

DEFENSIVE EXERCISES (TRAINING THE DEFENSIVE MENTALITY)

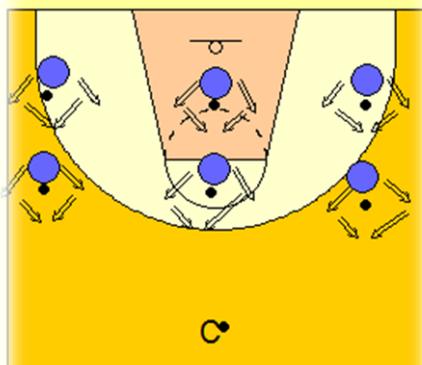


Diagram 1

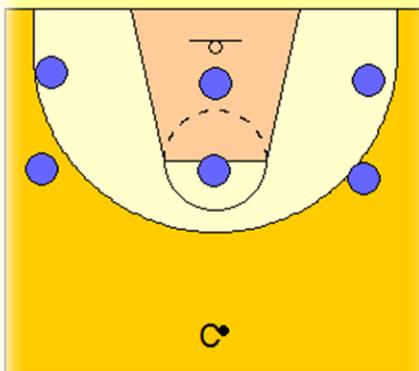


Diagram 2

Post

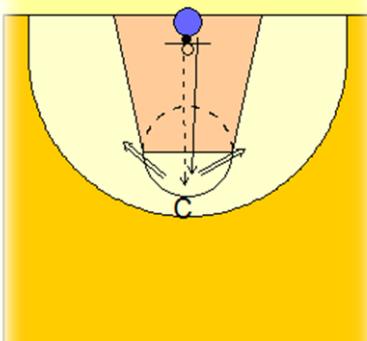
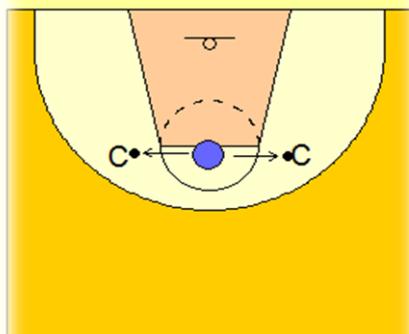
Each player has a ball on the floor in front of them. Players have to slide around the ball (pretending the ball is the low-post) for 10 seconds.

Mirror

Players stand in front of the coach who indicates the direction in which the players have to slide. The coach can alter the drill by calling “rebound” for the players to show a box-out and jump or “penetration” for the player to act as if taking a charge.

Five Recover

With two coaches lined-up free throw extended, one bounces the ball on the floor (alternating). Players have to slide and take it before the ball bounces twice.



Close-out and Slides

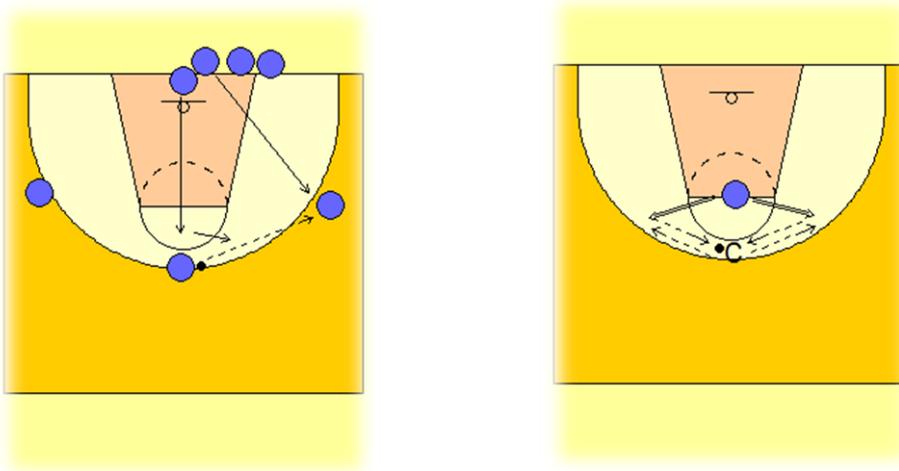
The player passes the ball to the coach and runs to close-out. The coach fakes a shot, fakes a drive to the right and then the left. The player has to retreat and recover. Following, the coach throws the ball on the glass and the player has to box-out and get the rebound.

Close-out and deny

The player under the basket runs toward the player with the ball to close-out. After the pass they will slide on the passing line while the next player under the basket will do the same. The rotation is important as the player on offence goes behind the lane under the basket, the defensive players will replace them.

Five slides

The coach stands in front of the player and rolls the ball on the floor. The player has to slide to take it and pass back to the coach for five recovers.

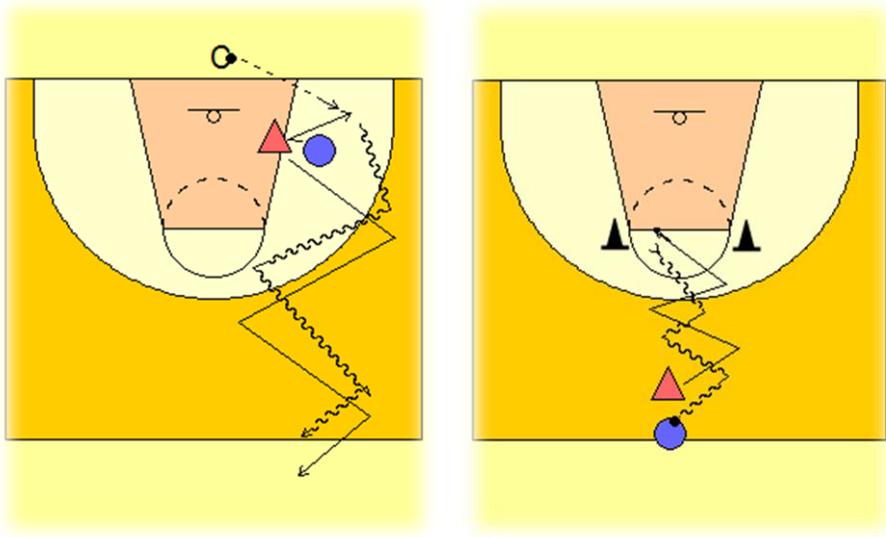


Five second to pass the half-court line

The coach takes the ball out, while the offensive player tries to get open and receive the out-of-bounds pass. The defender has to force them to receive the ball below the foul line extended, and prevents them from passing the half-court line before five seconds. The defending player's goal is to force the offensive player to changes of directions as much as possible.

Goal

The offensive player has five seconds to pass through the cones while the defender has to resist and keep them outside it.



Three second deny

The offensive player passes the ball to the coach and tries to get open in less than three seconds. The defensive player has to deny them for three seconds before the coach passes the ball to the other coach. The offensive player cuts and the defensive player denies on the other side for at least three seconds as well. If the offensive player gets the ball early they play one-on-one with a rule of only two dribbles for a shot to be taken.

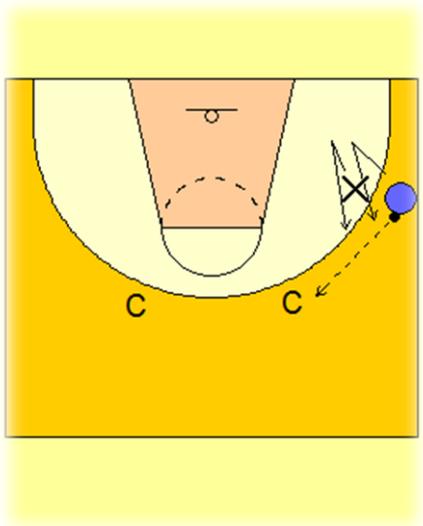


Diagram 9

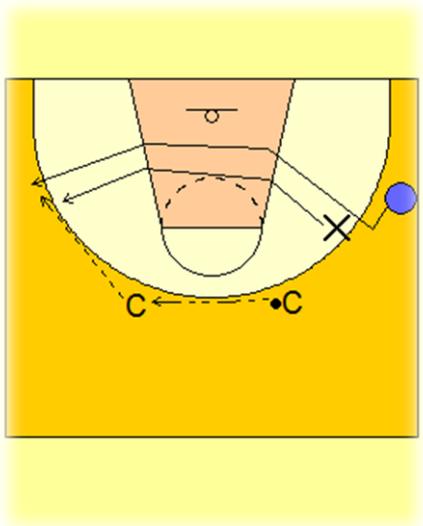
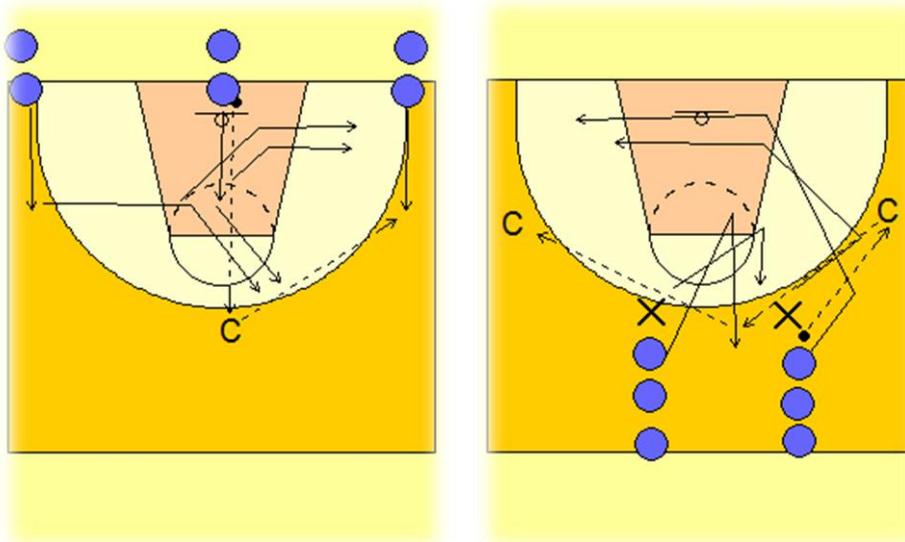


Diagram 10



Weak-Side Cut Defence

The player in the middle passes the ball to the coach. All three players run to the foul line extended. The coach passes the ball to the player on their right side while the middle player has to defend the cut of the player on the other side of the floor. It is important to inhibit the ball from being caught in the paint.

Two-one-two, cuts-defence

Two coaches act as supporters. The goal for the defender is to inhibit the offensive player from getting the ball into the paint and move quickly toward the ball on every pass.

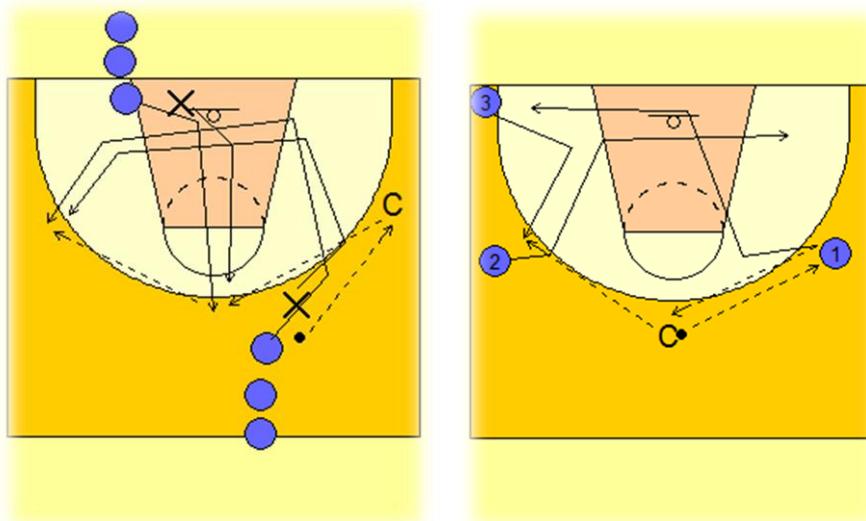


Diagram 13

Diagram 14

Two-one-two slow down the reverse

The guard passes the ball to the coach and then cuts through for a post-up. The “big” runs to the top of the key to receive the ball from the coach and moves the reverse side of the guard. After the pass they have different options – ball screen, post-up on the ball-side or back-door cut.

Three-on-three pentha-drill

Three players defend the weak-side and back-door cut.

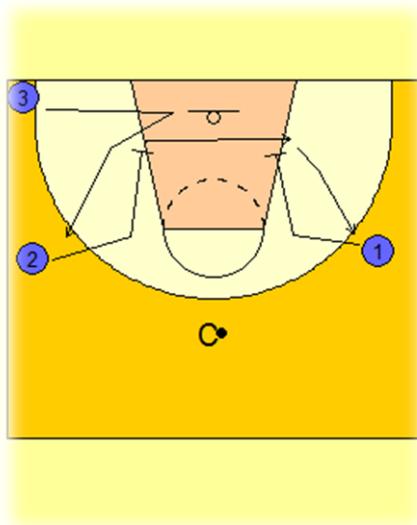


Diagram 15

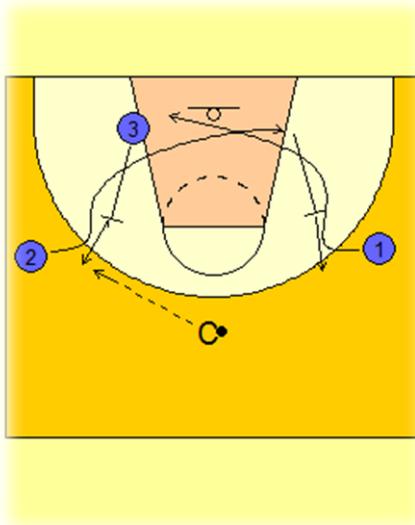


Diagram 16

Three-on-three penta-drill – loaded

Player Two sets a screen for *Player Three*. Following a post-up, they go to the other side and receive a down-screen from *Player One*. The defence must defend this sequence.

Three-on-three penta-drill – loaded again

Same as previous drill plus working on back screen defence.