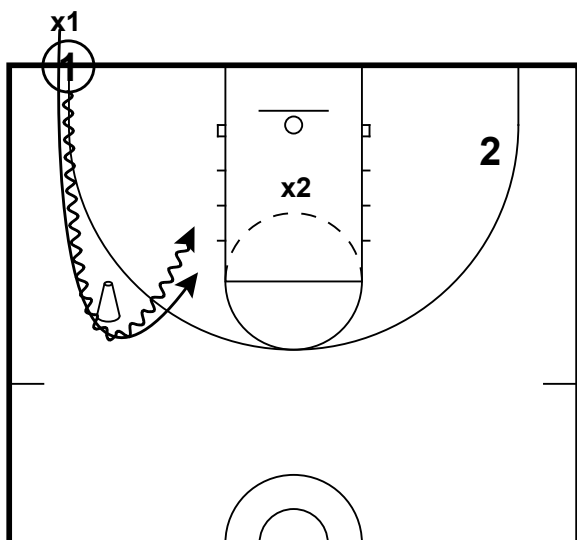


# Drills

2 on 2 and 3 on 3 Help and Recover  
Defensive Drills



Player 1 starts with the ball on the baseline. They dribble around the cone and attack the basket.

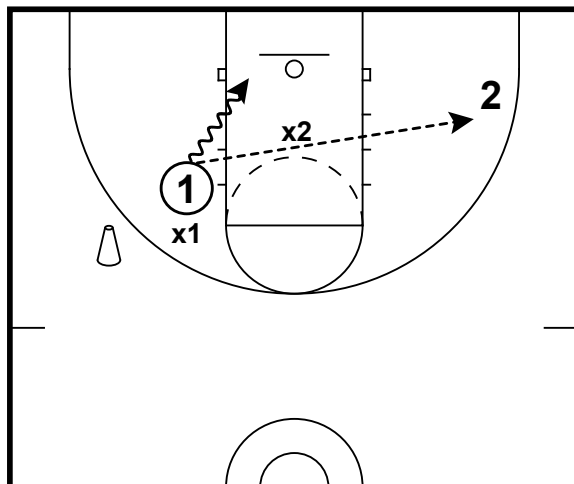
The defender chases the offensive player around the cone.

Player 2 is positioned in the corner. Defender 2 is on help side defense.

Player 2 has to stop the ball and then recover if passed to offensive player 2.

Defender 1 is working to get back into the play

2 on 2 and 3 on 3 Help and Recover  
Defensive Drills

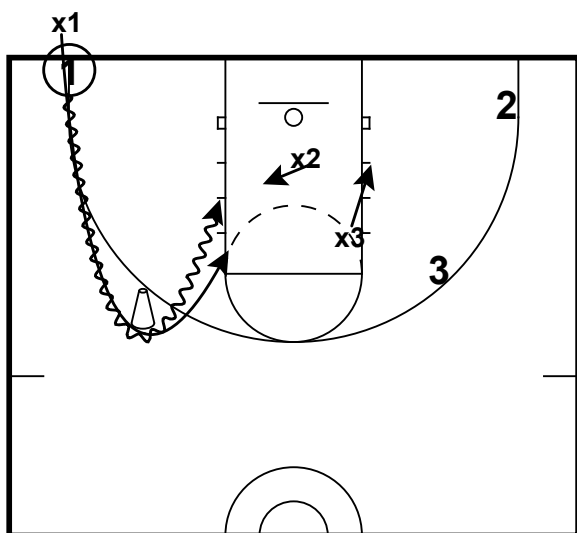


Coaching Tip:

Defense - this helps the defender learn where to be when the ball is away from them. Make sure they always stop the ball first. If the ball is passed to the player they were guarding they recover.

Offense - player one attacks the basket until a defender stops them. Player 2 should be ready with knees bent and hands up to catch and shoot or drive if the defender closes out too hard.

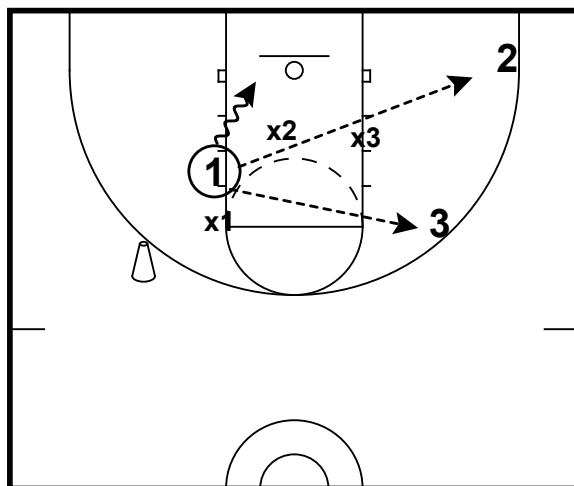
2 on 2 and 3 on 3 Help and Recover  
Defensive Drills



Same concept as the 2 on 2 version. Now we add a 3rd defender and offensive player.

Player one starts on the baseline and dribbles around the cone and attacks the basket. Defender 1 chases them to get back into the play.

2 on 2 and 3 on 3 Help and Recover  
Defensive Drills



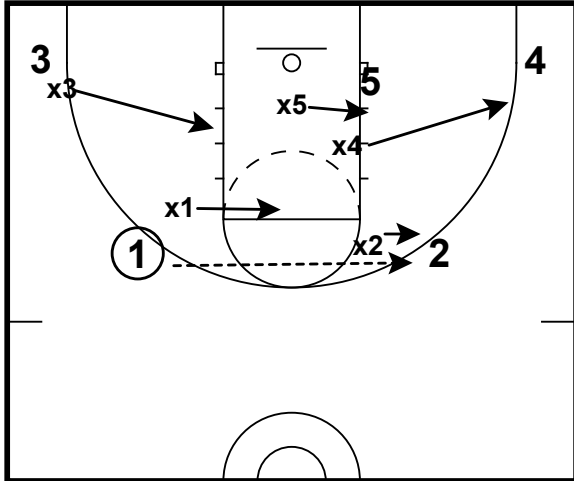
Coaching Tips:

Defense: Defender 2 has to stop the ball. As defender 2 stops the ball, defender 3 has to slide down to protect 2 from going to the basket. Once player 1 passes then the defenders all work together to recover.

Offense: Player 1 attacks the basket until stopped by a defender. Player 2 and 3 are ready with hands up and knees bent for a pass. They can shoot, drive, or make one extra pass to get the best shot.

# Drills

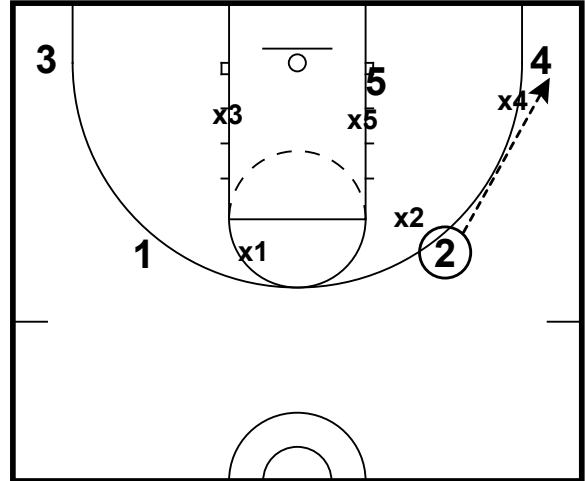
Defensive Shell Drill  
Defensive Drills



Rules:

- No stealing until drill is "live"
- Let the offense catch the ball until drill is "live"
- Offense stays stationary until drill is "live"

Defensive Shell Drill  
Defensive Drills



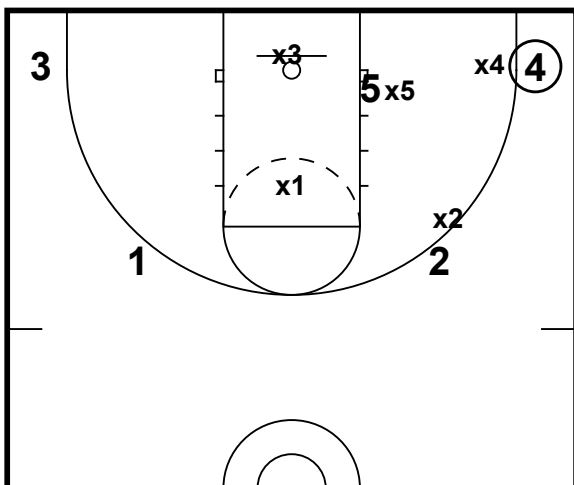
Ball shout move around the perimeter without minimal skip passes

Offensive players should hold the ball for 2 seconds to allow the defense to get into position

Ensure players understand help positions based on how far away the ball is from their player

Teach the defenders to be between ball, man, and basket. They should always be able to see both ball and man.

Defensive Shell Drill  
Defensive Drills

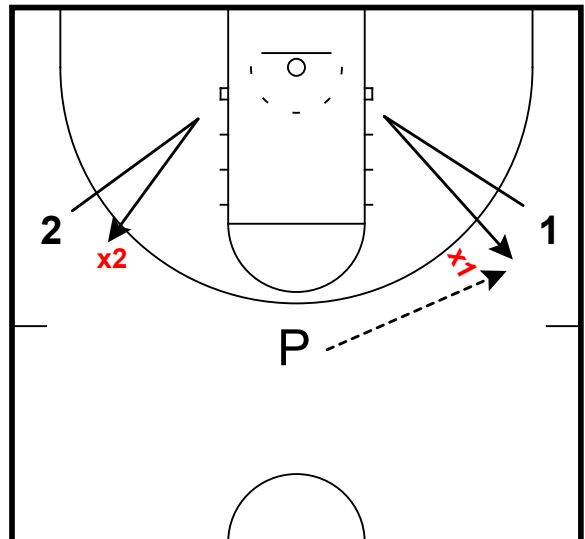


Once the ball has went around the perimeter a couple of times, then the coach says "live"

At that point, the offense can move and run the offense. The defense should then practice the principles just taught:

- position
- deny if one pass away
- jump to the ball with every pass

Wing Deny-Close Outs  
Defensive Drills



Drill begins with a passer at top of circle with the ball and offensive players (1&2) on the wings

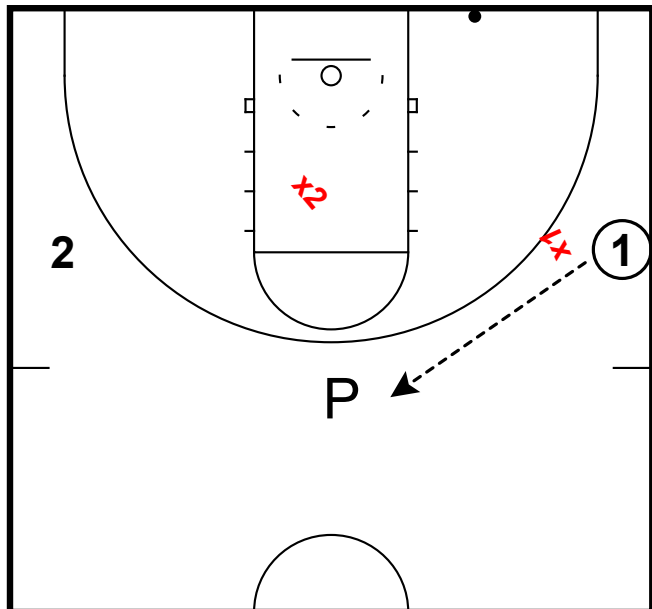
X1 and X2 are in deny stance with butt to the ball, chin on their shoulder, hand and foot in the passing lane, palm away and thumb down

1 and 2 v-cut to get open - as cutter gets closer to the rim defender moves closer to cutter, as cutter gets further from the rim defender moves closer to the ball.

Deny out and make cutter receive the pass going away from the basket with back to the rim

# Drills

Wing Deny-Close Outs  
Defensive Drills



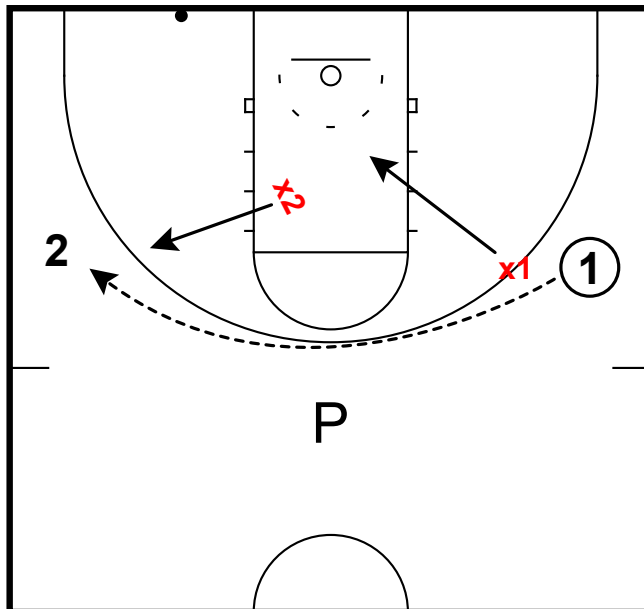
Pass it made to 1

X1 in on-the-ball stance has high foot up not allowing the middle drive.

X2 moves to midline, but NOT in an open "pistols" stance. Stay in deny stance with chin on shoulder

X1 influences man to the baseline checkpoint (dot in diagram)

Wing Deny-Close Outs  
Defensive Drills

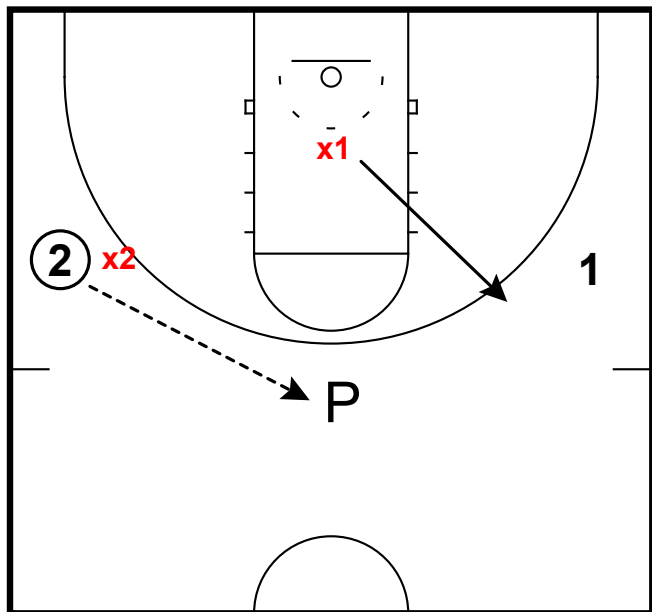


1 may pass back to Passer or skip pass to 2 (shown)

X2 executes a close out on 2 and forces to the baseline checkpoint (dot in diagram). Cannot give up a three point shot!

X1 sprints to help on the flight of the pass

Wing Deny-Close Outs  
Defensive Drills

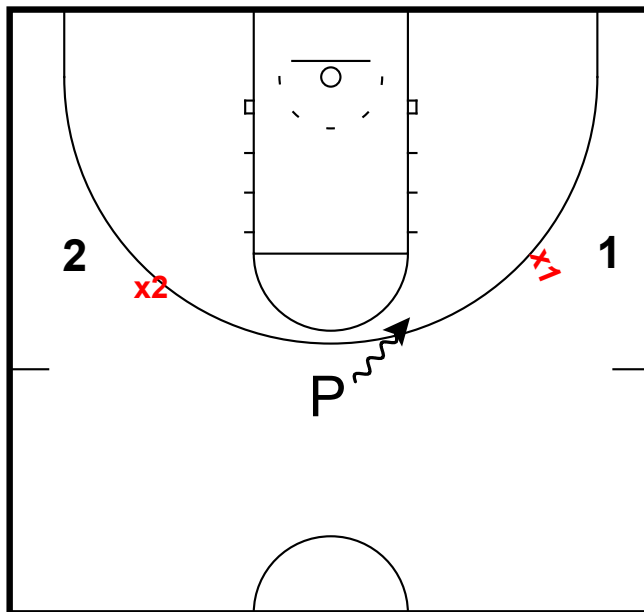


2 can skip pass to 1 or pass to passer (shown)

X1 gets out quickly to deny quick reversal

When passer has the ball both defenders are denying their man and offensive players are v-cutting to uncover

Wing Deny-Close Outs  
Defensive Drills



Drill Advancement

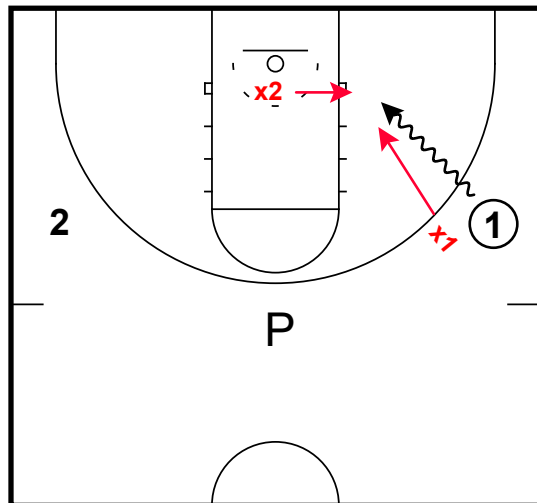
Passer dribbles as if penetrating

X1 DOES NOT open up and lose sight of his man to seal the drive! Instead he stays in deny stance and "plugs the drive with his butt."

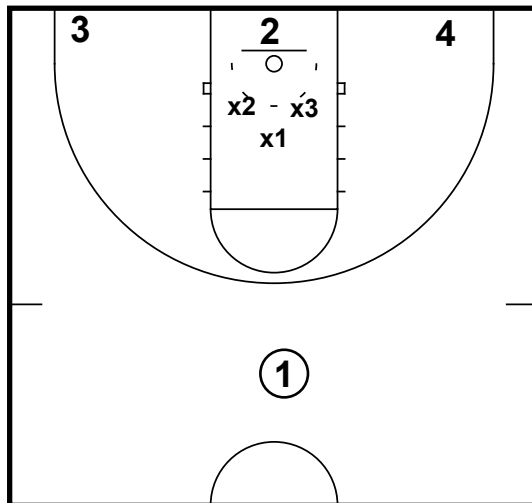
Teaching tip: Plug with your butt!

# Drills

Wing Deny-Close Outs  
Defensive Drills



4 vs 3 No Threes  
Defensive Drills



Drill Advancement

1 attacks the baseline

X2 (lowest guard) helps seal the baseline drive at the checkpoint

1 passes out to Passer or 2 and players recover accordingly

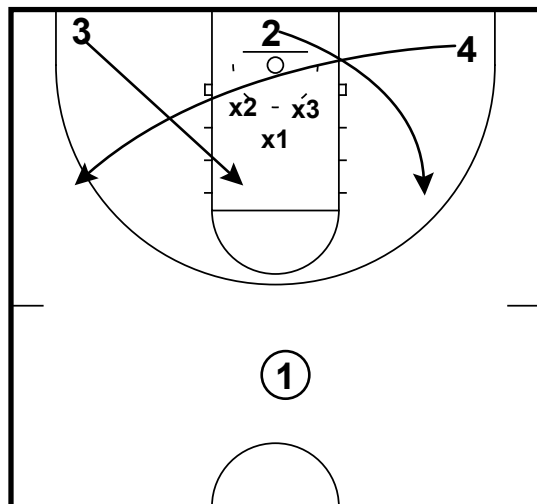
Finish the drill with Passer taking a shot. 1 and 2 crash and defenders must block out

Starting Position for the drill

Four offensive players and three defenders

Option--change starting positions for offensive or defensive players before starting drill

4 vs 3 No Threes  
Defensive Drills



Offensive players can cut into any area on floor.

DEFENSIVE RULE:

1. Must be there on the catch by offense

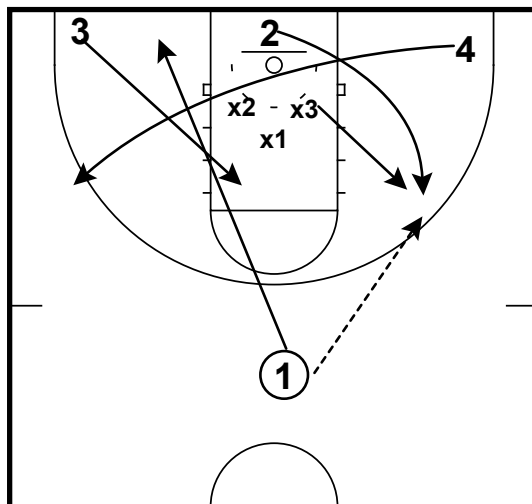
2. Ball pressure at all times

3. Communication entire possession

4. Two non-on ball defenders protect basket and lay ups

5. Secure rebound with two hands

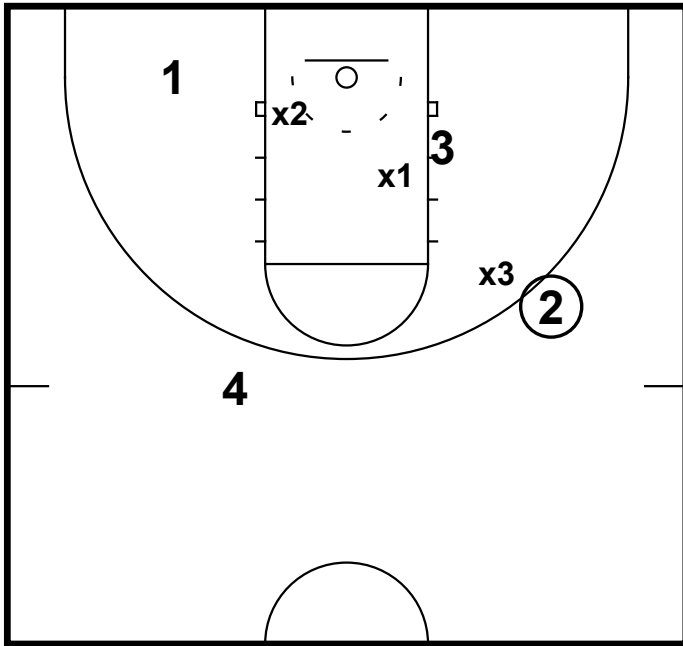
4 vs 3 No Threes  
Defensive Drills



1 enters ball to 2 and cuts through the lane as other two offensive players move also

# Drills

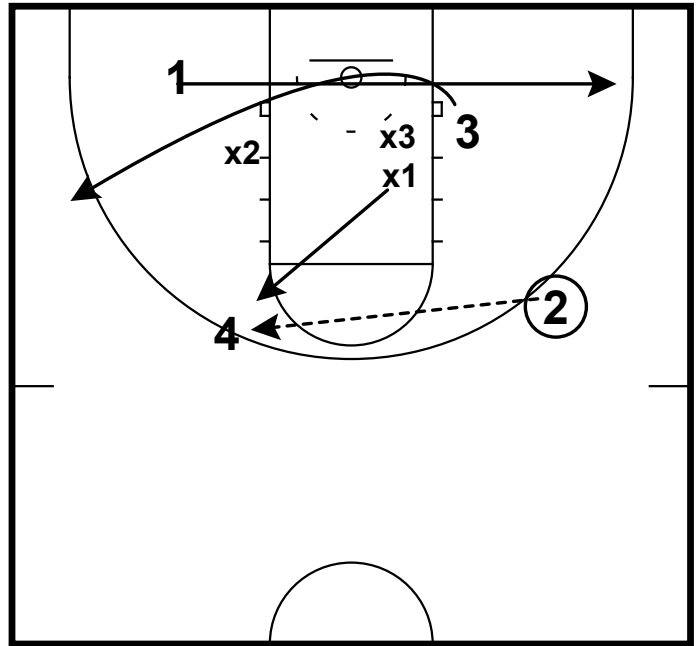
4 vs 3 No Threes  
Defensive Drills



X3 rotates to 2 and is there on the catch. X2 and X1 adjust their positions according to players and basket.

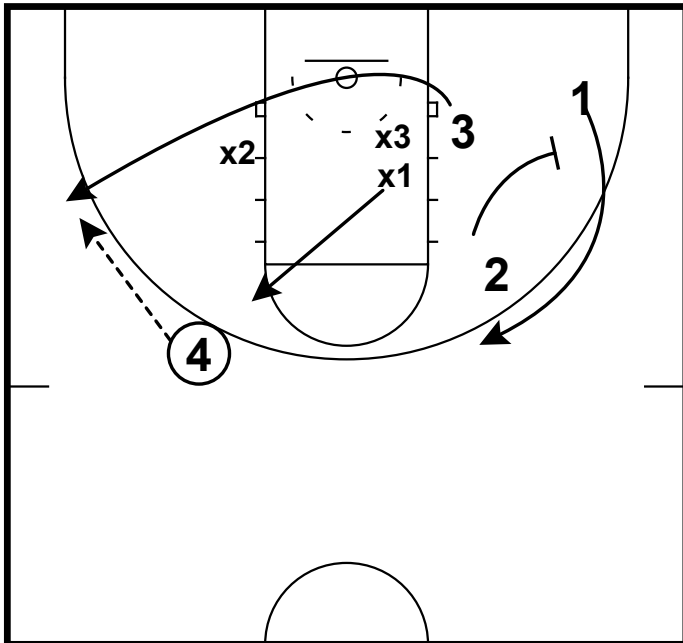
It is KEY that X2 and X1 ANTICIPATE the next pass. The closest player has to sprint and close out to 4 and be there on the catch to take away the open 3.

4 vs 3 No Threes  
Defensive Drills



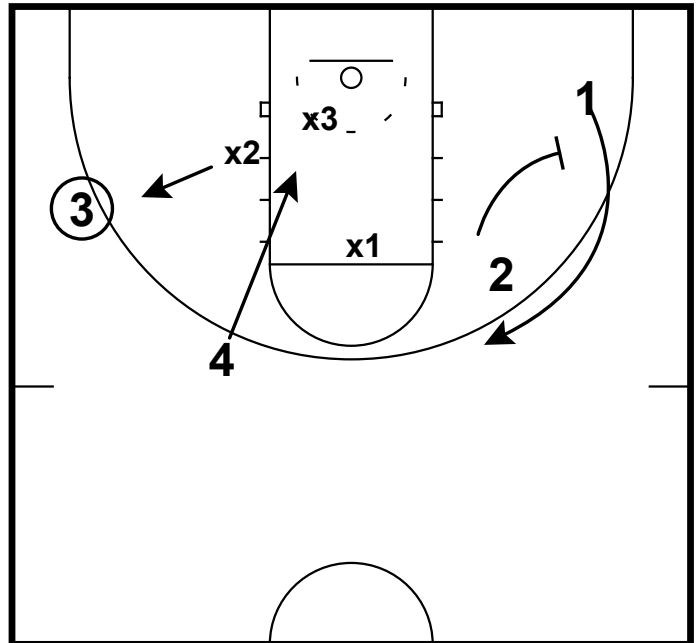
X1 takes ball and X2 and X3 adjust to offensive spacing and basket.

4 vs 3 No Threes  
Defensive Drills



X2 anticipates pass to 3 and is there on the catch. X3 and X1 adjust.

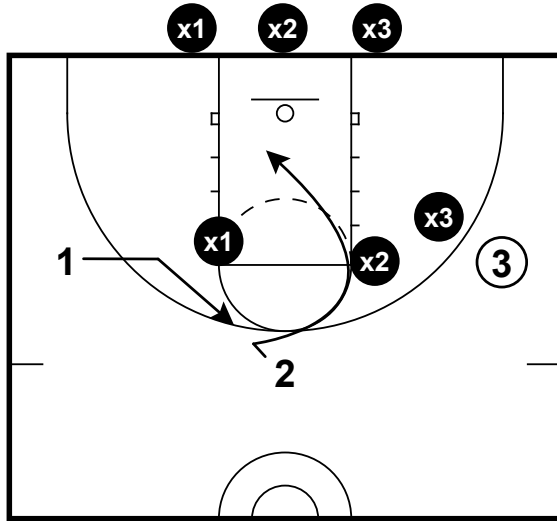
4 vs 3 No Threes  
Defensive Drills



Every pass demands communication, sprinting to close out, being there on the catch, and proper defensive floor positioning to take away the basket.

# Drills

3-on-3 Shell vs Basket Cut  
Defensive Drills



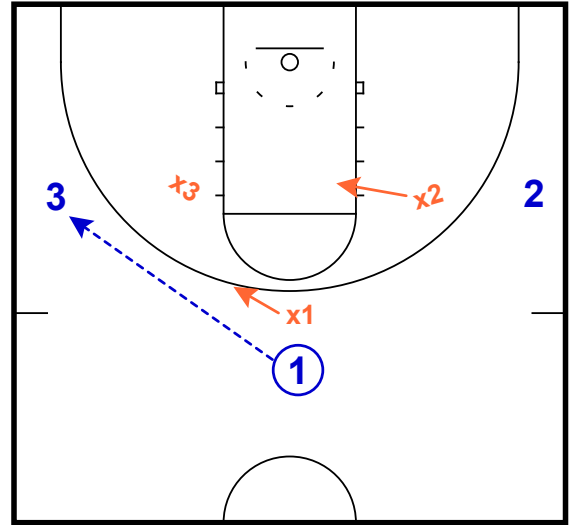
Offense basket cuts each time after passing to the wing. Emphasize:

\*Talking on defense

\*Jumping to the ball

\*No face cuts - defense cannot let the offensive play cut between them and the ball. Must go behind them.

Screen Away 3v3  
Defensive Drills

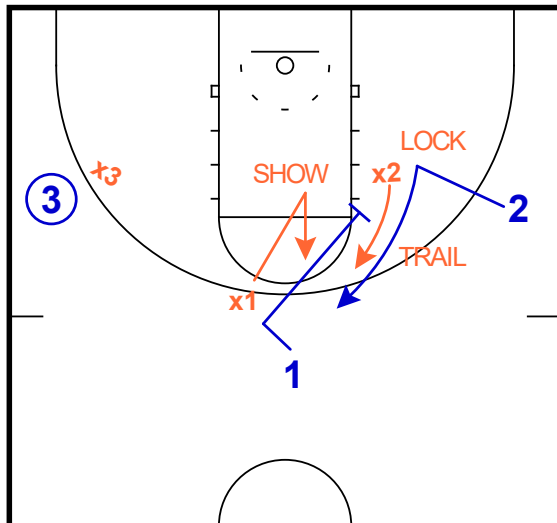


Setup: 3v3 with point wing and wing. Defense in the gaps when one pass away. Defense moves on airtime of the pass.

Offensive Rule: when you pass off the top, down screen away

1 may pass to either wing to being the drill. 1 passes to 3

Screen Away 3v3  
Defensive Drills



1 down screens for 2

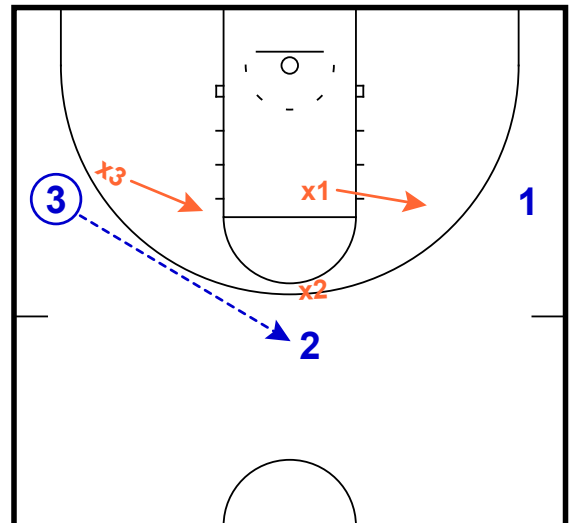
X2 - Force a "one way go" by locking into 2, you cannot let him reject and go backdoor. Get into the body of the cutter. No help responsibilities.

You cannot melt on the screen or dance at the point of the screen. Trail the screen and get back into the play to contest.

X1 - Alert X2 of the down screen. Contact show to stop the curl or catch-and-shoot if X2 is taken out by the screen.

X3 - ball pressure, no baseline

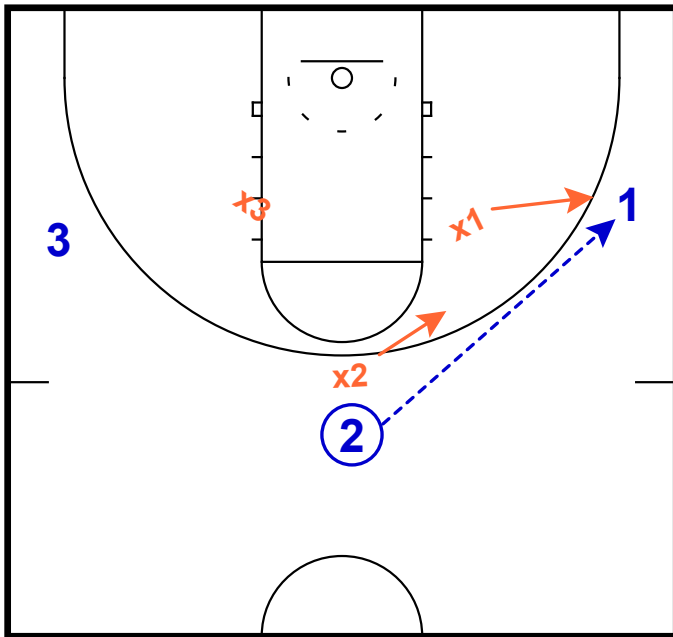
Screen Away 3v3  
Defensive Drills



3 passes to 2, defense moves to position on airtime of the pass

# Drills

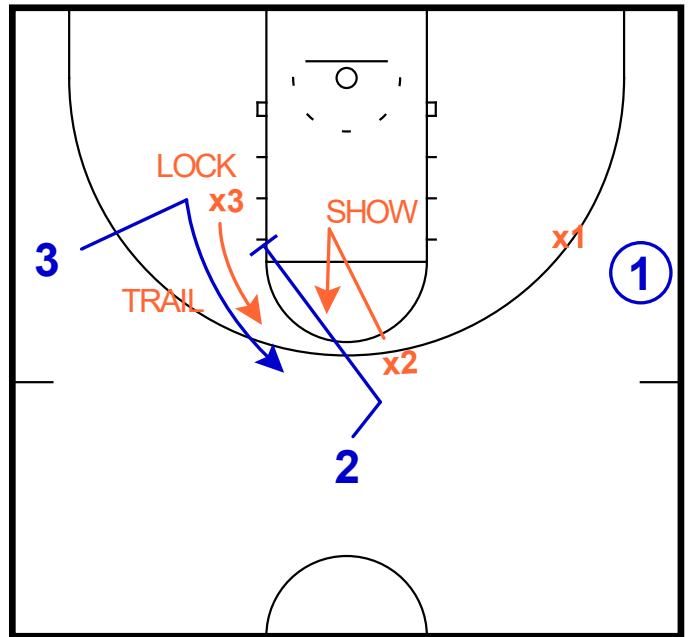
Screen Away 3v3  
Defensive Drills



2 reverses to 1

Move on airtime! X2 to gap, X1 to ball, X3 to help

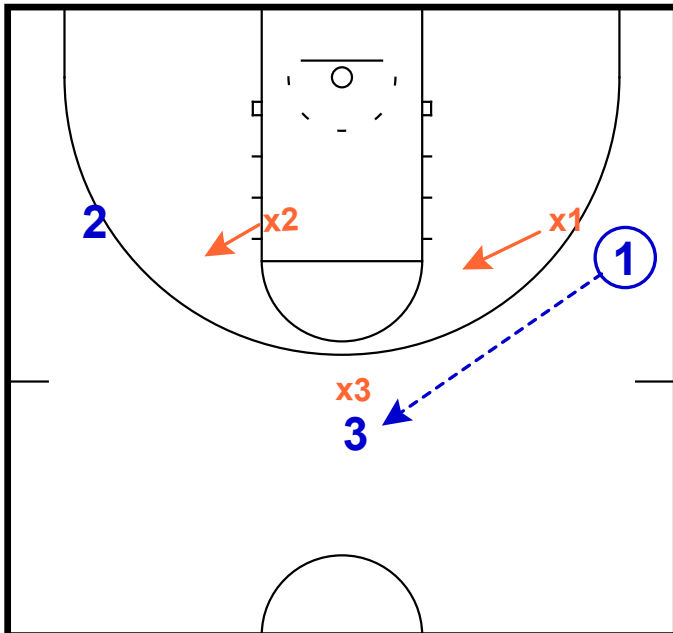
Screen Away 3v3  
Defensive Drills



2 screens away for 3

Lock and trail, show and recover again.

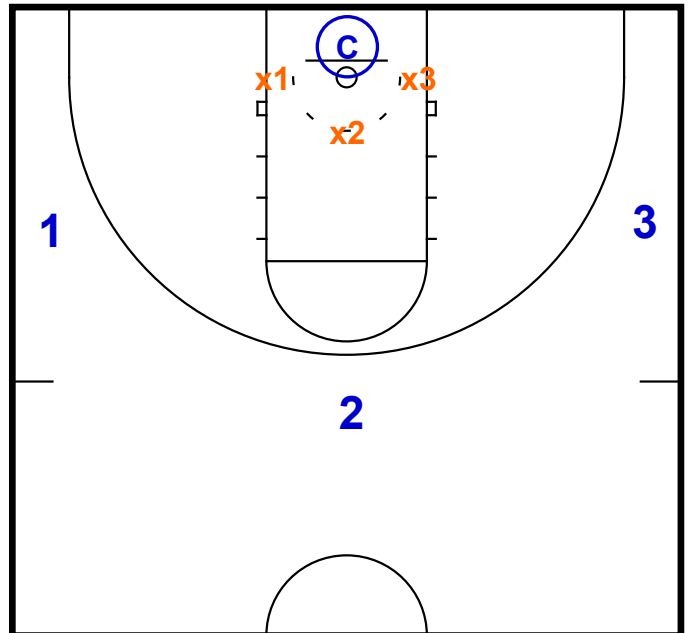
Screen Away 3v3  
Defensive Drills



1 passes to 3, defense moves to position on airtime of the pass.

Follow the pass and screen away cycle until all three offensive players have been screened for them go "live" maintaining the pass and screen away offensive restriction.

3-on-3 Shell vs Ball Screen  
Defensive Drills



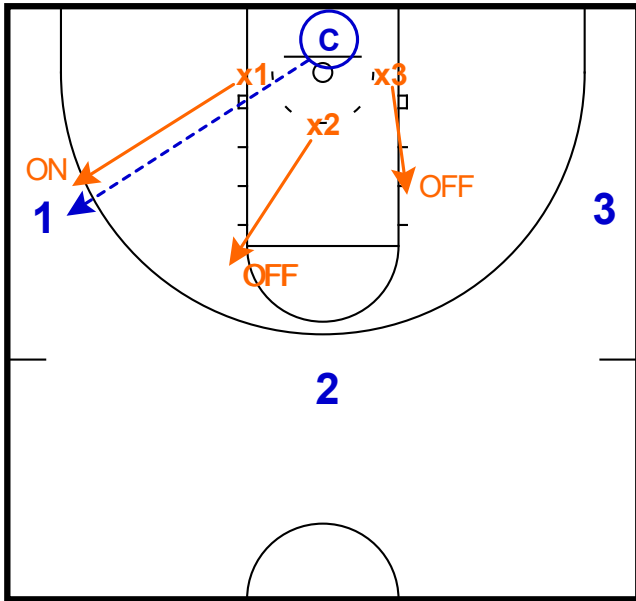
Setup: Coach with ball under the basket. Coach may pass to any of the three players to begin the drill.

Offense is arranged top side side

Defense arranged tightly in the paint

# Drills

3-on-3 Shell vs Ball Screen  
Defensive Drills



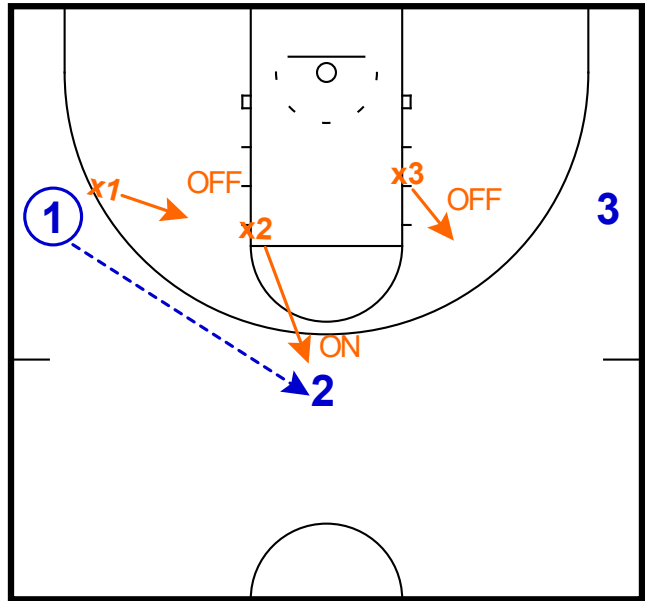
Coach passes to 1

X1 close out to the ball, no baseline! X1 is in "ON" position.

X2 sprint to gap ("OFF")

X3 sprint to help ("OFF" in help)

3-on-3 Shell vs Ball Screen  
Defensive Drills

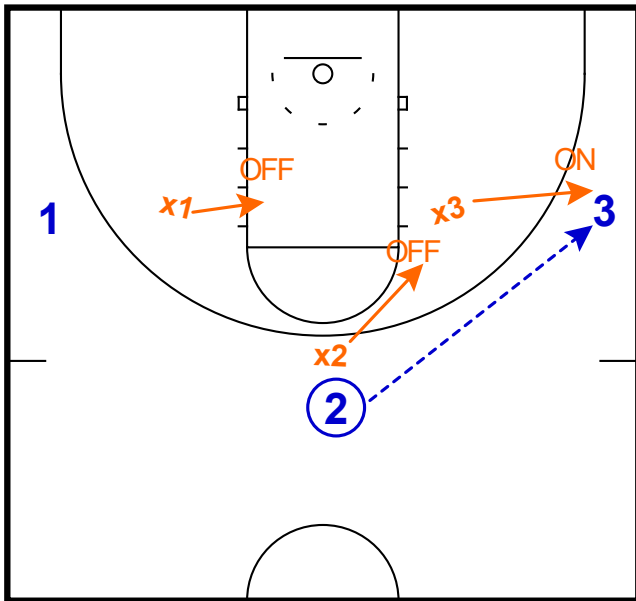


All three offensive players must touch the ball once, then it is live.

1 passes to 2. X2 moves to ON. X1 moves to OFF in the gap. X3 moves to OFF in the gap.

All players move on airtime of the pass!

3-on-3 Shell vs Ball Screen  
Defensive Drills



2 passes to 3.

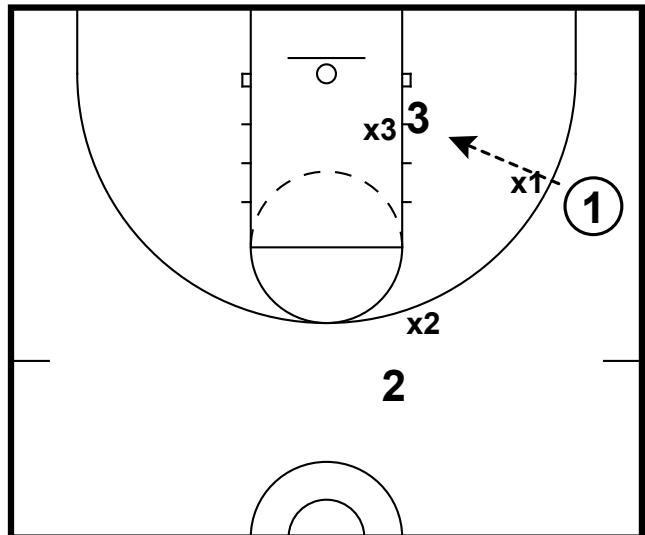
X3 moves to ON

X2 moves to OFF in the gap

X1 moves to OFF in help

All three players have touched ball now it's live.

3v3 Post- Screen & Cut  
Defensive Drills

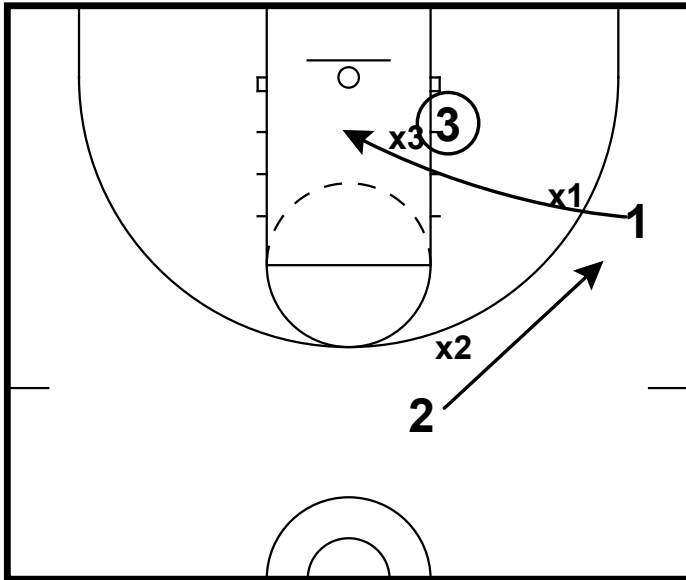


1 Passes into the post

Once the ball is in the post, the game is live

# Drills

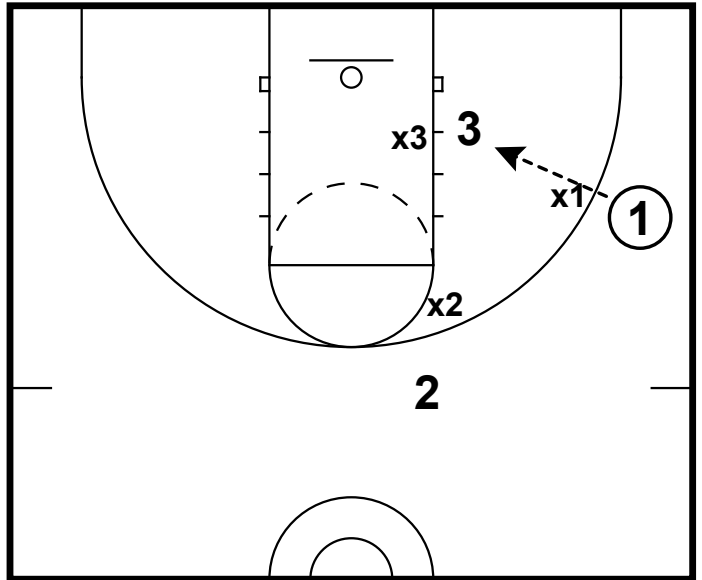
3v3 Post- Screen & Cut  
Defensive Drills



Player 1 Laker Cuts

Player 2 fills

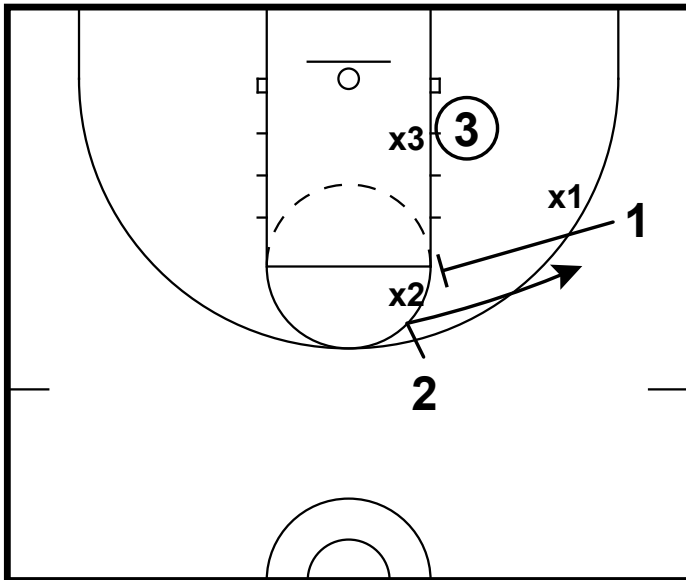
Frame 1: X Screen  
Defensive Drills



1 Passes into the post

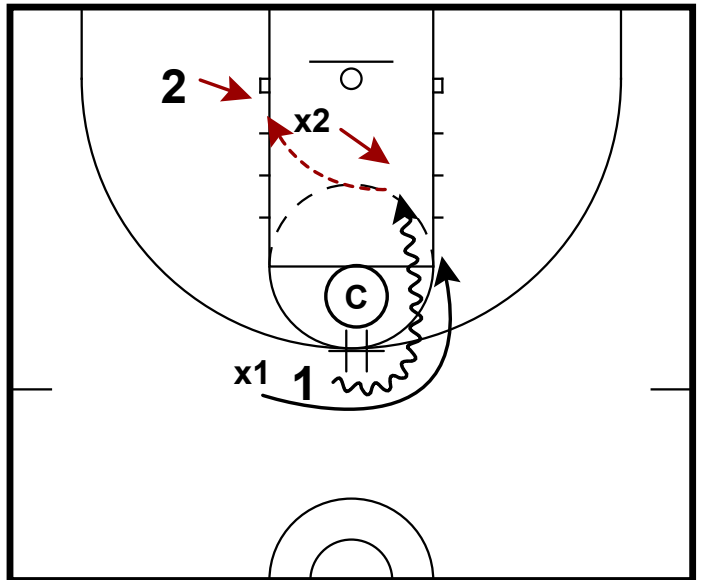
Once the ball is in the post, the game is live

Frame 2: X Screen  
Defensive Drills



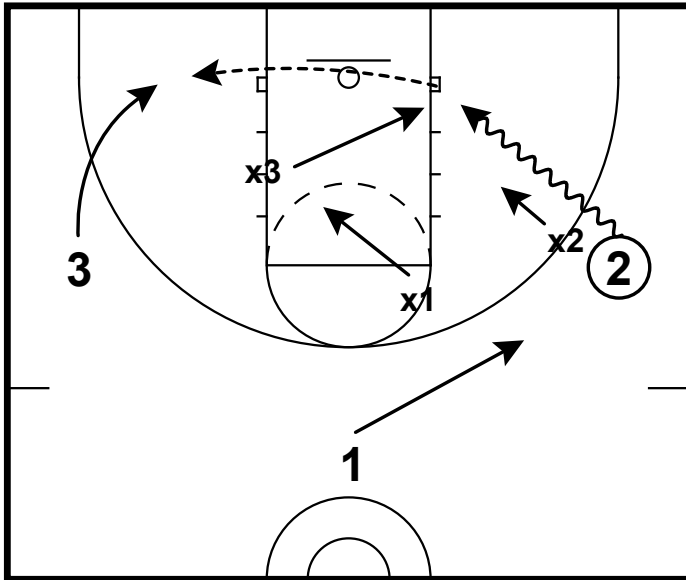
Perimeter players X screen.

SSG: 2v2 Ball Screen with Help  
Defensive Drills



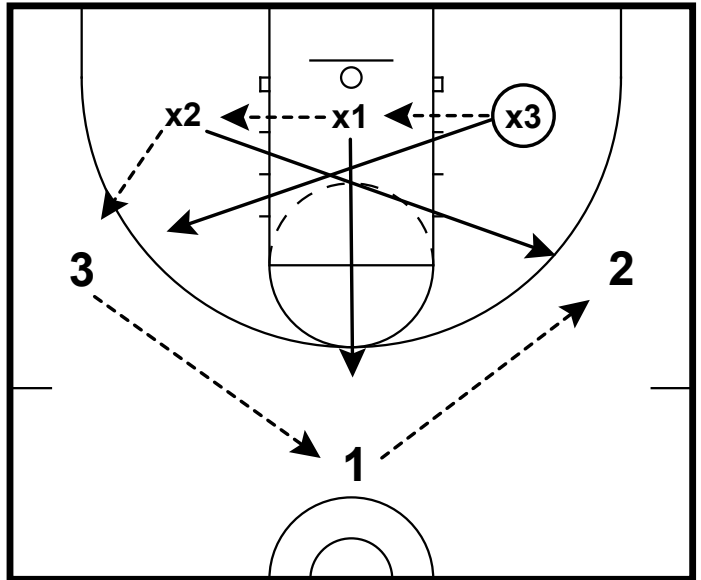
# Drills

3v3 Half Court Games  
Defensive Drills



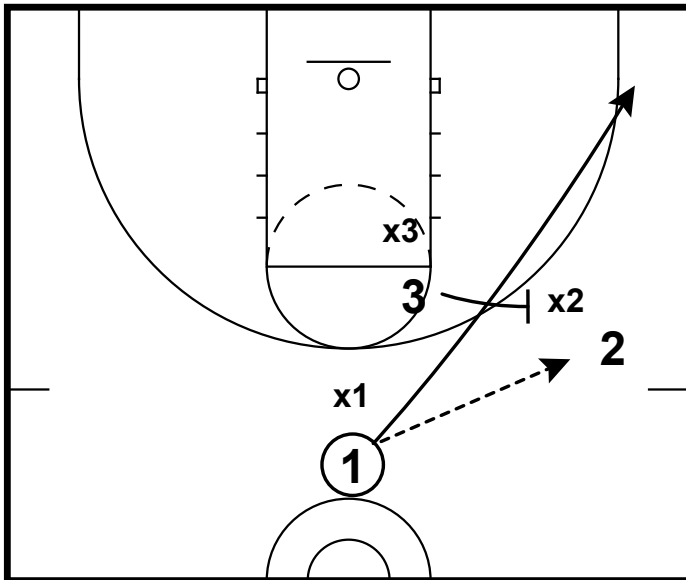
\*1 Second Advantage - Defender guarding the ball (X2 in this frame) starts with his back to the ball. 2 drives the ball and we play out of this advantage.

3v3 Half Court Games  
Defensive Drills



\*Memphis Closeouts - This looks more complicated than it really is. X3 passes to X1 and then closes out on 3. X1 passes to X2 and closes out on 1. X2 passes to 3 and closes out on 2. 3 passes to 1 and 1 passes to 2. At this point the game is live.

3v3 Half Court Games  
Defensive Drills

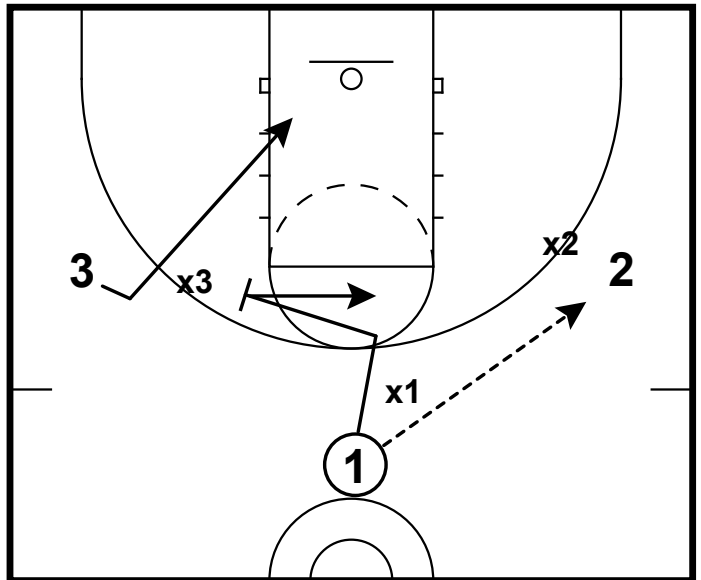


\*Ball Screens - In this frame 1 passes to 2 and loads the corner. 3 side screens for 2. At this point, we play out of it.

POE:

3 puts pressure on the rim with his roll and 1 shakes up in the back action.

3v3 Half Court Games  
Defensive Drills

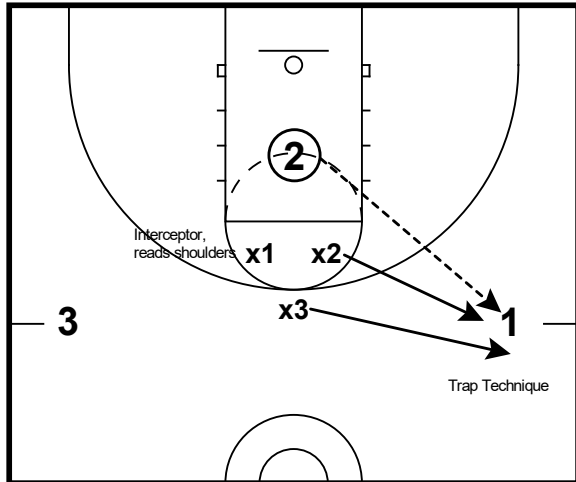


Again, the concepts are endless and up to your imagination. One more example from our screening game:

\*Wing Splits - 1 passes to 2 and then screens away for 3. 3 rejects the screen and cuts to the rim. 1 replaces his own cut and shapes back to the ball. Play out of this.

# Drills

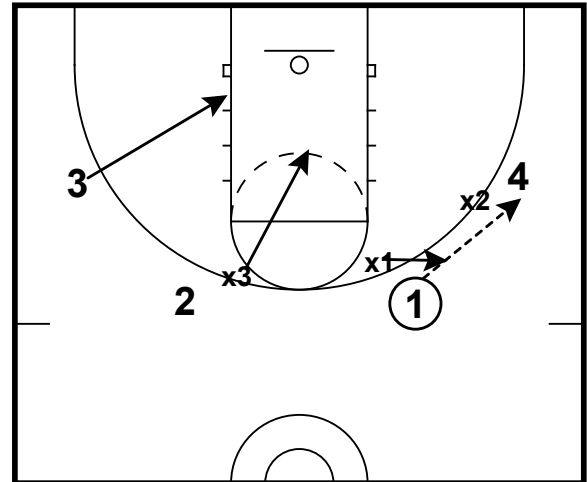
## Triangle Trapping Defensive Drills



Organization: Teams of 3. Players form a triangle using the edges of the volleyball lines and middle of the key. One ball needed.

Description: Coach passes the ball to the offense and the 2 closest defenders close in to trap. The offensive player must hold the ball and pivot through the pressure for 5 seconds, which coach counts out loud. After 5 seconds, the offense passes to a teammate. The defender reads the shoulders of the player with the ball and tries to intercept the ball. If the pass is completed the 2 closest defenders trap again. If intercepted, offense switches to defense.

## Izzo Defense Defensive Drills



4 on 3 drill with an unguarded person

The player who is unguarded can't move until the first pass is made. Defense stays on until they get a stop.

Coaching Tips:

- this drill is about talking as they scramble to cover the open player
- each pass call out who they are guarding.
- when needing to guard more than one player, always protect the player closest to the basket.