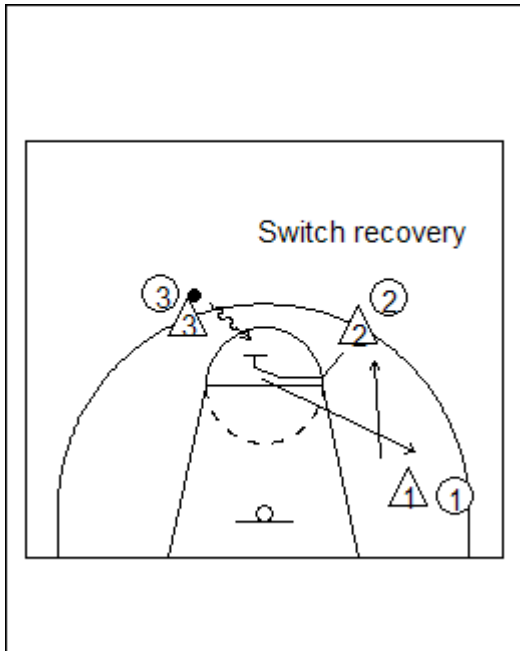


X3 must now run to deny the pass to #3. The drill now continues with #2 cutting and X1 helping and then denying.



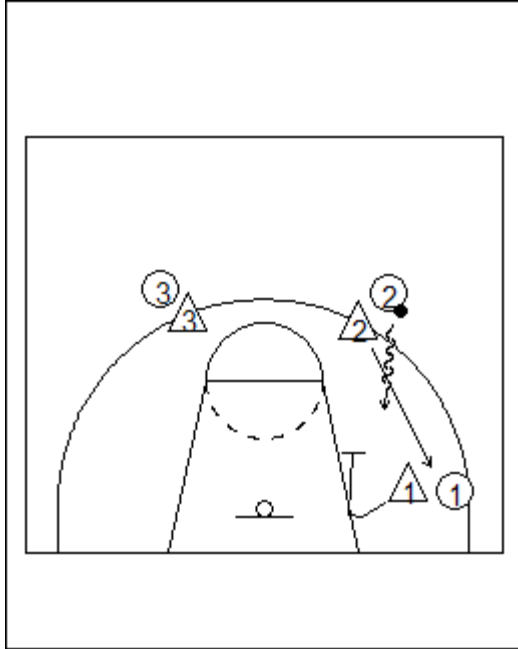
3 on 3 vs. penetration

The drill starts the same only this time a middle penetration is made. X2 drops back and helps. X1 communicates a switch recovery to X2. X1 takes #2 and forces the ball back to the middle on recovery.

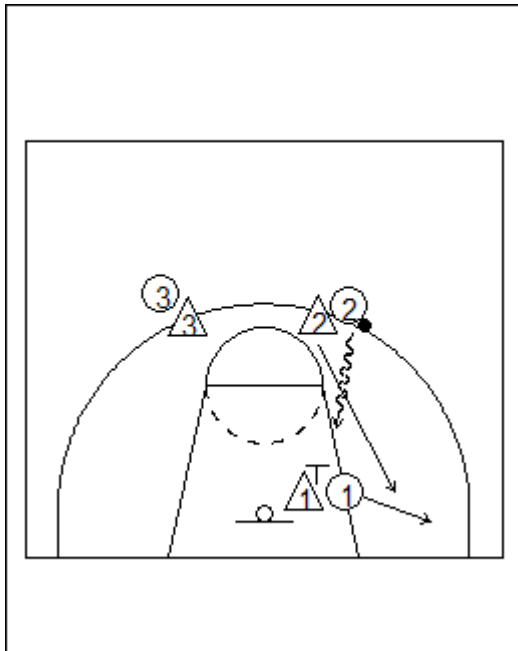


Switch recovery on vertical penetration

This is another option that can be used against teams that are causing difficulty with penetration.

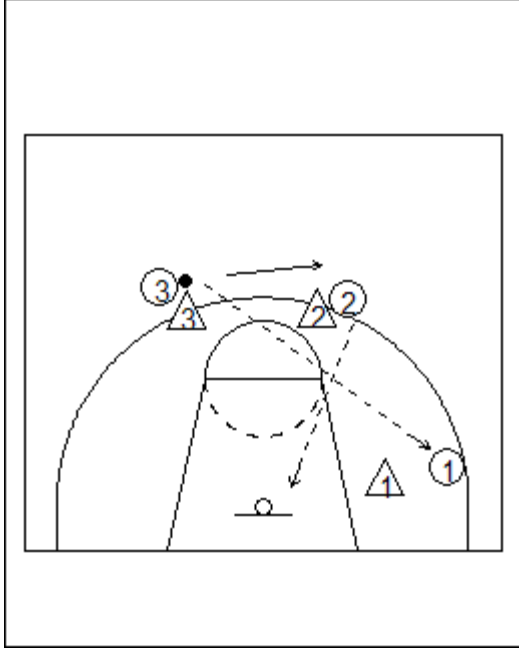


The same is true in the post. If the post helps and forces a bounce pass X2 has a chance to intercept the pass. The post does not help, drop back and protect the rim. If the post catches it the post defender immediate returns and traps.

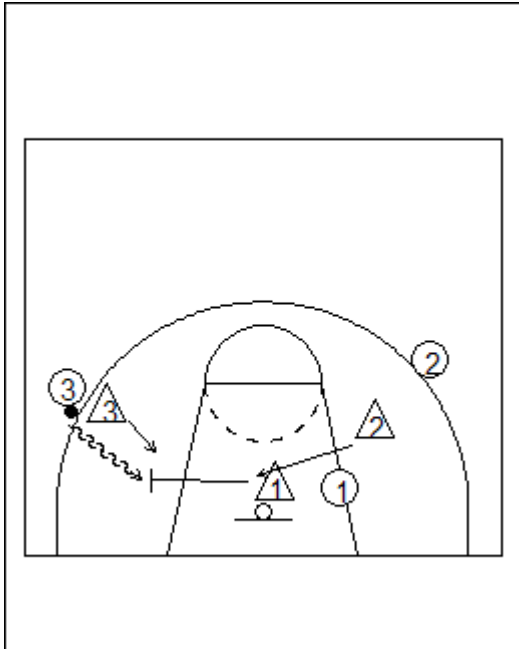


Skip pass

Now work on defending the skip pass. The defense must recover and move on the air time of the pass. Work on proper positioning on defending the post.

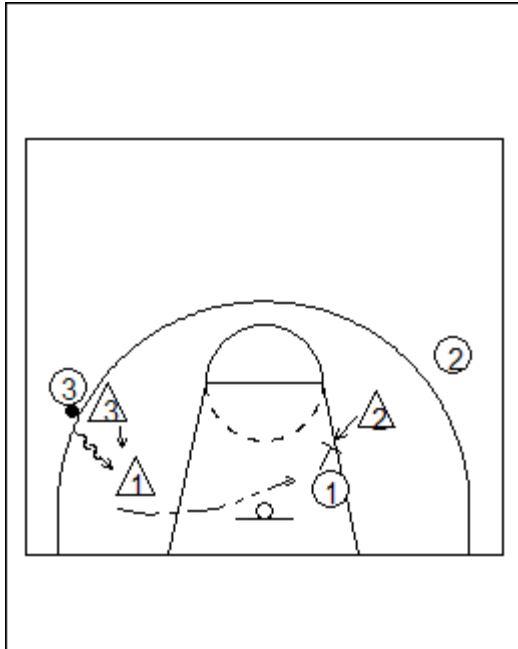
**3 on 3****Baseline penetrations**

The drill starts the same only the players fill the positions shown in the diagram. The wing player drives to the hoop. X1 helps using a "butterfly" move. Have the arms up and moving. X2 must rotate in the direction of the ball, not the basket.

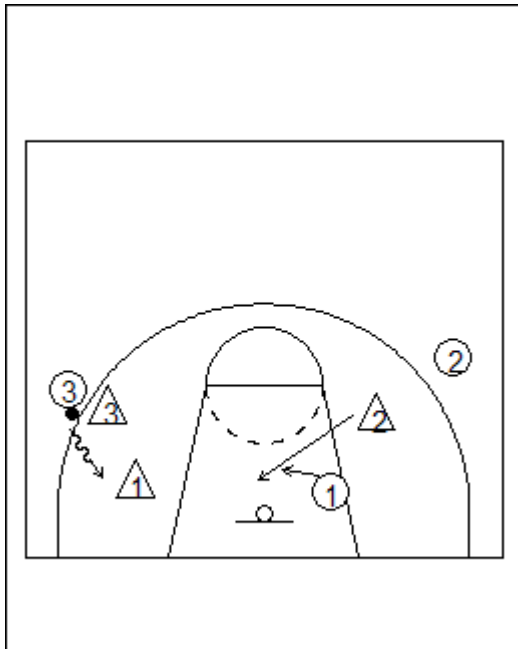


Poor rotation angle

If X2 rotates to the basket he/she is very easy to seal off by the offensive post player. Remember this is very often a smaller player rotating down to cover a bigger player.

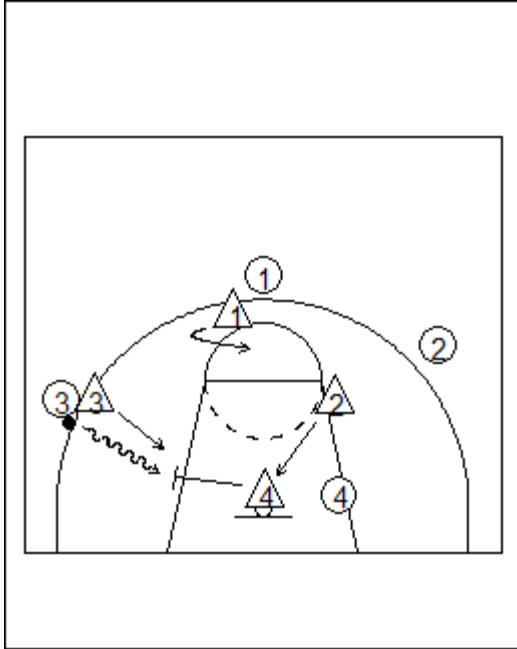
**Proper angle**

If X2 rotates in the direction of the ball he/she will end up in front of the offensive post player.



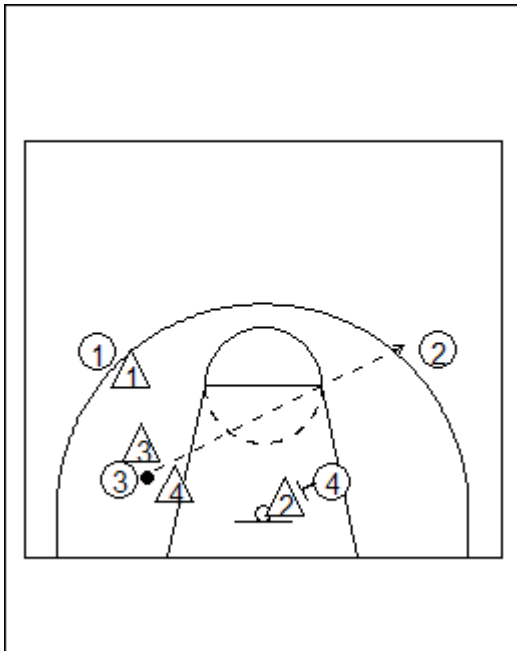
Recovery

To work on recovery it is much better to drill 4 on 4. X4 helps with a butterfly move. X2 rotates in the direction of the ball to defend #4 and X1 must face the ball so he/ or she can see both #1 and #2.



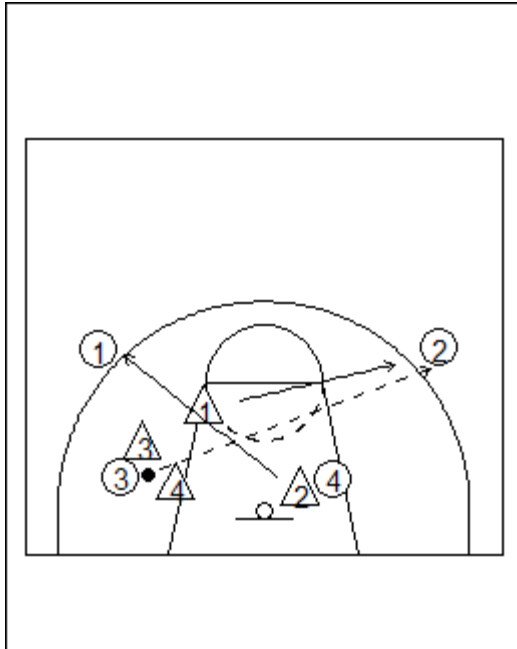
Screened recovery

If X1 stays with #1 it is very easy for X2 to get screened in on the diagonal pass to #2.

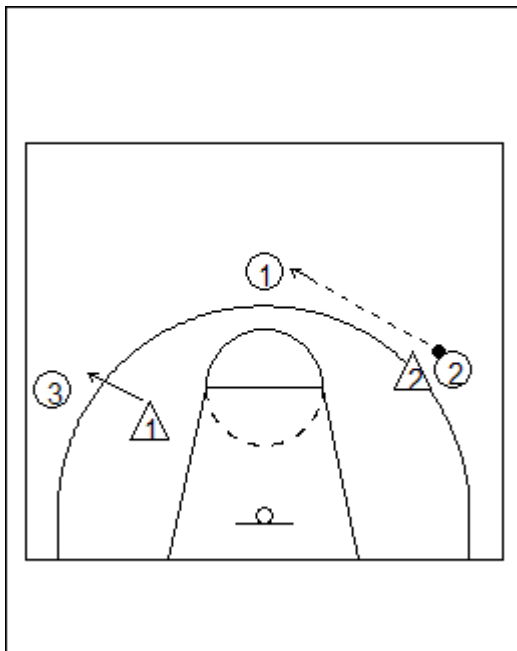


Switch recovery

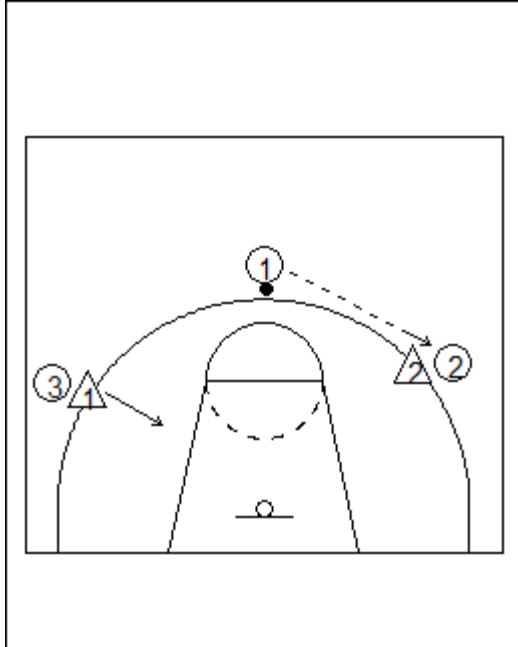
For this reason X1 must be in position to cover the pass. The quickest player must cover the first pass out.

**Ball side help side outside player**

On a pass up - step up and deny



On a pass down step back in the direction of the ball.

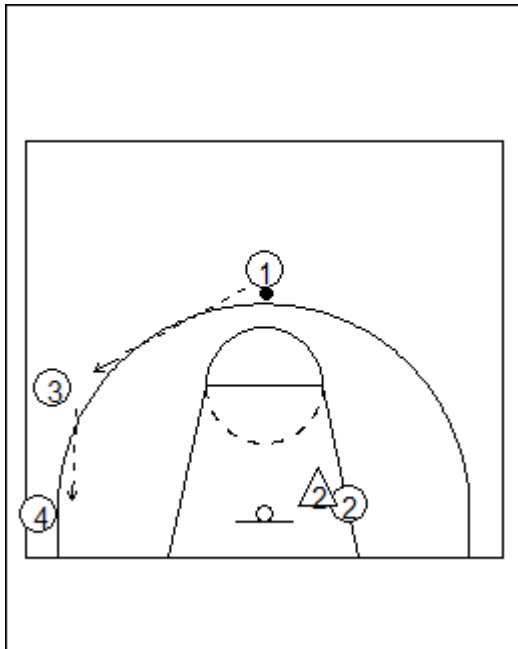


Same rules apply for a post defender.

Step back in the direction of the ball on a pass down.
Step up and deny on a pass up.

Tactic

May want to body up and face the ball on low post even in help position. Especially if team runs screens for the post.

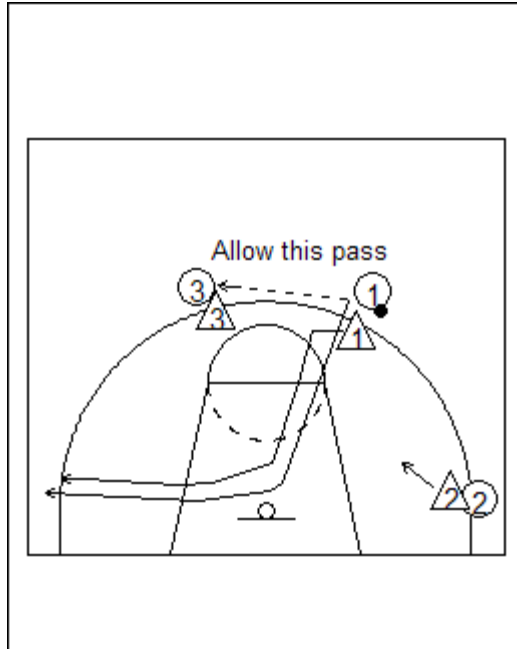


3 on 3 Slide go help

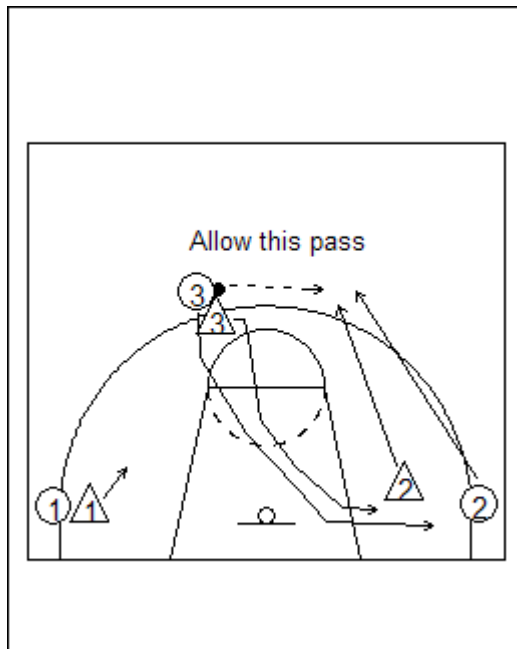
Allow the guard to guard pass three times then the drill is live.

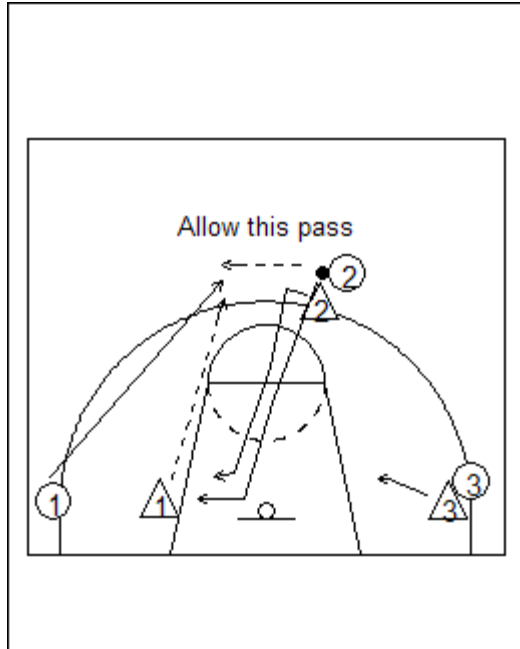
On the guard to guard pass X1 must jump (slide) to the ball.

X2 must jump in to help on the give and go. He must then deny the cut to the top.



X3 now must jump to the ball. X1 helps on the give and go then denies.





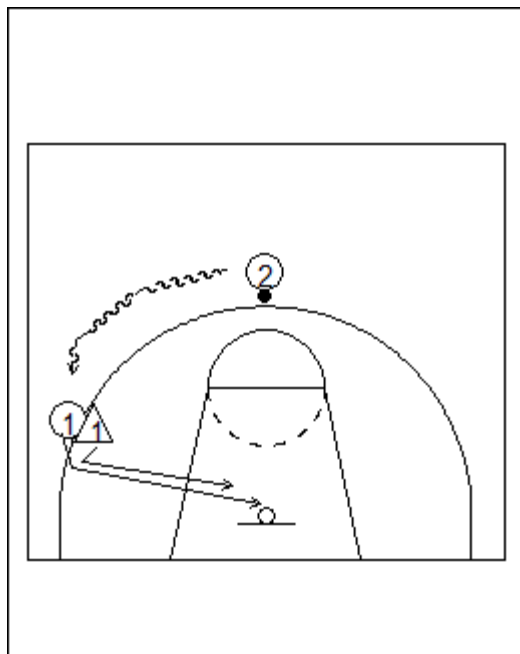
After this pass the drill is live.

If you make a mistake you stay on defense.

Remember
You can always transition any drill for conditioning.

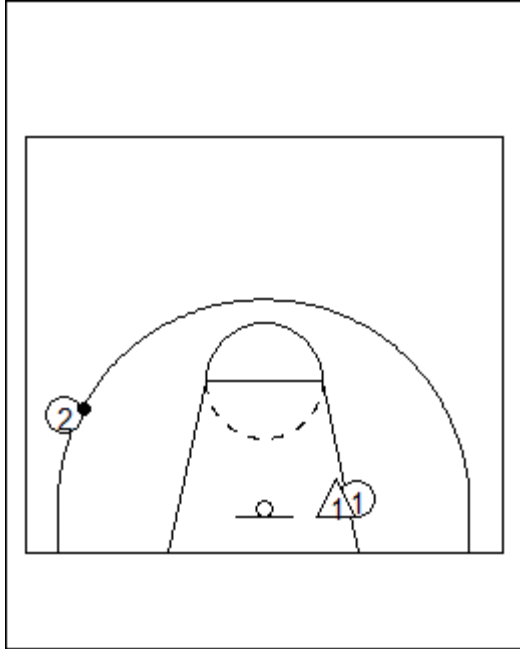
- a) 3 on 0
- b) 3 on 3
- c) 3 on 3 on 3

Mario DeSisti: Post defense



Clear out defense

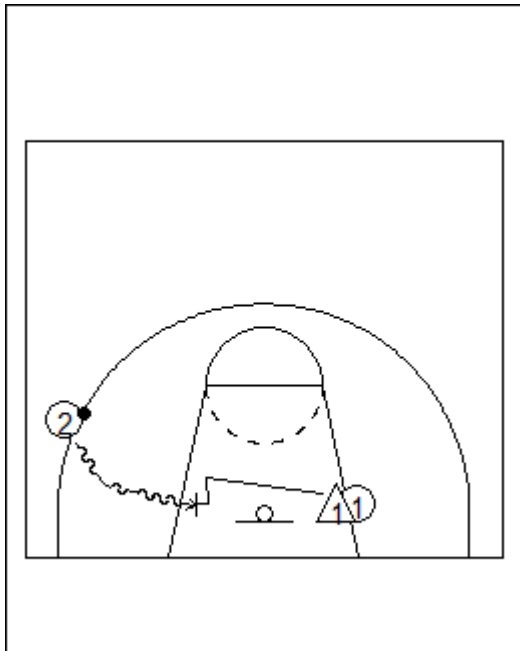
Never give your back to the defense.
Force the ball away from the low post.
Butt front - sit on the offense and see the ball
Keep one hand up one hand low.



Butt front the help side post

2

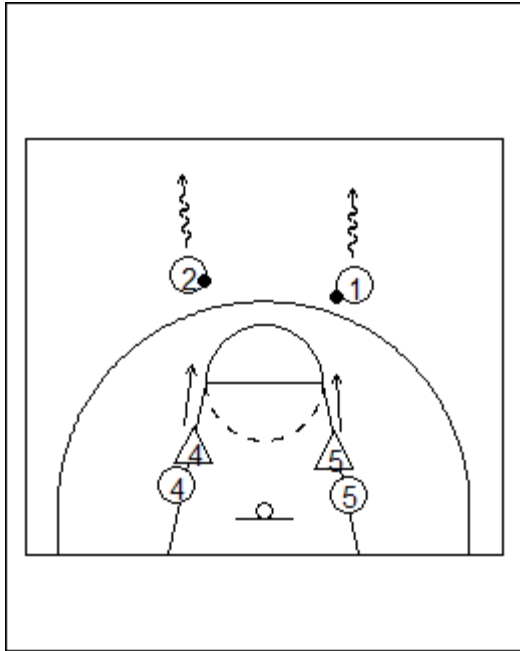
If you play off on the helpline you are vulnerable to the stagger screen.



On help

3

Fake like you're going high then step in low to take the charge. Butter fly move with the arms.

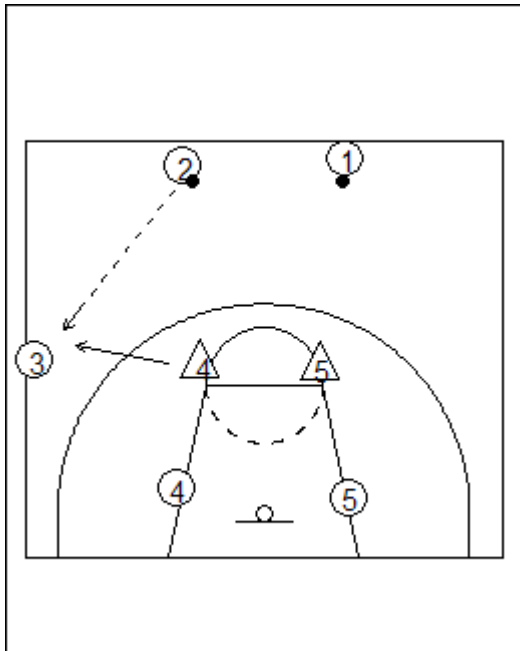


4

Post positioning when the ball is at the guard spots

When the ball is out high be away from the offensive player. You should be able to recover to the lob.

As the ball moves in move closer to offensive player.



5

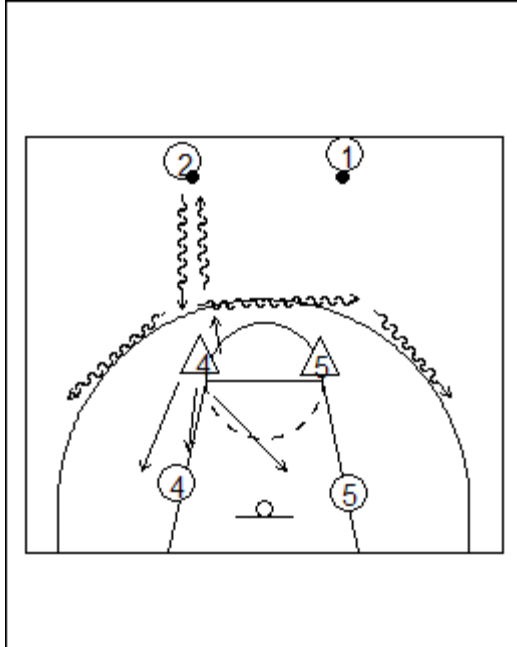
This movement up and down allows for the post player to become involved in rotational defense in pressure.

Post positioning

In this drill X4 must position him/her self in relation to #2. X5 moves in relation to #1.

Dribble

- a) forward
- b) backward
- c) right guard spot
- d) left guard spot
- e) right wing
- f) left wing
- g) right corner
- h) left corner.



Post pops to the outside

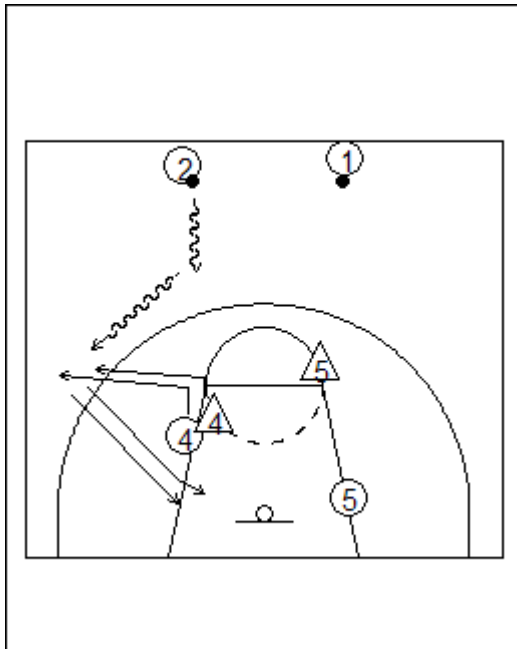
In this drill the post pops to the wing. DENY

On the dribble push defend the post up. Butt front.

The offense attempts a lob.

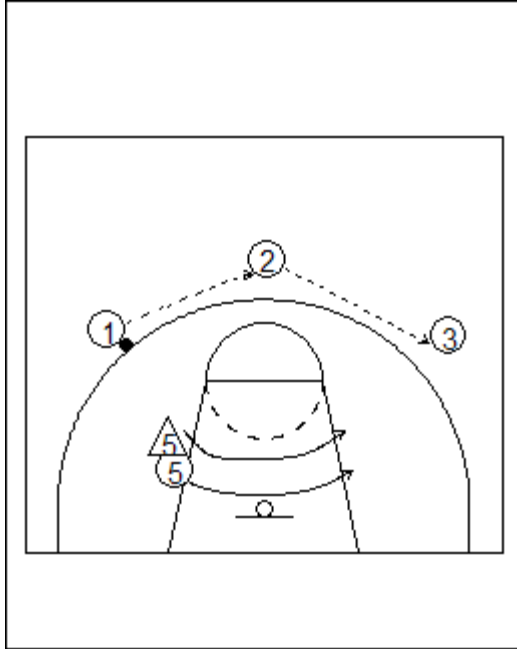
Push the offensive post player back with hips.

Don't jump until the ball arrives.



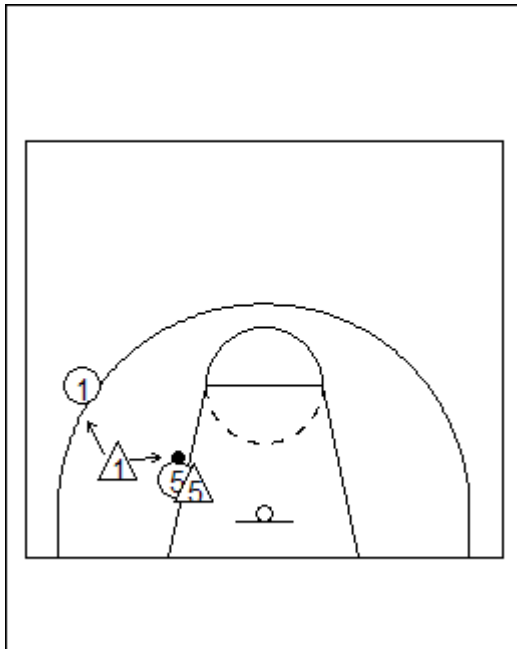
Front the cutting post

With outside players we want to change eyes when a player back cuts. This is not true with the post. We want to front with our back to the cutter. This is easier to prevent lobs.



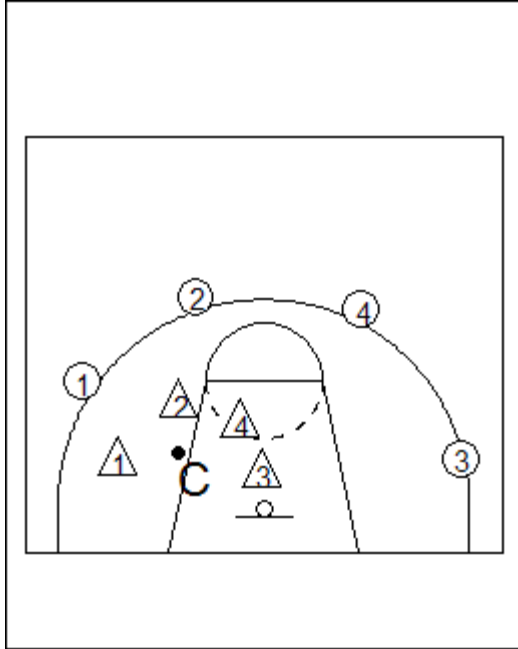
Ball in the post

When #5 has the ball X1 opens up with his/her back to the baseline. If the ball is dribbled he/she will dig at it.

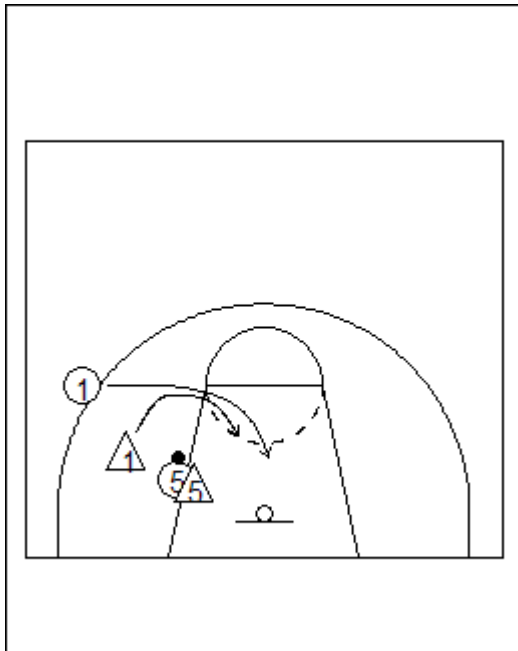


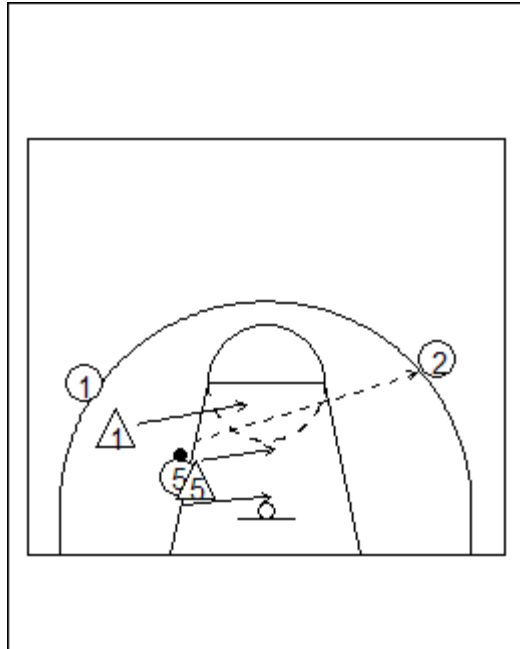
All players sag

To teach the concept have four outside players and a coach. When the ball is passed inside all the perimeter players must sag and touch the ball.



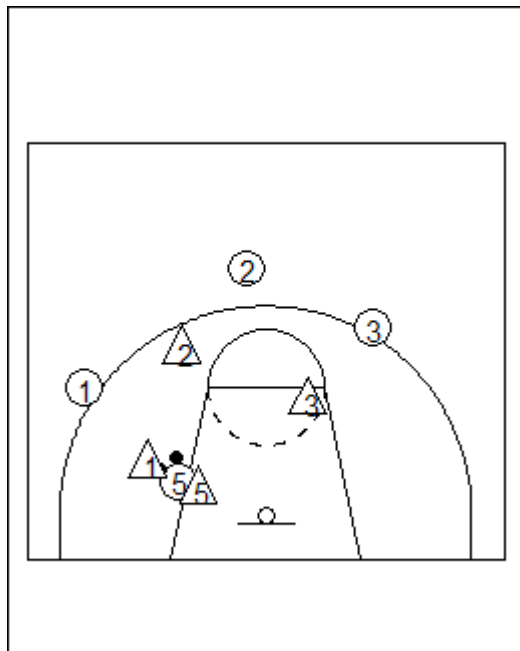
If #1 attempts to cut he/she can close down on the cutter.





12

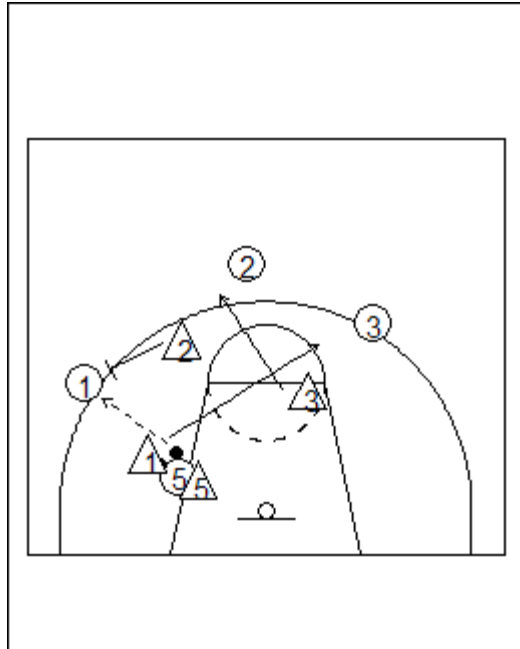
On any skip pass all defenders must slide in the direction of the ball. The post fights for position. Never give up the baseline. Help can come from the top.



13

Shaq defense (great post)

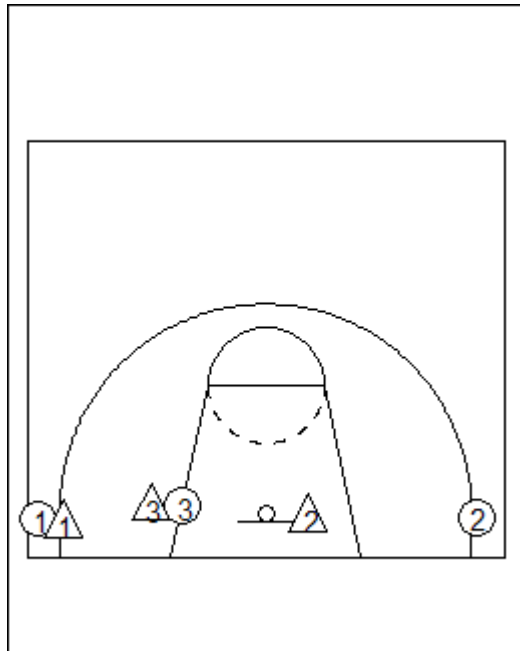
Trap the great post. Make him/her pass it out.



14

On the pass out of the post

Do not allow rotation. Force it back to the same side. The perimeter players must rotate depending on the spacing.



15

When the ball is in the corner front. Difficult lob. The passer has a hard time seeing the open player in the corner. The rim helps against the lob.

When fronting keep one arm up one down. Push back with your legs.