l'm not a robot



Would you like to get information about guarding the basketball better? Are you having trouble locking up your mark? More players realize the important it is to be good on the defensive end of the floor and not only show up for offense. Games today are being greatly affected by defense. The teams that won the last 5 NBA championships were all ranked in the top 10 for defensive rating except the 2018 GSW championship team ranked at 11. Some of you may find it challenging to improve your defensive rating except the 2018 GSW championship team ranked at 11. 11 things you have to know to lock down your opponents. What are the Most Common Types of Defense in Basketball? There are multiple types of defensive strategies are more efficient than others, depending on the playing styles of your opponents. Here are some of the main types of defense played in the NBA and around the world. Rotating Zone is a type of zone defense derived from the standard 2-3 zone that features two players at the top of the key, two guarding the wing and one in the center of the key. defense. The rotation of the players allows them to not only guard the zones that they are responsible for, but they can also stay closer to all the players on the opposing team. The rotating zone is primarily used by coaches to offer additional paint protection and reduce the number of open shots that the opposing team takes. Advantages: Rebounding The rotating zone can improve a team's rebounding numbers. While playing in the rotating zone, players are concerned about protecting the key, this often places them closer to the rim than if they were playing man-to-man defense. This proximity to the rim, often leads to increased rebounds. Dribble Penetration The rotating zone, like most of its counterparts is useful when trying to contain dribble penetration because it makes it easier to play help defense. While playing the rotating zone, players are often closer to each other than they would be if they were playing man-to-man, so providing additional coverage on a ball handler becomes easier. In addition to slowing down dribble penetration, the rotating zone, players are expected to not only play defense within the zone they are assigned, but they are also expected to rotate to other zones about their marks go into. The overall aim of the rotating zone is to stay close to players while guarding specific zones, but defenders are expected to rotate they'll reduce the number of open shots opponents will take. Low percentage shots Like most other zones, the rotating zone forces opponents to take shots further away from the rim than man to man defense. In some instances, when players are playing in the rotating zone, they may compress to prevent dribble penetration, and then the only available shorts to the opponents will be those from long distance. Disadvantages: Picks Players that play the rotating zone are expected to rotate from zone to zone, so this leaves them vulnerable to off-the-ball picks. If the opposing team is willing and able to set good off the ball picks, they can create holes in the rotating zone, which will result in open shots. To prevent this from happening repeatedly, coaches will need it to teach their players how to cover each other while playing the rotating zone. If players are able to adequately cover each other, picks may not be as efficient as the opponents need them to be. Mismatches To effectively play the rotating zone, teams will need to put players on the court that can switch multiple positions on defense. Because players are expected to sometimes rotate from zone while playing this type of defense, it is important that those players can play defense at multiple areas on the court. Opponents will take advantage of players that rotate to zones that they can't efficiently cover. For example, if a big man cheats to cover a player in a zone on the perimeter but cannot keep up with that player, this could prove very disadvantages to the defense. Man to Man Man to man defense is one of the most common types of defense player on defense without much help from teammates. One player is responsible for guarding one player. There are many variations of the man to man defense. Let's look at some of them now. The man to man defense can be played in the full court or half-court situations. Full Court Man-to-Man The full-court man-to-man is primarily used as a means to pressure the ball-handler to get the ball out of their hands while making passes difficult. It is also used to set up trap situations for double teams. Full court man to man defense is good at creating turnovers when executed properly. If a team has excellent on-ball defenders, it is good for them to use full-court defense, and some require that players guard the passing lane and also their mark so that they can easily pick off passes. Advantage: Tempo Full court man-to-man defense is employed by many coaches to slow down guards that are really good in the half-court. Full court man-to-man defense often pushes the ball out of the primary ball handler's hand into the hand of less capable ball handlers. The player responsible for guarding the primary ball-handler is now tasked with the primary job of making sure that the ball does not get back into his hands. Disadvantages: Mismatches If the full court man-to-man defense is used against teams with multiple ball-handlers, it will not work efficiently. If a team has excellent ball handlers on the court that can handle the ball through the full-court press, they can easily break down the defense by spreading If a team does not have a dominant rebounder or rebounders when they play the full-court man-to-man defense, they may experience reduced rebounding numbers. The full-court man-to-man defense pulls defensive team away from the rim in most cases, and this will make it more difficult for defensive rebounds to be obtained. Some variations of the full court man-to-man defense keeps at least one player closer to the rim regardless of where his mark is. This helps with rebounding. Burnout Another disadvantage of playing the man-to-man full-court defense is that the burnout aspect. Players chasing their opponents for the entire court's entire length on defenses. Coaches may have to tinker with their lineups to facilitate fresh legs being on the court. man-to-man defense is the most common type of defense but not all. The half-court defense is similar in some ways to the full court man-to-man defense is often used so that teams get. Advantages: Steals Half-court man to man defense is especially good if you have great on-ball defenders defending against a not-so-great ball handler. This type of defense is often used to force the ball out of ball handlers' hands into other players' hands and set them up for turnovers. Passes The half-court man-to-man defense often allows players to shoot the passing lane for steals. If ball handlers venture too far into corners they can also be trapped, and this is another opportunity for steals. When you have good on-ball defenders in your half-court man-to-man defense, your opponents are often forced to make difficult passes or passes over long distances. Tired Opponents Due to the pressure created by man to man defense, opponents that want to be effective cannot rest while playing offense. To beat the man-to-man defense, teams need to set picks and run a variety of plays in order to score consistently. Have you ever heard your coaches say work hard on defense and rest on offense? Well, the constant movement by the offense means that they're not able to rest as much as they would be able to if they were playing against a zone defense. Disadvantages: Dribble Penetration The half-court man to man defense is one that gives up a lot of baskets if you do not have great on-ball defenders. This problem is even more emphasized if the opposing team has a great ball-handler that can easily get into the lane. Coaches will then need to strategize and get double teams on great dribblers in order to prevent dribble penetration, and this always leaves other players open. Picks This type of defense is easily disrupted by on and off the ball picks. Many NBA teams on great dribblers in order to prevent dribble penetration, and this always leaves other players open. effectively and respond promptly to picks, they will be destroyed by pick and roll or pick and pop plays. Mismatches In half-court man-to-man defense, the offensive chain. If your team has a really poor player on defense, your opponents with ultimately try to create matchups with this player and force him to defense is that coaches are constantly battling because many times, you find great offensive players who either do not show enough effort on defense is one that divides the court into five zones, and one player is responsible for guarding each zone. The key is considered a zone, and the two areas below the free throw line extended is then divided into two other zones. The area above the free throw line on either side of the key are two other zones. their zone, and in some situations, if there is an overload, players may be expected to venture into other zones to help. Advantages: Mid-range protection The 3-2 zone is primarily used to stop open mid-range shots and prevent easy layups at the rim. Players playing in the zone are usually within the three-point arc so they can contest mid-range shooters and disrupt cutters that are trying to get to the rim. Low Percentage Shots The 3-2 zone is often used to force the offensive team does not have effective long-range shooters and cannot break down the zone, they will have a difficult time scoring the basketball. Traps 3-2 zone is also used to trap ball handlers if they find themselves in the court's corners. The players that are playing on that side of the court can double team. If you are playing against a 3-2 zone, they will try to force the ball to a side of the court and then attempt to trap, so try to do the opposite and remain in the court's center as much as possible. Dribble Penetration While playing in this zone formation, dribble penetration is often reduced. This zone formation is designed so that at least two defenders are always between the rim and the ball-handler. a lot of trees, especially from the elbows. If the opponents spread the court and rotate the ball quickly, they will find themselves with a lot of open three-point opportunities. Coaches playing against teams that employ this type of defense, should populate the court and rotate the ball quickly, they will find themselves with a lot of open three-point opportunities. to beat the zone defense is overloading one side of the court. It is an effective way to pass around the players in their zones and get to the rim if they are slow. Teams often overloaded, passing becomes easier, and it is easier for players to get open for shots or to get to the rim. One-three-One The 1-3-1 defense is a type of defense used by teams that want to pack the key while putting up a challenge at the 3-point line as well. This defense is often used to force teams to take long shots, so it is best to be implemented against teams with poor shooters. The 1-3-1 plugs the paint. The 1-3-1 defense places two players in a line in the paint and another one that just above it. It would be very difficult for dribble penetration to occur from the top of the key. There are also two wings on the sides that protect from dribble penetration as well. Low Percentage Shots Another advantage of using the 1-3-1 defense is that it forces non-shooting teams to take shots. Some teams try to bring this down with great ball handlers that can pass the ball when they are double-teamed. Disadvantage: Threes up a lot of corners threes, so it is not advisable to use it against teams that can make these shots. With one player at the top of the key and three players directly behind them and another under the rim, there really isn't a lot of coverage for the corners. 2-1-2 Full Court press is one of the most commonly used full-court press is one of the most commonly used full-court press and intercept passes. The final two players stay in the frontcourt to protect the rim and intercept passes. Advantages: Post Protect The 2-1-2 is primarily used to apply pressure to the ball easily in the post. Turnovers The 2-1-2 full-court defense is great for creating turnovers. Because two to three players are applying pressure to the ball immediately as it is inbounded, dribbling out of the situation and making passes may be difficult if you don't have a great ball-handler. Disadvantages: Risky The 2-1-2 defense is a type of defense is a type of defense that stretches your players all over the court, so it is a big gamble that does not always pay off. If the ball handler beats the initial press before midcourt, your team will find easy open shots. Tired Players When using the 2-1-2 your players may become tired quite easily as their opponents to keep up to shot a numerical disadvantage for the rest of the possession, and the opposing team will find easy open shots. with them to make the defense work. Footwork is an integral part of playing defense in basketball. Remember to practice defensive footwork. Work out your legs First of all, to play basketball you need strong legs. You can look at various workouts in the gym to increase your legs' strength so that it is easier for you to work on moving them properly. Agility brills and training exercises to improve your agility so that you can move your feet in an agile manner to keep up with your opponents. Practice Practice with your teammates and your coach. Whatever you learn in training and whatever you practice will be the things you do in games. After your coach shows you different footwork techniques and puts you through various drills, it is essential that you practice them with your teammates and your coach present to master them before you play games. 11 Must-Knows Basketball Defense Drills to Lock Down Opponents Basketball Defensive Slides (palms up) Defensive Slides with your defensive slides are great for players at all stages of the game. Work on your defensive slides with your palms facing upwards to learn how to play defense without reaching from an early stage. 2. Fire Drill Fire drills are useful in strength building. Fire drills help you to work on your agility and the strength of your legs. 3. Closeout, Slide, and Backpedal Drill. Playing defense around the edge of the key is a very useful drill for players to work on different aspects of individual defense. Here is a video showing you how you can practice playing defense around the key. These are also good basketball drills for kids. 4. Cone Hurdles Cone hurdling on your own, so you do not have to wait on your teammates. Basketball Defensive Drills for Players 5. Defensive Slides with Runs Defensive slides can be paired with runs, so players react faster to the dynamic movements of their opponents. Here is a video showing defensive slides and the runs along with your teammates. You can pass the ball to your teammate while standing on the baseline when they are at the top of the key or the three-point line. After you pass the ball to your teammate, rush to closeout and try to play defense before they score the basket. 7. Uneven Scrimmages with uneven numbers are good to help with transition defense. In most cases, when you are in a game and have to play transition defense, you are outnumbered by the offensive team, so you need to practice these scenarios with your teammates. 8. Full Court one-on-one with your teammates, try your very best to steal the ball or keep them behind the half-court line. This is a great basketball transition defense drill. Basketball Defensive Drills for Coaches 9. Ball Compass Fire Drill This type of fire drill is of a high intensity that promotes agility, strength, and quick reactions. Try to use this with beginner players as much as you can to improve their defensive versatility. Here is a video that shows examples of ball compass fire drills. 10. Tennis Ball Run and Catch Tennis ball catches are great reaction drills that can improve your player's ability to steal the ball. Here is a video with tennis ball defensive drills. Wrapping Things Up: Basketball Defensive Drills There are many different popular types of defenses utilized in basketball today, and there are many defensive drills that can help players operate effectively in these defensive Stance: > Basketball Defensive Stance: What is It and How to Get Into It? > Guarding in Basketball: Tips to Good Lockdown Defense to you? If you go to the park or the gym, most of the time all you'll see is players working on their offensive game. Rarely do you see players down in defensive stance entire possessions anticipating passes and offensive movement. You see, basketball offense is fun. It's 'cool'. It's the crossovers and dunks that make spectators stand up from their seats and cheer and get players to place more importance on the defensive end of the floor in games and practices. Below I'm going to provide you with 47 basketball defense tips that all players must know. Let's get started... General Basketball Defense Tips 1. Focus on Forcing Tough Shots The most important thing for a player to remember about defense is that the goal is to force the opposition to attempt a difficult shot.Whether the shot they attempt is made or missed is irrelevant. There will be times when you play fantastic basketball defense for an entire possession and your opponent misses a shot or turns the basketball over. For those reasons, it's important to focus on the process of playing great defense and forcing the opposition team into a low-percentage shot instead of judging your defense on whether the shot they attempted was successful or not.2. Commit to Becoming a Great DefenderYou'll never become a great defender without consciously deciding that becoming a great defender is important to you. It takes a tremendous amount of toughness and heart to commit to the defensive end of the floor. Most players would prefer to take the easiest matchup possible so that they don't have to work hard on the defensive end of the floor. dunks. It's only the hardcore basketball fans who appreciate and understand how important the defensive end of the floor is. Becoming a great defender starts with a change in mindset. Make the decision that from this day forward you're committed to becoming a great defensive player.3. Always Defend the Opposition's Best PlayerBy far the best way to become a great basketball defender is to play against highly skilled offensive players. This goes for practice, pick-up games, regular games, 1-on-1 games, everything. Constantly seek out the best offensive players and challenge yourself to play great defense against them. If you keep competing against players who are bigger, stronger, and more skilled than you are, I promise that you'll walk away from the game a better defender every single time. 4. Keep Your Balance is one of those areas that coaches constantly emphasize the importance of but players often consider unimportant. Let me make this perfectly clear...Balance is everything on balance allows defenders to guickly react to movements and actions from the offense... Shot fakes, pass fakes, jab steps, etc. Some players might not realize it, but these are all weapons used to get the defensive player off-balance making it easier to attack and score. Once you lose your balance, it's game-over for the defensive player will instantly attack and score. Once you lose your balance defender and either create a shot for themselves or a teammate. 5. Stay in Defensive Stance the Entire PossessionMost players are in the bad habit of only being in defensive stance when they're playing on-ball basketball defense. When they're playing off-ball defenses to the entire defensive stance and 'resting'. Great defenders to the stance and 'resting'. react quickly when needed. This could be to rotate across to play help defense on an opponent driving to the rim or to intercept a skip pass. You must understand that basketball is a game of inches and if you're not in defensive stance, the extra split-seconds of time that it takes to react can be the difference between blocking a shot or allowing a layup.Tip - If you're having trouble staying down in stance for a long period of time, try doing 'wall sits' (video) multiple times per week. This involves resting your back against a wall and sliding down until your knees form a 90-degree angle. Aim to stay in this position for as long as possible and gradually build up the length of time.6. Prepare Physically and Mentally to Play Great DefenseYour preparation refers to your pre-game routine, keeping your body in top physical condition, what kind of food you're eating, the amount of sleep you're getting each night, studying your opponents and the teams you're competing against, your water intake levels, etc. If you're not focusing on these things before the game even starts, then you'll never live up to your defensive potential when you take the court. Players must start taking preparation more seriously. Do you think a player joking around before the game when they should be mentally preparing and warming up can step on the court and be a great defender? Nope. Do you think a player who takes no time to think about their upcoming opponent (their tendencies, strengths, weaknesses) and the team their playing against can step on the basketball court. Take it seriously.7. Never Allow Easy Transition ScoresUnless your role is to crash the offensive boards after a teammate shoots the basketball, you must sprint back on defense immediately after the shot is taken. By doing so, you'll be in position to stop the opponent's fast break and to then pick up your player as they make their way down the court. The worst possible thing a player can do is neither transition back on defense or sprint in for the offensive rebound.Instead, they wait for the shot to be rebounded by either team and then react. This allows the opposition to pass forward and score uncontested layups which will often be the difference between winning and losing games. Always Give Multiple Efforts Every great defender is willing to give multiple efforts on defense. I see too many players who will get beat off the dribble and will then consider themselves out of the play so they jog back to pick up their fingers that they don't score. This can't happen. You must give 100% effort on defense until your team has secured possession of the basketball. These multiple effort situations can occur when the basketball being juggled on a rebound and you have to jump 3 - 4 times to secure the basketball or when a player gets beat playing full-court on-ball defense and instead of giving up they turn and sprint back into the play and attempt to get a back tip steal to one of their teammates." I put players in and take them out based on effort and defense, not making or missing shots" - Doc RiversGreat defenders never give up.9. Constantly Talk to Your TeammatesYou can never be a great defender if you're not communicating with your teammates when play basketball defense. "There has never been a great 'silent' defense" - Del HarrisThroughout the entire defension, you should be letting your teammates know where you are and what's happening on the floor that they might not be able to see. If all 5 players on the court are doing this everyone stays on the same page and it will prevent many defensive breakdowns. Here are 5 of the most common phrases players should communicate on basketball defense: 1. "Ball, ball ball" - Used by the defender guarding the basketball.2. "Deny, deny, deny to let others know that they're in position to help on a drive.4. "Screen right" or "Screen righ on.5. "Cutters coming through" - If an opposition player is cutting through the leaders on the team, it's even more important that you're talking to the less experienced players on your team about where they should be on the floor. For example... "Mike get up and deny the pass." "Mike force him to the left." All talking must be loud and clear to be effective communication. This kind of communication can go a long way to improving the team's defense and also giving each player added confidence. 10. Always Listen to Your Teammates who are great at communicating will instantly make you a better defensive player because you'll be more aware of what's going on around you. This is why you must be constantly emphasizing to the other players on your team the importance of communication. It will by most evident when you're playing on-ball defense. Listen out for teammates calling screens and then adjust your positioning so that you're able to evade the screen and establish defensive position back in front of your opponent.11. Accept That You'll Get Crossed Up and Dunked OnThis is an odd defensive tip, isn't it?But it's an important view of tough defense that you must understand. The players who never get crossed up are the players that are hanging back off their player and not giving the best for their team when they're playing defense. The players that never get dunked on are the players who don't rotate to help or who would rather not contest a shot that they're unlikely will) happen to you.Don't be afraid to challenge yourself by putting pressure on the basketball and playing tight defense. When you get caught out once or twice, brush it off and continue to work hard.12. Stay Out of Foul TroubleBeing able to consistently stay out of foul trouble is one of the keys to being a great defender. After all, you can't be a great defender if you're on the bench, right? Staying out of foul trouble comes down to two things...a. Your defensive knowledgeAs you improve more and more as a defender, you'll learn when the best opportunities are to attempt a steal or get a deflection.b. Your disciplineOnce players know what opportunities they should and shouldn't be taking on defense, they must have the discipline to play the percentages and stick to only the plays that are low risk and high reward. This involves staying down on shot fakes, not lunging for a basketball that you're unlikely to steal or deflect, and staying straight up when you're unlikely to steal or deflect. often a better option to allow your opponent to score than it is to draw a foul that's going to sit you for the rest of the game." If one of our players gets his second half. To play defense and not foul is an art that must be mastered if you are going to be successful" Chuck Daly13. Use Your Time on the Bench WiselyWhen you do get subbed out of the game, don't waste the opportunity you have to study the opportunity you have to study the opport. I'll elaborate on the specific questions to think about later in the article...But for now, here's a brief summary...• What are the tendencies of the player you'll be defending?• What are their strengths?• What are their weaknesses?• What offense is the opponent running?• Who are the best shooters on the team?• How do their set plays work?• etc.14. Gain Possession of Every Loose BasketballWhat coaches often refer to as 50/50 balls are when the basketballWhat coaches often refer to as 50/50 balls are when the basketballWhat coaches often refer to as 50/50 balls are when the basketball has been knocked away or deflected and both teams have an even chance of taking possession. A player's job is to turn the basketball from a 50/50 ball to an 80/20 ball. Meaning that when there's a basketball loose on the floor, you'll be the one who secures it 8 times out of 10. In order to do this, players must be down in defensive stance ready to react at any moment and must also be willing to put their body on the line for the benefit of the team by diving on the basketball if the opportunities at the end of the game.15. Learn How to Use Your Body to Your AdvantageFact: Basketball is a contact sport. If you want to excel as a defender, you need to learn how to use your advantage. By allowing the offensive players away from where they want to catch the basketball. This goes for the low post and on the perimeter. Cut off an opponent's cutting lane by stepping in front and bumping them while making sure to keep your hands out to show you're not pushing. Players will learn to use legal physicality as they gain more experience and gradually face smarter and stronger competition. 16. Be Willing to Take a ChargeThe other unselfish act a player can make on defense is being willing to put their body on the line and draw a charge. Taking a charge is often a huge momentum changer and will make the opposition hesitate next time they're around you. If a player is dribbling or running in your direction, hold your position hesitate next time they make contact allow your body to fall straight backward while simultaneously forcefully blowing out air. Is this flopping? Maybe. Will they call the charge if you hold your ground and don't allow your body to fall over? In 99% of the cases, no they won't. Whether we like it or not, being able to exaggerate a charge has turned into a skill in today's basketball. It will get your team extra possessions every game! 17. Improve Your Athletic AbilityWhile a lot of it is innate, you can definitely improve your athletic ability if you're working on the right things. Remember how I talked about basketball being a game of inches and more. I highly recommend players complete a vertical jump program during their basketball off-season. Here is a link to an equipment-free 12-week vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on their vertical jump program that I created that can help any player gain a few extra inches on the second explosiveness and acceleration.18. Be a Student of the GameAll players who aspire to be great defenders need to be constantly improving their knowledge on the subject. The best ways to do that is by watching YouTube video breakdowns.Here are a couple of my favorites... //youtu.be/qnlq0oWNbwgNever stop improving your defensive knowledge.19. Stop Complaining About Missed CallsOne of the most detrimental decisions a player can make for their individual defense and also for the team's defense is to complain about missed calls.Insteac of sprinting back on defense, a player stops and complains to the referee about a call they believe should have been made but wasn't. When a player does this, it often leads to a 5 on 4 fast break resulting in an easy score for the opposition if they spaced the floor correctly. A player who has ambitions to be a great defensive player can't ever allow this to happen. More than anything, a player must understand that referees are going to miss calls from time to time. You must get back on defense immediately and if the lack of foul call does need to be brought up with the official, leave it for a stoppage in play or for the coach to do the talking. 20. Establish Post Position as Early as PossibleOne of the keys to great post defense is not allowing the opposition to establish early position. Players competing in the post must beat their man down the court and then make contact early to keep them as far out as possible. By doing so, there's less chance that they'll receive the basketball and have the opportunity to score from close range. This isn't specific to the initial sprint down the floor either. Post defenders should be legally physical with their opponents hands, they act like their opponents hands they act like their opponents hands. job is finished. A defensive possession isn't over until your team has rebounded and secured the basketball. I hesitate to write the traditional 'box out on every shot' because I feel too many players get so focused on boxing out their opponent that they forget to rebound the basketball. If you're close to the basket, box out. If you're away from the basket, box out on every shot' because I feel too many players get so focused on boxing out their opponent that they forget to rebound the basketball. If you're close to the basket, box out. If you're away from the basket, box out on every shot' because I feel too many players get so focused on boxing out their opponent that they forget to rebound the basketball. If you're close to the basket, box out. If you're away from the basket, box out on every shot' because I feel too many players get so focused on boxing out their opponent that they forget to rebound the basketball. If you're close to the basket, box out. If you're away from the basket, box out on every shot' because I feel too many players get so focused on boxing out their opponent that they forget to rebound the basketball. If you're close to the basketball. If you're away from the basketball. make contact with your opponent and then pursue the basketball. Understand Your Team's Defensive System22. What Defense is Your Team Running? An obvious but important question. A lot of times a youth basketball coach will install a defense by explaining how it works, but never directly telling the players what it is. Make sure you find out what the coach is running so that you can go home and learn more about the defense you're gained to be playing. Study it until you understand it completely. You never want to get lost when you're playing defense. Once you've gained deep knowledge of what to do on the defensive end of the floor, the coach will be able to trust you to make the right decisions and that will usually lead to an increase in court time.23. How Does Your Team 's defender, you must know how your team's defender, you must know how you ho will choose to hedge the screen, use drop coverage, or even switch the screen.Some teams will have different defensive players are involved in the screen.Failure to defend the pick and roll correctly will almost always lead to an open shot from the offensive team. If this is something you need to ask and clarify with your coach, do it. 24. What Are the Defensive Rotations?" Defense is all about helping. No one can guard a good dribbler, you have to walk kids through how to help and then how to help and thelp and thelp and then how to help and the hardest part of defense for most players. Players get stuck in the 'this is my man and I have to stop them from scoring' mentality and forget that basketball isn't player and help out their the adefender on split-line needs to rotate down to stop the befender on split-line needs to rotate across to prevent the layup and then the high defender needs to rotate down to stop the pass to the helper's defender.25. How Are You Defending the Post? Every single player on the team must understand the rules on defending players in the post. This includes the guards on their team, I always recommend they use them in the post. This includes the guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. Whenever I help out coaches with tall and strong guards on the team. When the team we have taken and strong guards on the team. When the team we have taken and strong guards on the team. When the team we have taken and strong guards on the team. When taken and strong guards on taken and strong they've never been taught post defense! Specifically, all players must understand how to front the post, 1/2 front from either side, and the defensive system used by the team. Ensure that all players know exactly what to do if they get stuck in a post defense situation.Understand Your Opponent26. Are They a Great Outside Shooter? The number one factor that determines how you should play against your teammates with more help off the basketball and you know that when playing on-ball defense you can take an extra step back to defend the drive without fear that they'll make the shot. If you're guarding a great shooter, you won't be able to help as much and you must be more mindful of your rotations on defense. Instead, you should close the space between you and the defender and force them to dribble inside and take a lower percentage shot. This is why smart basketball coaches put great off-ball defenders on poor shooter or not, most players will have certain areas of the floor or certain ways that they score the majority of their points. To be a great basketball defender, you must work out where and how your opponent does most of their points driving to the rim and finishing with their right hand? Do they have a deadly midrange pull-up game? Are they a lowpost specialist?These are questions you must figure out the answer to for every offensive player that you play against.28. Do They Prefer Dribbling With Their Right or Left Hand?Figuring out whether to influence your opponent's dribbling to the right or left is one of the most important and easiest things you can do to improve your defense. How you'll implement this knowledge during the game might vary due to team defensive rules, but understanding their preference is crucial. More often than not, the player you're competing against will prefer to drive to their right hand. To force them to their opposite hand, position yourself so that you're slightly overplaying their preferred side and then establish a higher lead foot on this side too. From this stance, the only way they can drive on their preferred side is to dribble around you which will provide enough time to establish position again. If they were to drive on their opposite hand, you're still in position so that you can contain them and cut off the driving lane. 29. What Are Their Weaknesses? As well as figuring out their strengths, it's important to know what an opponent's weaknesses are. This knowledge will assist you to put them in uncomfortable situations by forcing them into performing what they're not good at. This will require watching tape of your opponent watching them play live, or simply working it out as the game progresses. Every single player on the planet has weaknesses. It's your job to find out what they are and exploit them. 30. How Do They Respond to Pressure being put on them. I've seen many players who regularly average 25 points per game but when you put a high amount of pressure from great defense. They get frustrated, start yelling at their teammates, and throw up shots from all over the court trying to reach their regular scoring numbers. Conversely, there are many great offensive players who stay calm and will have the same impact as usual regardless of the defensive pressure. For that reason, it's important to know which category your opponent falls under and then use that knowledge to improve your defense against them. 31. Do They Crash the Offensive Glass? There are many players who do a fantastic job of sprinting in for offensive rebounds and then either scoring or passing out to a teammate for an open shot. Shots after offensive rebounds and then either scoring or passing out to a teammate for an open shot. Shots after offensive rebounds and then either scoring or passing out to a teammate for an open shot. Shots after offensive rebounds always seem to be great shots. As a defender, you must be aware whether the player that you're guarding has a tendency to sprint in for offensive rebounds and then either scoring or passing out to a teammate for an open shot. Shots after offensive rebounds always seem to be great shots. As a defender rebounds or to run back on defense after each shot. If they are a great offensive rebounder, you must ensure to make contact with them after every shot and put a high importance on keeping them off the glass. Understand the Opposition's Offense Are They Running? One of the first questions that smart defenders will ask themselves when determining how to defend their opponent is "What offense does the opposition run?" Once you figure this out, the next step is to determine the best way to defend against it. Here are a few of the question you should think about... How do they initiate the offense? What's the regular passing sequence of their offense? Where do they take most of their shots from? For example: If an opponent's offense always starts with a pass from the top to one of the players on the wing, you then know that if you completely deny this pass then you'll come across teams that don't have an offense at all and will rely solely on set plays to score the basketball. Since most youth and high school teams only have 2 - 3 set plays that they run a majority of the time, it can be relatively simple to figure out what the opposition are trying to do and then take those options away from them. The best time to do this is before the game. Watch video of the opposition's offense or to watch them in-person and focus on figure it out throughout the game as you're competing against them. On-Ball Basketball Defense Tips 34. Put Constant Pressure on the BasketballWhile the main goal is containment, we don't want players to do this by standing 2 meters off their opponent and giving them wide open shots. Players must learn how to contain their player on the basketball is to make the offensive player uncomfortable which will often lead to deflections and turnovers. When a player is uncomfortable from on-ball pressure, they don't even think about shooting. As long as your teammates are playing great help defense, you shouldn't hesitate to apply on-ball pressure because if the offensive player does happen to beat you off the dribble, your teammates are ready to rotate and stop the basketball."My philosophy of defense is to keep the pressure on an opponent until you get to his emotions" - John Wooden35. Stay Lower Than Your Opponent at All TimesWhen you're playing on-ball defense, you should always be lower than your opponent. If you're roughly the same height, your eye level should be at approximately their shoulder level. Being lower gives you better balance and allows you to react quickly once the offensive player makes their move. As always, the quicker you can react, the better.36. Don't Lunge for the Basketball defense.When you lunge for the basketball, you're often putting yourself off-balance and out of correct defensive position. If the basketball comes within your reach, by all means, attempt to tip it it is a set to the importance of balance that I talked about in the first section of this article on basketball, you're often putting yourself off-balance that I talked about in the first section of this article on basketball comes within your reach, by all means, attempt to tip it is a set to the importance of balance that I talked about in the first section of this article on basketball comes within your reach, by all means, attempt to tip it is a set to the importance of balance that I talked about in the first section of this article on basketball comes within your reach, by all means, attempt to tip it is a set to the importance of balance that I talked about in the first section of this article on basketball comes within your reach, by all means, attempt to tip it is a set to the importance of balance that I talked about in the first section of the basketball comes within your reach, by all means, attempt to tip it is a set to the importance of balance that I talked about in the first section of the basketball comes within your reach, by all means, attempt to tip it is a set to the importance of balance that I talked about in the first section of the basketball comes within your reach, by all means, attempt to the basketball comes within your reach, by all means attempt to the basketball comes within your reach, by all means attempt to the basketball comes within your reach, by all means attempt to the basketball comes within your reach, by all means attempt to the basketball comes within your reach, by all means attempt to the basketball comes within your reach, by all means attempt to the basketball comes within your reach, by all means attempt to the basketball comes within your reach, by all means attempt to the basketball comes within your reach, by all means atte and secure the steal, but never lunge out of position unless you're over 75% sure you're going to steal the basketball. Always remember that containing your opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one priority when playing on-ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one playing on ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one playing on ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one playing on ball defense. 37. Stay an Arm's Length Distance From Your Opponent is your number one playing on ball defense. 37. Stay and the playing on ball defense. 37. Stay and the playing on ball defense and the playing on ball defense. 37. Stay and the playing on ball defense and the they should be to their opponent when playing defense. On average, a player should be approximately one arm's length away from their opponent. This means that if you stick your hand out straight, you should just be able to touch the offensive player with your fingertips. As players improve to higher and more skilled levels of basketball, the distance will start to vary depending on the tendencies and abilities of the player they're guarding against. But for the youth and high school level, this is often the most appropriate distance. Being an arm's length apart is the perfect length because it's close enough that the defender can get a hand on the basketball for a steal and also prevent the shot, but far enough away that if the player attempts to drive there's enough to react and adjust defensive position.38. Watch Your Opponent's Chest or WaistThis tactic will make an immediate impact on your defensive ability. When players are still learning the game, the natural tendency is to look at the basketball or the eyes when playing on-ball defense. The problem with doing this, however, is that it's easy for the offensive player to fake with their eyes or the basketball and get the defense? The mid-section of their opponent. This being anywhere from their chest to their waist. Unlike the other parts of their body, it's incredibly difficult for the offensive player to fake with their mid-section which is why that's where I recommend players focus on.39. Always Keep Your Hands at all times. Doing so will allow you to deflect the basketball if the offensive player makes a quick pass inside and also simply discourages passes as your opponent knows you may get a hand to it. Your other hands or to poke it loose if the decide to dribble. By leaving your hands down at your sides (which a lot of players do), you're not achieving anything defensively. Keep your hands active.40. Swipe Up at the BasketballMost players have formed a bad habit of swatting down on the basketball when attempting to reach in for a steal. The problem with doing this is that the referee will often call the defender for a foul. It looks aggressive and there will often be contact made with the arm. The better way to steal while playing on-ball defense is to swipe up at the basketball. This means keeping one of your hand's lower than the basketball with your palm facing up.Since the defender should be playing lower than the offensive player, this is a far more successful method and will result in fewer foul calls.41. Contest Shots by Blocking the Shooter's VisionA cardinal on ball defensive sin is jumping up and swatting at the basketball attempting to block an opposition player's shot. Although this can sometimes work, there are two main reasons why this isn't always a terrific idea...1. You might foul the shooterIt's incredibly difficult to block an outside shot without fouling. The shooting motion of most players will often bring their arms directly into yours on the shot resulting in a foul.2. They might fake the shot f you jump on a shot fake, it's game over. They're going to have an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they'll often be able to pass to an open drive to the rim and if they don't score themselves, they are observed to the rim and if they don't score themselves, they are observed to the rim and if they don't score themselves, they are observed to the rim and if they don't score themselves, they are observed to the rim and if they don't score themselves, they are observed to the rim and the rim and the rim are observed to shooter is to get your hand up to their face and take away their vision of the rim. A missed shot is just as good as a blocked shot. Often better since most blocks are out of bounds or straight back to the Basketball After a PassOne of the primary rules of defense is to never allow your opponent to cut ball-side of you after making a pass. This most commonly occurs on a pass-and-cut when the opposition is swinging the basketball around the perimeter. After making the pass, they will immediately look to cut ball-side for the for the give-and-go pass leading to an oper layup.Great defenders never allow this to happen.Any time you're guarding a player and they pass to a teammate, you must immediately jump towards the basketball on the flight of the pass.This removes your opponent's opportunity to cut ball-side and forces them to cut behind which is a much more difficult pass to make and puts you in prime position to intercept the pass if it's attempted. Even if they choose not to cut, you're immediately denying the return pass to the player you're guarding. Off-Ball Basketball Defense Tips43. One-Pass away - Deny or Help?One of the most important principles of your team's defensive system you must understand is whether to deny when one-pass away or whether to be in help position. This is the main difference between the two most popular defense (deny) and the Pack Line defense (deny). If you're denying the pass, you should always have one arm and one foot in the passing lane, your chest should be facing your opponent, and you should see the basketball by looking over your ball-side shoulder. Another thing to keep in mind is that the defensive system may not have a universal rule on this. The rule may change depending on where the basketball is on the court. For example, some coaches prefer to allow the initial pass to the wing and then deny after that pass has been made. Others might allow passes to the corner by playing in help position but deny any reversal pass back to the top of the key. Make sure you understand your team's defensive strategy when defending one-pass away from the basketball.44. Learn How to Close Out CorrectlyClose outs are one of the most difficult skills to master on defense. In fact, there any many offenses and set plays designed specifically to create defensive closeouts as that's often where a lot of defenses break down. There's no avoiding them. If your team is in help position (which they should be), then there will be close outs no matter what. So how do you perform them effectively? The key to closing out is to sprint approximately two-thirds of the way to the defender and then use short, choppy steps to finish the close out.As a player gets close, they should be low with their weight back to absorb the drive and also have one hand up to deter or contest the shot.45. Never Help Off Ball-Side CornerThe corner three-point shot is arguably the most efficient shot in the game of basketball. You should never leave this shot open. A player will most commonly make this mistake when an opponent drives to the rim irom the wing and they re defending a player in the corner one-pass away. Instead of staying on their opponent, this corner defending a player will drop down to help stop the drive to the rim leaving their player open for the simple pass and wide open jun shot. Every player must understand that help comes from the middle. That's why you must always have a defender on the split-line. Help never completely commit to helping on the baseline wing drive and leave open their opponent in the corner. 46. Always See Your Opponent and the BasketballWhenever you're on defense and you're not defending the basketball or one-pass away, you should be in a 'defensive triangle'. The defensive triangle (or ball-you-man) refers to positioning yourself between the basketball and your opponent so that you can see both with your peripheral vision. You should be in a 'defensive triangle'. have one hand pointing towards the basketball, one hand pointing towards your opponent, and your vision should be in-between the player with the basketball and your opponent, the help defender should be able to intercept it. A defender should be as close to the basketball as possible but still close enough to their player that if a skip pass to them was made, the defender would have time to close out and establish defensive position without allowing an open shot. The reason for this is that the closer a help defender is to the basketball defender is to the basketball defender would have time to close out and establish defender would have time to close out and establish defender is to the basketball defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to close out and establish defender would have time to never stands still while they're on defense. They're constantly adjusting their positioning the entire possession. Whenever the basketball or your opponent moves, you should be moving as well to make sure you're always in the best defensive position. This requires players to understand the defense to know where they should be, stay in a defensive stance to react quickly, and use the defensive triangle to keep vision of the player they're guarding and the basketball. If you're not constantly adjusting your position, it won't be long before you get caught out of position doesn't lead to a direct score by your opponent, it will lead to a breakdown in the defense and the need for your teammates to rotate and help. This puts them out of position to help you.Don't let each other down with lazy defense. ConclusionBecoming a great basketball defender is one of the most important areas a player can focus on defense, doing so is one of the best opportunities a player. If you implement the above tips into your game, very quickly you'll see the impact that they can have on your game. Home > Coaching > Drills > Man to Man Defense from one of the best defensive experts in the world. You retaining, rotations, rotation communication, transition defense, and more. You can also get a free PDF of the seven defense drills and four BONUS drills that are not included below. There is also SPECIAL bonus that shows you exactly how to develop your defense better and faster. Top Defensive Expert - Jim Huber These drills are from defensive expert Jim Huber. If you don to develop your defense better and faster. know Jim, hee's trained some of the best youth and high school players in the world. At the high school level, hee's trained NBA players such as Michael Porter Jr, Willie Cauley-Stein, Alec Burks, and Semi Ojeleye. His team also led the Nike EYBL in defensive points per game which features the best high school players in the country! Additionally, he won the Nike Global Challenge with Team USA West. So Jim knows a thing or two about defense.. Let s get to the drills! 1. 4 On 3 Overload Drill In the game of basketball, there are many situations where you have to scramble and match up with players; like rotating out of help defense and in transition. This is one of the best drills to improve your ability to scramble and match up. Your defense is at a constant disadvantage and it forces them to hustle, communicate, and rotate. In this 4 on 3 situation, someone will always be open, but with good positioning and effort you can keep things under control. This drill can also be done as a 5 on 4 type of drill. You start with three defenders and four offensive players. The ball starts on the wing. Instructions: As the ball is passed, defenders have to leave their player, scramble to cover the ball or be in a good help position. The ball can be skipped and players are allowed to dribble penetrate in their areas (but are mostly stationary early on as you learn rotation). After you get the hang of rotating and scrambling, you go "live" and the offense looks to score. Points of Emphasis: Effective Close Outs - If you are not going all out on our close outs in this drill, you will be exposed pretty quickly. You are already down in numbers, if someone isn't closing all out and under control, you are beaten before you even start. Sprint To Areas / Effort - Hold people accountable on effort. Make sure they are sprinting to areas. Coaching Tips Progress To More Situations and Increase Difficulty - After you are satisfied with the concepts sinking in, you can allow the offense free movement, interchanges, screens etc. 2. No Paint Defense Drill This is one of the best drills at eliminating penetration into the paint! It really develops a mentality of protecting the paint and not letting anybody get in there. If you believe that penetrating via the pass or the dribble is one of the best offensive weapons, this drill is a must! It's also a great all around defensive defensive drill for practicing proper defensive habits. You have four defensive defensive defensive drill for practicing proper defensive drill for pract players matched up with the defensive players. A coach or manager is positioned at the top. Instructions: Coach starts drill with a pass from the top. The object of the game is to keep the ball from penetrating the paint (lane). You can put tape on the floor to extend the lane. Offense gets a point for penetrating the paint on the dribble drive or pass. You can change possession on points scored (in the paint), turnovers, and defensive rebounds. It's just a like a regular half court game, except the only way to a point is to the in the lane. The first team to 3 wins. Playing to a low number (like 3) makes it really competitive and keeps the intensity at the level you want. Variations: 3-Point Shot Hits Rim -A progression would be to add that the offense can score another point by taking a three point shot that hits the rim. This forces defenders to maintain intense ball pressure. Excessive Fouling - You want our playing smart. The next progression in the drill is to begin awarding points if you are seeing excessive fouling and hand checking to stop the penetration. Make them stop the ball with their feet moving, not their hands reaching. 3. Five on Five Whistle Change This drill works on your defenders' ability to scramble and pick up a different player when a game situation forces them to do so. This often happens in transition and rotating out of help defense. Communication is a must in this drill and your players and five defensive players. They are matched up five on five. Instructions: You start playing five on five live. On the whistle, the offense will set the ball down on the ground. Someone on defense (anyone but the player who was guarding the ball), has to pick the ball up X2's team is on offense. The team that sets the ball down (in black) must scramble to guard someone. They cannot pick up the player that was guarding them. Example, 1 in black could not pick up X1. Points of Emphasis: Communicate in this drill. If they don't, they will fail. Forcing players to talk and think on their feet as they scramble is making practice harder than what they will fail. Forcing players to talk and think on their feet as they scramble is making practice harder than what they will fail. the game. Stop the Ball - Even though players are matching up in the drill, they must be aware of the ball handler. The ultimate goal is to stop the ball when necessary. Variations: Full Court - You can also play the game full court as a variation. You don't even have to start in a half court setting. Make sure to keep the team's baskets the same, though. Coaching Tips: Variety - Make sure to vary who has possession of the ball and the location of the ball and the location of the ball when blowing the whistle. Keep Coaching good position, rotate on help, defend screens properly, etc. 4. 1-on-1 Close Outs per game. Multiply that over a lot. And think about this, you can have anywhere between 100 to 250 close outs per game. Multiply that over the course of a season, you might have 2,000 to 10,000 close outs per season!! Poor close outs can destroy your defense night in and night out, you must be able to defend the basketball in a one on one setting. This is a fast-paced drill to practice in order to get better at closing out, contest shots, and prevent dribble penetration. It forces defenders to learn how to defend in a game-like environment. There is nothing better than improving on ball defense, X1 and X2 start under the basket. Each player has a basketball. The two offensive players are positioned on the wings. Instructions: X2 starts the drill with a pass to 2 on the wing. Defender's job is keep the ball out of the house (paint area) and force a contested jump shot, then block out and hunt the rebound. Progression 1: The offense is not allowed to go "live" until the defender closes out and gives them a "touch" of the hand. After one repetition, you can go to the next progression 2: The offensive players should sprint on the close outs. The quicker you can contest a shot and immediately get into a balanced position to eliminate dribble penetration, the less of an advantage the offensive player. Position Appropriately - Whether you believe in getting the defender's butt to the basket or forcing the offensive player in a particular direction, be sure to positioning will create easy driving opportunities for the offense coming forward to catch the pass? Or are we being lazy, standing still waiting on the pass? Just because the focus of a drill is defensive, don't let little things in games. Variations: Loser Stays On Defense - If the offense scores, the defender must stay on defense until they get a stop. You can rotate the offensive player each repetition. Add Passer - So the defender doesn't know when the pass is going to occur, you can have the coach, manager, or other players pass. This will improve anticipatory skills and reaction speed for the defender as it emulates what will happen during a game. Vary The Passing Position -You can also pass from different positions on the floor to close out from different angles and positions like you would during a game. You can also have dribble limits and time clocks, so the offense also has to practice good offensive habits. Coaching Tips: Alternate Sides - Go side to side for efficiency. When one pair is running live, another pair should be ready to go on the other side. Make Drills Competitive - Make the drills competitive by having players keep score. Create accountability. 5. Man in the Hole Even if you play half court or quarter court defense, this should be a staple for every coach. This is a great 1 on 1 transition drill that works on your ability to stay in front of a ball handler in the open court. You work on the shuffle, the quick turn, running, and the turn and sprint to recover. Additionally, it's great for conditioning and building mental toughness. It not only improves your 1v1 full court defense, it improves overall athleticism and conditioning. When you have to shuffle, sprint, change directions over and over, you're going to improve athleticism and reaction time. Even zone defense coaches use drills like these because of the tremendous benefits that they produce. The ball hander (2) has the ball on the baseline. The defender (X1) is standing in front of the offensive player ready to play defense. Instructions: The offensive player (2) tries to beat the defender (X1) down the floor. The defensive player tries to stop the ball handler (2) makes it to the other end, they will hand off to 4, who will be facing the same defender X1, back up the court towards player 3. 3 is the last ball handler. X1 defends for the third and final time. X1 is now "out of the hole" and you rotate to the next defender. X1 is now the next ball from advancing. Push Step & Sprint - The defensive player should push step (shuffle) and sprint to contain the ball handler. If the defender gets beat, they need to turn and sprint to a spot to cut off the ball handler. Offense eractices Good Habits - The offense eractices Good Habits - The offense gets by the defender, don't let them just turn and jog to the other baseline. Have the defender and offensive player go back to where they got beat. This will ensure focus and effort to stop the ball. Coaching Tips: Encouragement and energy from the Coach can help keep a player going in a drill like this. Get involved and work with them!Split The Court - Be sure to split the court into alleys. You can set up three to four alleys on each court. This allows you to work the entire team with this drill. You can use cones or other lines on the court. 6. 1-on-1 to 3-on-3 Full Court Being able to defend the ball in a one on one situation is vital. However, you need to have the capability to transition into help defense in a team setting! This drill is about building great 1 on 1 full court defense habits and transitioning into a half court with three players than with five players like during a game. Additionally, the offense learns how to handle the ball under pressure and improve passing. You have the defender guarding them. Two offensive players are set up on the opposite end of the floor. Instructions: The defense's goal is to get a stop. Their goal is to only allow one shot each possession. The ball handler (2) advances the ball on the baseline and start over. Points of Emphasis: Contain Ball - Your goal as a defender now is contain the ball. You do not allow straight line drives. You want to stay between your player and the basket!Wing Defenders X3 and X4 are going to deny the pass on the wing and make it difficult to catch. Help And Recover - The defenders have to be ready to help and recover should the ball handler get past the initial defender. Help Across Not Up - If the ball and their player in the other defender, the other defender, the other defender, the other ball and their player in the other defender. their line of sight. Try to stop the ball on the same level as your own player if possible. Helping "up" the court from your player in this situation will lead to the easy bucket on the lob ahead. Force Contested Jump Shots / No Lay Ups - Your Goal? Do not let the other team score! You do that by keeping the ball as far away from the basket as possible. Lay ups are NOT allowed! You want a contested jump shot as far from the basket as possible, with as much pressure and difficulty as possible. Variations: Force Turns Prior To Half Court - If you want to make the drill really challenging for the full court defender, you can reward them for the number of times that they force the ball handler to stop and

change directions. Each change of direction is worth one point. Once they reach half court, it goes back to playing defense straight up. Also, this can be a similar strategy to use against teams that lack effective ball handlers or if you have some superb 1 on 1 full court defenders. Defense Stops - One effective tactic to get players to focus on the defensive end is to only allow them to transition to offense by getting a defensive stop. If they don't get a stop, a new group of defenders comes in to stop the ball. If you score on offense, you stay on the court. Winner Stays - You can set up teams of three and play to a determined amount of points. The winners stay on the court. 7. 4 On 4 Shell Drill The shell drill is a great tool for teaching your defense. From a big picture perspective, you can quickly teach your players exactly what your team defense should look like. You can practice all of your defensive concepts in a team situation. You work on ball defense, being in a great stance, closing out, jumping to the ball, sprinting areas, and other key defensive concepts. You can practice defending any situation. You can practice defending all types of cuts, screens, and offensive actions. You can practice defending basket cuts, backdoor cuts, flare cuts, bac your team. You can have four or five defenders practicing defense all at once. You can also use the shell drill to work on specific defensive techniques. That way, if you're struggling with a particular offensive action, you can break it down and make sure your players understand how to defend in that situation. Also, you can get a bunch of reps in a short amount of time to solidify their learning. The following is a beginner progression for teaching the shell drill. You can also see progressions for teaching how to defend down screens. Set Up: You position four or five offense players on the court. You position a defender guarding each offensive player. Progression 1 - Positioning When you instruct, "Pass." Offense passes the ball. You look for correct help positioning, proper close outs, appropriate on-ball defense, and necessary effort. Progression 1, except now you have the players interchange positions from corner to wing when you instruct, "Interchange." This is a great way to get players defending more positions and situations. Progression 3 - Baseline Drive Now you instruct, "Pass. Skip. Beat Them. Pass Out." "Pass" indicates that you pass to the player two people away from you. "Beat Them" means that you drive baseline to force help. At first, the on-ball defender will let the ball handler go to practice rotations. "Pass Out or Kick Out" means that after the baseline drive, the ball handler turns and passes the ball back out to a perimeter player. Progression 4 - Live You take the defense through the same baseline drive routine as progression 3. You now instruct, "Live!" This means that the offense and defense play basketball. Rotate defense to offense after a predetermined number of "stops" by the defense. The drill can also progress to allowing the offense to rotate and have basket cutters. Progression 5 - Down Screens The drill is set up with 4 offensive (black) and 4 defensive players (numbers), with a coach up top with the ball. The coach will start the drill by passing to one of the players at the elbow. The help side offensive players will set a predetermined screen. The defense will jump to the ball and work to defend the screen correctly. Once screens are consistently being defended correctly, the drill can be moved to a "live" scenario. Progression 6 - Back Screens The drill is set up with 4 offensive players on the outside and 4 defenders on the inside. Coach is up top with the ball. Coach starts the drill with a pass to the elbow. The offensive player on the weak side elbow. The offensive player on the weak side elbow. The offensive player on the weak side elbow. (yellow areas). Once the player who was back screened gets through and recovers, the "goalie" can close out on their player. Points of Emphasis Jump To The Ball - Make sure we are anticipating the pass and jumping with ball, not reacting to the pass being caught. Move with the ball like you have a magnet in your chest. No Layups - Seal the seams and force the ball outside the scoring area, the area that we consider our "house". Don't Hug Your Player - Don't hug your player when they are going to set a screen. If you hug the player, play too closely, the screener might be able to set a "double" screen and screen you and a teammate at the same time. Stay up the line, on the line from the ball and give the player being screened enough room to get through.Ball Side Of Down Screen - Jim teaches the defenders to go "ball side" of the screen, so we are coming up the middle in a help position. In the bottom diagram, X3 would fight to get around the screen on the ball side where the offense, 1 in black, has received the ball.No Lobs - Non Negotiable on Defense - We do not allow LOBS on back screens. Get Skinny On Screens - When your player calls out the screen, get "skinny". Turn at an angle that makes you more difficult to screen and be ready to move. If you get caught "fat and flat" by that back screen, you are going to have a difficult time recovering and getting round the screen. Coaching Tips Demand Great Effort - Be sure they sprint to areas and give maximum effort. Often players think they are giving maximum effort, but they are giving maximum effort, but they are not. Immediately correct and rep out until the player does this correctly. Playing with great effort can help you overcome a lot of mistakes. Master The Basics / Don't Rush - When it comes to youth and high school basketball, don't worry about progressing until you master the basics of positioning, help defense, communication, and effort. If you do these throws at you. More Man To Man Defense Drills 1 on 1 Contain The Defensive Cutthroat Drill 1v1 Attack Ball Screen Defense Drill 3v3 Closeout The 3 Best Man Left Defense Drills To Lock The Ball Left Charge Technique Drill Triangle Charge Drill Get the FREE PDF - The Best 11 Defense Drills Let us know what you think!