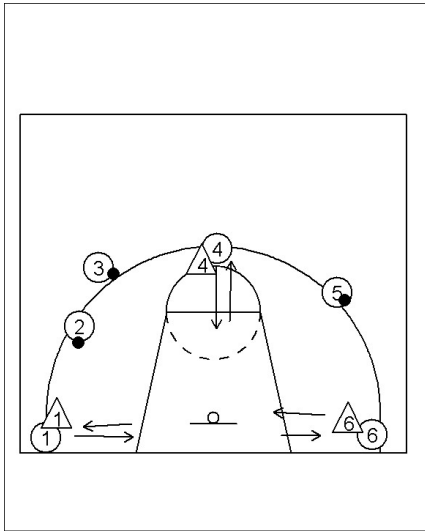


Mario desisti

Off the ball defense

1



Denial Defense

The offensive players move in and out attempting to get open. The defenders play aggressive elbow in the passing lane denial defense.

When the offensive player goes behind the defense, "change eyes" (closed deny).

Progression

- no pass
- pass if open - play 1 on 1
- switch positions

Keys

Defense cannot stop feet. Active feet.

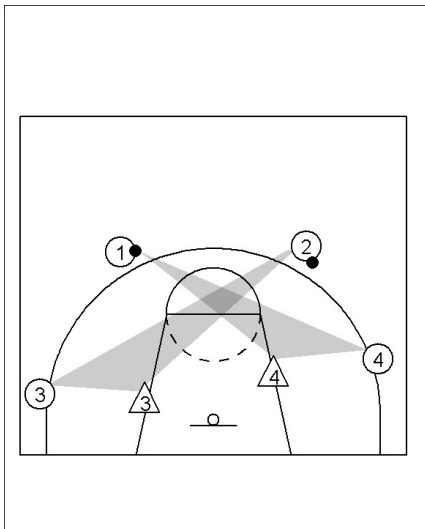
Problem when the defender jump stops to change direction. Stutter feet.

Elbow at the ball to deny.

See the ball

Fun drill - knee slaps - partner up and try to slap each others knees.

2



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.

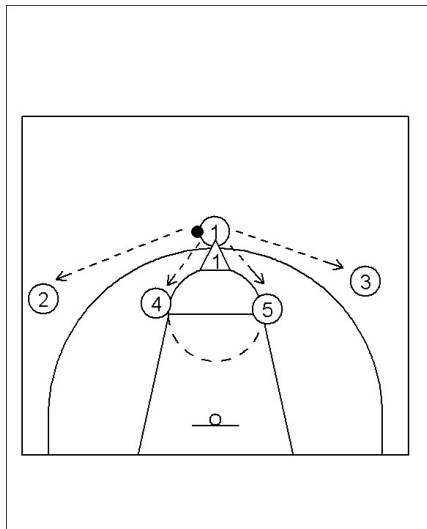
When 2 slaps the ball X4 denies 4.

Play defense three times before switching.

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Off the ball defense

3



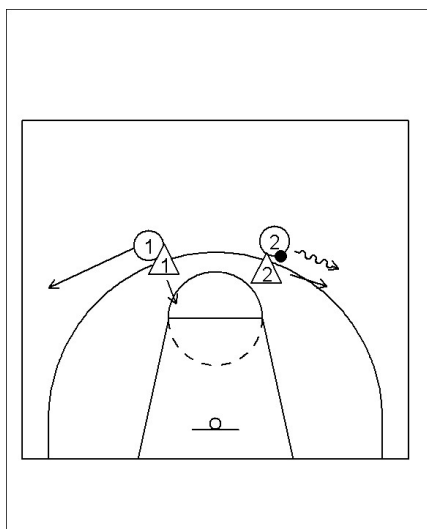
Defensive postioning off the top

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.

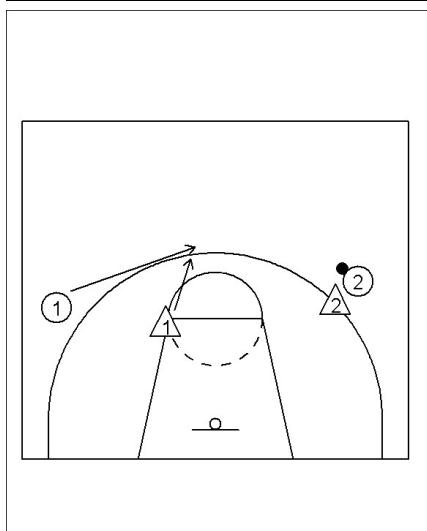
4



Ball side help side

2 dribbles the ball to the wing. 1 rotates away. X1 must properly position herself.

5

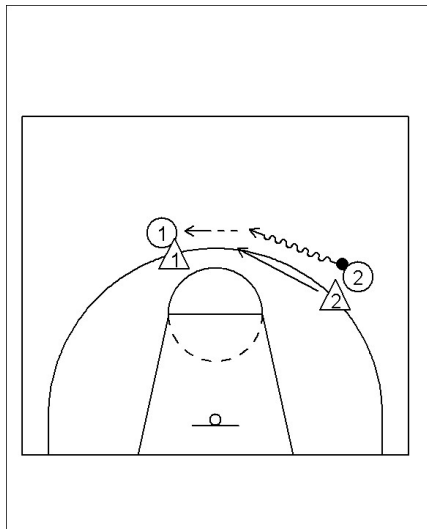


1 now cuts to the top, X1 works to deny the ball on top.

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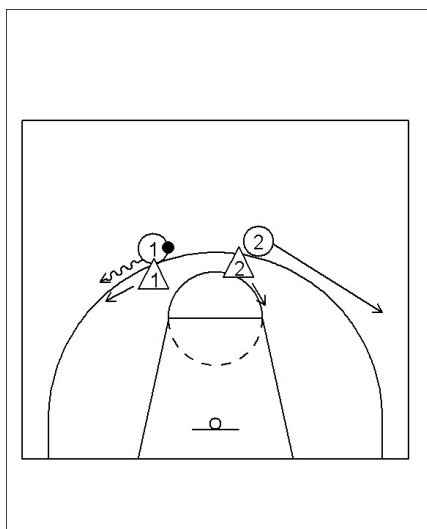
Off the ball defense

6



2 dribbles back to the top. Allow the pass

7

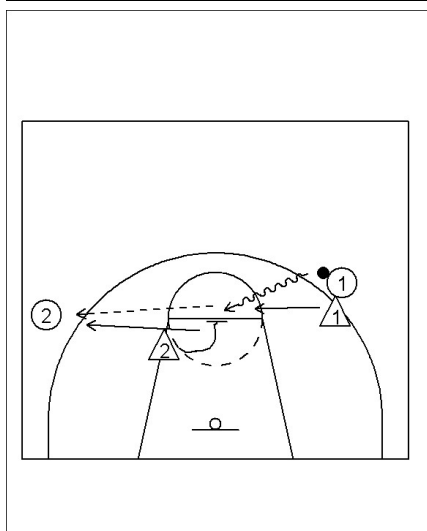


The drill now continues with 1 dribbling to the wing and 2 rotating away.

Keys

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

8



Help recover

The main emphasis is to be in position to recover. No 3 pt shots.

Never turn your back to your check when you help. Banana cut into help.

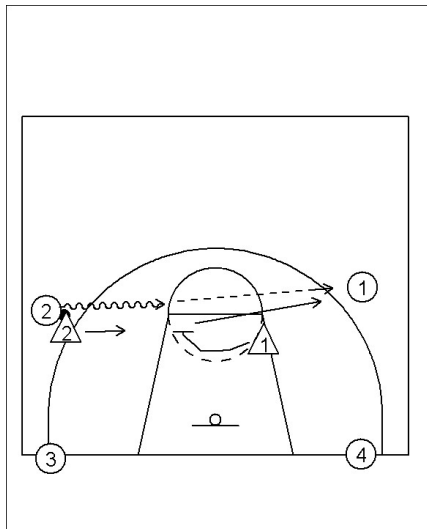
Don't give up the baseline when recover. No help. Send them back to help.

Recover on the pick up of the ball not the pass. Watch for the second hand to touch the ball.

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Off the ball defense

9



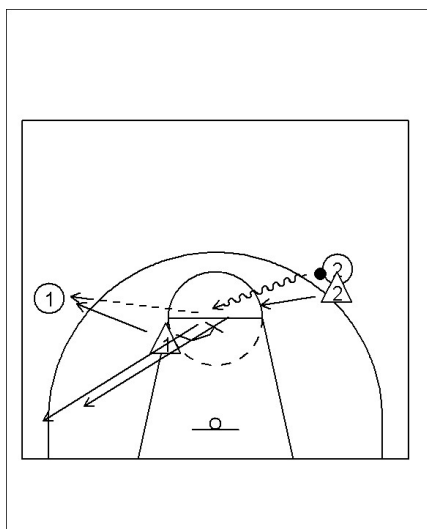
The drill continues back in the other direction.

Helpside must step back for vision.

Run to recover not slides.

Play 2 drives in each direction then subs.

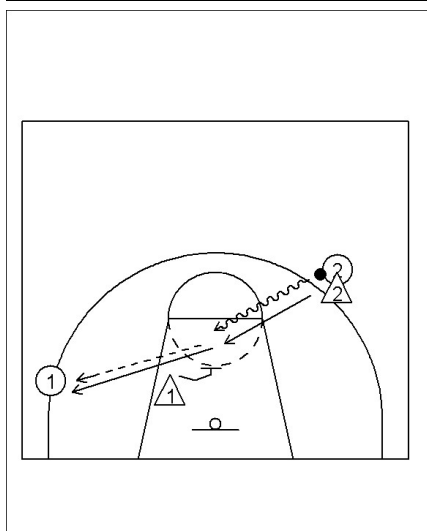
10



Advanced technique

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

11

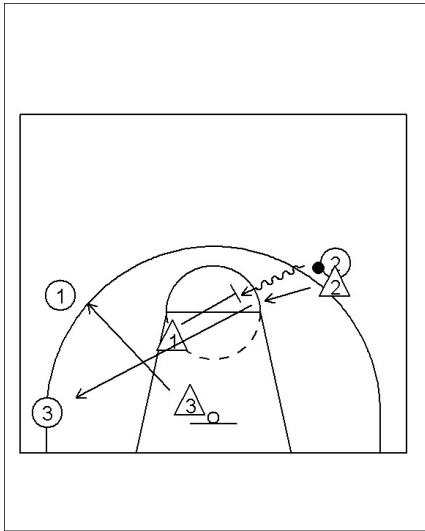


If the pass is made to a player below the foul line extended Switch Recovery.

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Off the ball defense

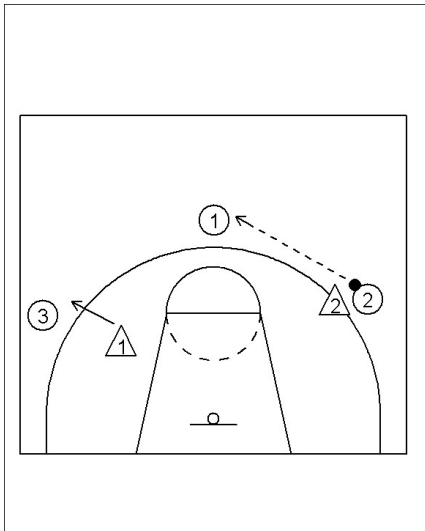
12



Superstar help

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

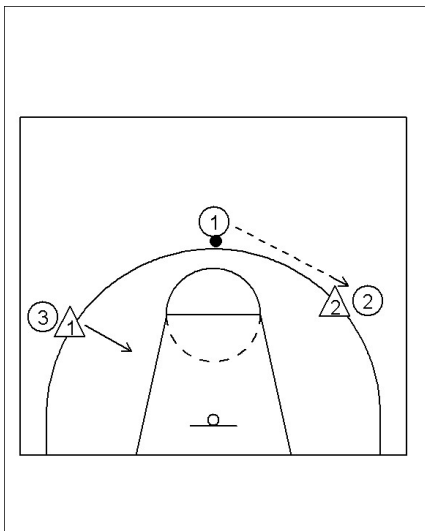
13



Ball side helpside outside player

On a pass up - step up and deny

14

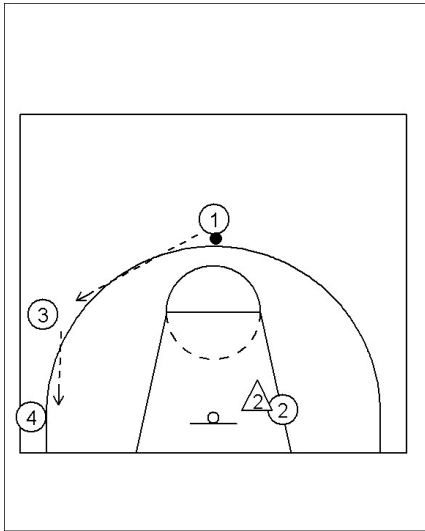


On a pass down step back in the direction of the ball.

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15



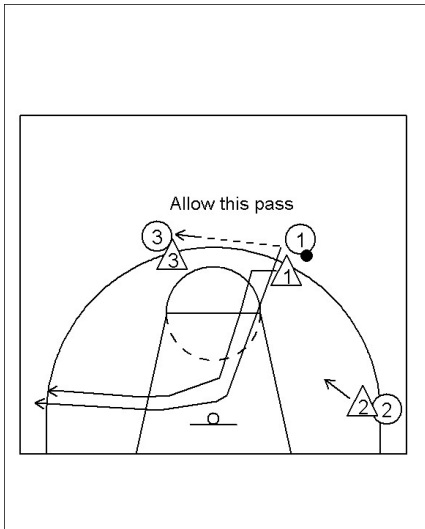
Same rules apply for a post defender.

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.

16



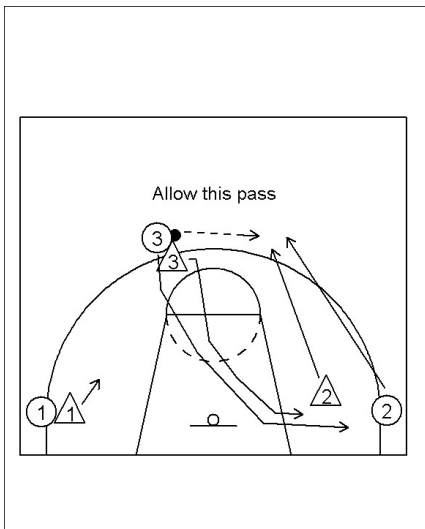
3 on 3 Slide go help

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.

17

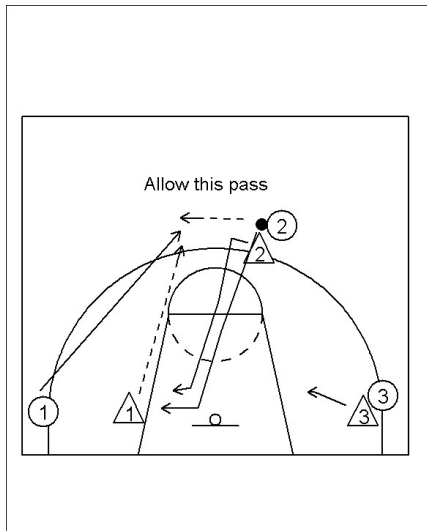


X3 now must jump to the ball. X1 helps on the give and go then denies.

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Off the ball defense

18



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