

1-on-1 Half Court with Corner Man Stationary

Description Drill is designed to teach defensive man on ball to steer to outside. It also designed to teach man below ball to help and recover to shooter. The drill can also be used to deny reversal pass when ball is in corner.

Instructions Set up a stationary 3pt. shooter in the corner. Put a defensive man on this shooter. Give the ball to an offensive player at half court, 10-15 feet from the sideline. The offensive player with the ball tries to take his man one-on-one and score. The defensive player must steer the ball to the baseline and the help. The help must help and recover, not giving up the shot.

Players Four man drill

Tips Bottom defensive man must keep shoulders square to the baseline even while stopping penetration so that he can always see his man. We start this man in the gap below the ball as we really push the ball to the outside. We will give them the non-penetrating pass to the outside. This really lets us concentrate on denying the reversal pass, as we do not offer help over the top. Man on ball at top must steer baseline, as there is no help to the top. If man gets bear over top, I make him do 20 push-ups.

Variations Run the drill same as above, but when the pass is made to the corner have the guard deny the pass back out. Add another X an O at the weak side guard spot and let ball side guard screen away or interchange with weak side guard to work on your method of defending this offensive maneuver.

Skills Steer to outside/help and recover on shooter in corner

PERMALINK www.degerstrom.com/basketball/drills/151/

1-on-2

Description A good 1 on 2 defensive drill that helps people with their ball handling.

Instructions Divide the court in half lengthwise. Make up groups of three players to do the drill. You should have two groups going at a time. One on each each half of the court. Give a ball to each group. One player on each group is on offense and the other two are on defense.

The offensive player must reach the other end of the floor, trying to beat both defenders. If a steal or deflection occurs, the offensive player gets the ball back at that spot.

At the other end of the floor, the offensive player moves to defense and one of the defensive players goes to offense and they come back. Then let the next groups go.

Players 6 or more

Tips let the players only use their half of the floor.

Tell the ball handlers to be aggressive and use moves and not be afraid of making mistakes.

Skills ball handling, double teaming on defense

PERMALINK www.degerstrom.com/basketball/drills/152/

ONE ON FOUR

Description PLACE AN OFFENSIVE AND A DEFENSIVE PLAYER AT HALF COURT. PLACE THREE OTHER OFFENSIVE PLAYERS AS FOLLOWS: PUT ONE ON EACH WING AND ONE ON THE FREE THROW LINE. THESE THREE PLAYERS ARE TO ACT AS SCREENER AND PASSERS. THE OFFENSIVE PLAYER AT HALF COURT STARTS WITH THE BASKETBALL. HE THEN PASSES IT TO ANY ONE OF THE OTHER PLAYERS. HE THEN MAY USE ALL THREE OF THEM AS SCREENER OR PASSERS. THE NON-GUARDED PLAYERS MAY SCREEN OR PASS AS THEY SEE FIT. IF THE OFFENSIVE PLAYER SCORES THE DEFENDER REMAINS AND A NEW OFFENSIVE PLAYER GOES AGAINST THE DEFENDER. WE MAKE THE DEFENDER STAY UNTIL HE STOPS SOMEONE. WE ROTATE THREE NEW PLAYERS IN AS SCREENER/PASSERS EVERY THREE OR FOUR POSSESSIONS. THIS IS AN EXCELLENT DRILL WHICH CAN HELP YOUR DETERMINE WHO YOUR COMPETITORS ARE, AS THE DEFENSE IS AT A SEVERE DISADVANTAGE. IT ALSO HELPS YOUR OFFENSE AS THE YOUNG MEN LEARN TO PLAY TOGETHER AND USE SCREENS AND PASS THE BALL. LASTLY, IT IS FUN THE PLAYERS ENJOY GETTING ONE GUY ON DEFENSE AND SEEING HOW LONG THEY CAN KEEP HIM THERE.

Players 5

Skills DEFENDING YOUR MAN WITHOUT THE BALL

PERMALINK www.degerstrom.com/basketball/drills/153/

1 vs 1 off hand dribble

Description Player A and player B stand behind the base line on each side of basket. Coach stands in corner of court (or to the side).

Instructions Coach rolls the ball towards center court slowly, waits a few seconds (usually until the ball passes 3 pt. line - depending on how much conditioning is needed) and yells go. Both players sprint to get the ball. First player to the ball becomes offender (say A), other player (B) becomes defender. A must dribble back towards the basket which he came from and B must prevent an easy lay-up by forcing A to one side of the basket.

Players 2 (or more) + coach + 1 ball

Tips First explain that if a player notices that his opponent is faster and will obviously reach the ball first, he should back off and wait for him on the way back.

Also tell the players that 90% of all b-ball players are right-handed dribblers and will most likely be reluctant to dribble with their left. Tell the defenders to 'cheat' and force the dribbler to the left.

Skills force dribble to one side

PERMALINK www.degerstrom.com/basketball/drills/154/

1-5 Drill

Instructions Set up 5 offensive players, 2 (1 each) in the corners, 2 (1 each) at a high wing, and one at the point. Set up 4 defensive players playing man-to-man on all offensive players except the point.

There are 5 different defensive aspects that are addressed in this drill.

POSITION-- Have the offensive players pass the ball around and stress good defensive position (always see your man and the ball).

HEDGE-- The offensive players can now dribble the ball. One player must set a screen for the dribbler. The defender calls out 'screen' and takes a quick jab step to try to make the dribbler pick up his dribble and give the other defender time to get around the screen. Note: The hedger's first move is the quick jab step and his second move is to get back quickly on his man with his hands in the air to try and stop an overhead pass.

FRONT THE CUTTER-- The offensive player at the wing passes to the corner and cuts through looking for a pass to the basket. The defender must front the cut and force a lob or no pass at all. The off side wing and point rotate and fill the spot of the cutter. Note: The defender must use his body to force the cutter to go where he wants him to go.

DRIVE THE BASELINE-- The ball is thrown to the corner. The defender lets the ball go baseline and yells 'help'. The off side baseline defender slides over to trap the ball. The off side wing defender slides to the baseline, and the ball side wing defender slides to the opposite wing.

Note: It is essential for the beat defender to yell 'help', but if the off side defender is player proper position defense, he will see the move.

ALL OF THE ABOVE-- Each of the top four aspects are incorporated together.

Players 8 or 9

Tips Work on each aspect separately. Don't do all four together without working on each one individually. After each one has been worked on, you are ready for Step #5.

This probably won't be your team's favorite drill, but it is a very effective drill that will make defense second nature to your kids.

Skills Defensive position

PERMALINK www.degerstrom.com/basketball/drills/155/

1000 MPH Recovery

Description This drill teaches players quickly change between slide steps and sprint steps. This drill is a good intermediate drill between the basic z pattern defensive slide steps, and full open court 1 on 1. I have found this to be an excellent drill, when my players are having footwork problems in the open court try to control a dribbler who changes speed and direction very well.

Instructions Two lines of players, start underneath one basket, with one line on each side of the free throw lane standing out of bounds facing the mid-court line. On the Coachís whistle, the first player in each of the two lines sprints straight ahead to the elbow of the free throw line on their side, and turns to face the lines underneath the basket where they started. At the same time they begin to patter their feet until they hear the coachís next whistle.

On the next whistle (#2), the next player in each line sprints to the elbow of the free throw line, where the previous player had been, and again turns to face the baseline and begin to patter their feet. The players who were at the elbow, on the whistle (#2), make a drop step toward the sideline they are closest to, and make two diagonal slide steps, crossover and sprint toward the point where the mid-court line and sideline intersect, and two steps before reaching there, convert back from the sprint steps to make two final slide steps, before reaching that intersection. At the intersection, they again patter their feet, until they hear the next whistle (#3).

On the whistle (#3), the first two players who started the drill should be making a drop step toward the elbow of the far free throw line, and again repeat the two slide steps, two sprint steps, two slide steps pattern, ending again facing the baseline where the drill began, and with their feet pattering.

On whistle (#4) the first two players, again repeat the two slide, two sprint, two slide step pattern, to the intersection of the the far baseline, and their sideline, where they patter until they hear whistle #5).

With each progressive whistle a new pair of players sprints to the elbow of the near free throw line on their side, turns and begin to patter. Every player, on every whistle, will follow the pattern of diagonal slide two steps, sprint two steps, slide two steps to the next position occupied by the previous player, and patter until the next whistle.

Players works best with 6 or more players, and is a good team drill

Tips It is critical that the player, keeps their shoulders and head facing the near baseline at all times, independent of their footwork.

There is a tendency for most players to turn their shoulder in the direction they are moving, but this makes it much easier for an offensive player to turn them around in the open court.

The defensive slide should be made as low as possible without losing balance, and speed, and with short, choppy steps on the slide, and long explosive strides on the sprint steps.

Tell your players to keep their head over their feet at all times.

It is especially important to teach that the trailing hand be kept low and in a position to deter a quick crossover dribble by an offensive player, at all times.

Skills Defensive Footwork

PERMALINK www.degerstrom.com/basketball/drills/156/

2 Man Loose Ball Drill

Description Teaches players to get after a loose ball by getting on the floor instead of reaching for the ball.

Instructions Form 2 line under the basket on each side of the backboard. The Coach gets in the middle with the ball and rolls (bounces) the ball anywhere in the half-court.

Players should go after the ball and anything goes. The player who controls the ball comes back to the basket and the player without the ball immediately becomes the defense trying to stop the player with the ball from scoring.

Players 2

Tips It is important in this drill to emphasize good one on one defense, and blocking out.

Variations Make the drill full court. You may also number baskets and get kids reacting to a number call.

Skills Going down after loose ball

PERMALINK www.degerstrom.com/basketball/drills/157/

2 On 1 Denial

Description The purpose of the 2 on 1 denial drill is to teach how to deny the ball. By using two players, emphasis is also placed on double-teaming. This drill is also good for offensive players in that it allows them to work on receiving the ball when being double teamed. This would be especially good for a post player. This drill also forces the players on the perimeter to work on their passing.

Instructions Place players around the three point line with only one basketball. Select three players to go inside the three point line. Two of these players will be assigned to deny the other player the ball.

The players on the outside are trying to get the ball to the player that is being guarded. If they cannot get the ball to that player, they throw the ball to another teammate, who is also behind the three point line. The defensive players need to try to get three steals. Once this happens, another one of the three becomes the offensive player. This continues until everyone involved has been on both offense and defense.

Players 6 or more

Tips Stress the importance of the defenders seeing both the ball and their man.

Emphasis to the players on the perimeter to make good passes to the player going for the ball and each other.

Encourage the use of skit passes.

Variations Number of catches may vary.

You may also make it more interesting by setting a rule such as the defense has to get three steals before the offensive player receives a pass from every player on the perimeter. If they do not, they have to run.

Skills denying the ball

PERMALINK www.degerstrom.com/basketball/drills/158/

2 on 1 Fast Break Defense

Description The drill starts with 1 player on the foul line, one on the baseline, and two in the paint. A coach or manager will throw the ball off the glass. Once one of the two players in the paint has control, the player on the foul line sprints back the opposite lane and faces the offense. The two players in the paint go on a 2 on 1 fast break. The player on the baseline follows the play to the top of the key and will become the defensive player going the opposite direction. Once the offense shoots, or the defense makes a stop, then first defensive player and the offensive player who first handled the ball go on a 2 on 1 fast break the other way, while the player who followed the play sprints back on defense once they have secured the ball. The drill goes 4 trips up and down the floor, as each player in the drill ends up as the defensive player once.

Instructions We teach our kids to sprint to the foul line and turn to see the oncoming fast break. Once there, we have them 'shade' to the ballside just a little. The important part of the drill is to make the defense dictate what the offense does. We do not let our kids commit to the ball or to the weakside too early, thus giving the offense the edge. We make them wait, and shading the ballside, the ball-handler must make a decision to take it to the hole, or pass. If they decide to go all the way, we make the defense either try to take a charge, or simply slide to good position and get their hands in the shooters face, then, most importantly, box out the shooter.

If the ball-handler passes, we make our defensive player slide into position to take a charge from the PASSER! Most kids will pass the ball and then keep right on going to the basket, assuming that the defense is going to the ball as soon as the pass is made.

Players 4

Tips It is important to tell your kids that they are not going to be very successful on defense during this drill. A 2 on 1 break is a nearly hopeless situation for the defense. But if you can convince them that by taking a charge, or making a routine stop using good defensive principles in a game, that those types of play can be huge momentum boosters or changers, then they will buy into the concept. It sometimes only takes one big defensive play to change the complexion of a game. I have seen great success with this drill, as my kids now routinely step up to take a charge in this situation, whereas before, we usually fouled, were scored on, or both.

Skills Learning to Play Aggressive Defense in a Tough Situation

PERMALINK www.degerstrom.com/basketball/drills/159/

2 on 2 Full-Court

Description 2 players play offense against 2 defenders from the other team. After offense the 2 must run full court and then the next two who will play defense on the two that are coming from the other end.

Players Minimum 8

Skills Defense

PERMALINK www.degerstrom.com/basketball/drills/160/

2 on 2 transition drill

Description Divide the players up in 4 teams positioned in the 4 baseline corners. 1 player steps in from each corner and 2 teams are formed under the baskets. The 2 teams play 2 on 2, until the basket is made or defense gets the ball.

When that happens defense make the outlet pass to the corner and step off the court. Offens run back on defense (transition), and the 2 new offense run a fastbreak.

Players 8 or more

Tips This is a good uptempo competitive drill, if you let the 2 ends play each other. I usually give points for made baskets and take away points on turnovers.

Variations The drill works best with 2 players, but it can be run with 3 players (then you have one line under the basket as well). You can also put in rules about the number of dribbles, passes, screens allowed etc.

Skills Defensive transition, fastbreak.

PERMALINK www.degerstrom.com/basketball/drills/161/

3 Point Defensive Drill

Description Have your offensive team run whatever offense you would like them to run. I usually have my kids run our passing game offense or some motion.

The offense starts with 3 points and can go no higher than 3 points. The defense must get the offense down to zero. To do this they must get defensive stops. Everything must be perfect (or at least close) in order to take a point away from the offensive team. If the defense forces a turnover or gets a defensive rebound make them outlet the ball to a coach and sprint to half court and then back and match up. This will add a conditioning aspect to the drill. The offense can score points by making a basket, or can gain points when the defense makes a mistake. If I catch some one chasing on screens, not in helpside, not talking, not denying the wing etc I blow the whistle and give the offense a point (make sure you tell what the point was for). Place a premium on rebounding by having the offense go back to 3 points automatically if they get an offensive rebound. This will stress that we are not done playing defense until we rebound the ball.

Players 10 or more

Tips Stress position defensively. Adjust this drill to meet your team defensive philosophy.

Variations You can run this drill 4 on 4 with 4 other players shooting free throws if you have 12 or more players.

Skills All aspects of man to man defense

PERMALINK www.degerstrom.com/basketball/drills/162/

3 on 2 Pressback

Description This is one of my player's favorite drills. The drill is set up exactly the same as the 3 on 2 we all use as a pregame warm-up. Two players in the key on defensive, the rest of the team in three lines at half court.

Instructions The three offensive players attack and try to score. After the score or a turnover the two defensive players become the offensive players and try to advance the ball to half court. If the basket is made, they must take the ball out of bounds with one trying to receive the ball against three defensive players. The defense tries to trap and steal the ball. If they get a steal, turnover, 10-second count, etc. they get the ball back and try to score again. The drill ends when the two offensive players advance the ball to half court.

Players Minimum of 5, I use the entire squad

Tips Games are won in spurts. We try to get our players to realize this and emphasis effort on the defensive to get a steal and easy basket. Usually the team that has the most spurts in the game comes out the winner. I make the players who begin on defensive go against two sets of three before they get to come out of the drill. Two poor offensive players together on defense can stay in this drill for a long time. You want to make sure you referee and call all the violations.

Skills Defensive skills, passing, shooting, rebounding

PERMALINK www.degerstrom.com/basketball/drills/163/

3-on-3 Closeouts

Description I use this drill to help my kids with communicating with each other on the defensive end. It is also excellent for working on closing out on shooters, and closing out on them under control. This also gives my players the chance to work at guarding different size players. Offensively, it helps us shoot or penetrate under pressure.

Instructions I divide my 12 man team into 4 even (defensively) teams. The 1st team in lines up on the baseline under the basket, with their backs to the floor, one player under the hoop on the baseline, and one each on the spot where the lane lines and the baseline meet. Offensively, we put 3 players at the 3-point line, one in the middle, and one each on either side. So they are lined up directly in line with the defense. Offense is facing the basket. Defense has its' back to the offense. So the defense can't see where the offense is. I stand in front of the defense, out of bounds. I will throw a pass to any of the offensive players, who after they catch play live to score. They can shoot right away, pass, or drive to the basket. The defense must turn and close-out on the offense, but they cannot guard a man who is standing directly behind them when the pass is made. The possession continues until the offense scores, or the defense gains possession of the ball. After each possession, I make the defense line-up in different spots on the baseline, so that they are not always closing out to the same spot. Other offensive players rotate in, so they are always fresh. Defense must get 3 stops in a row to get out.

Players 6

Tips I find this drill becomes very competitive. My players really get into it. I usually make the defense stay until they get 3 stops in a row. You get a stop by forcing a turnover or getting a defensive rebound. The defensive rebound must be on the initial shot. If they give up a basket or an offensive rebound, they go back to zero in their quest to get to 3 stops. I think this drill can be effective at any age.

Variations You decide, as the passer, how much time you want to give your defense between possessions. If they are working hard, you may give them more time to decide where they are going to go on the pass. If not, as soon as they are back on the baseline, pass it back out to the offense quickly. You can go for as many stops in a row as you want.

Skills Defensive Communication, and closing out

PERMALINK www.degerstrom.com/basketball/drills/164/

3-3-3

Description This is a 3 on 3 continuous drill. This drill will work on your 3-3 primary fast break, it will work on 3-3 defense, and it also work on the conditioning of your players.

Instructions The drill starts with 3 players in the middle who are the defenders, 3 players on each baseline with players behind them. The only way the 3 defenders can get out of the middle is to cause a turn over by the offense or get a defensive rebound. If they get a rebound the offensive team that shot the ball goes to defense. If a turnover occurs the offense goes to defense and a new offensive team goes on the fast break.

Players 12 to 15

Tips Make sure the defensive teams have to cross the half court line everytime, and make sure they get back in transition.
Make sure the offensive team does not come on the floor too soon or that they leave the baseline too soon.

Skills man-man defense and the offensive fast break

PERMALINK www.degerstrom.com/basketball/drills/165/

3-33

Description Start the drill with 3 players stationed along the baseline within the key area.

On the whistle players must sprint to opposite baseline touch the line sprint back, as the players touch the line the coach tosses the ball and hollers ball the players must turn find the ball and go get it.

The player who gets position continues towards the basket and plays the other two players when the player shoots, If she misses all three players go after the rebound and play continues until someone scores. The player who scores steps off the court and the remaining two players must sprint to the opposite baseline touch line and sprint back.

The coach tosses ball out again player retrieves ball now we play one on one player scores steps off and the remaining player must take the last sprint up and back, the drill continues with three new players.

Players 3 at a time

Tips In this drill there are no out of bounds and we encourage the other players to cheer for the three players participating in the drill.

We like to emphases defense and boxing out.

Variations What we like to do is when the first group finishes and the last player is starting his sprint we give her a slight lead than blow the whistle for the next three to start if the three catch the one sprinter the team or the one player must do a suicide. or whatever the coach decides.

Skills Conditioning, dribbling, offensive moves, defense and others

PERMALINK www.degerstrom.com/basketball/drills/166/

3-on-3 full court (2-dribbles with no lobs)

Description The drill is a full court drill used to teach covering the used dribble and denying the pass after a cover call.

Instructions Three players are on offense trying to bring the ball the length of the floor against three defensive players. The offensive players may not use more than two dribbles each time they touch the ball. They may not throw the lob pass. They are attempting to take the ball the length of the floor and get off a good shot. The defense is trying to gain possession of the ball by forcing a turnover or stealing the ball. If the offense is successful at getting off the good shot, then they are allowed to bring the ball back on the return trip. If the defense is successful at forcing the turnover or stealing the ball, they are allowed to inbound the ball and bring it back on the return trip. Whichever team is on defense at the end of the return trip, will play defense against the next group.

Players 6

Tips If the offense is successful in getting off the good shot, they are rewarded by getting to play offense on the return trip. If the defense is unsuccessful at gaining possession of the ball on either trip, then they must defend the next group. Make sure the defense is using good denial defensive technique and is not standing upright and running. I have the man covering the used dribble yell in the offensive mans face as loud as he can. I want him to have his nose on the defenders nose. He may count to five as he is yelling in an attempt to get the offensive man to panic and hurry his pass.

Skills Pressuring used dribble, pass denial and conditioning

PERMALINK www.degerstrom.com/basketball/drills/167/

30 Second Zig-Zag

Description Divide court up by chairs down the middle of the court. Scoreboard Clock runs and ball handler on each side of court is guarded and has 10 seconds to get the ball to half court while pressured-then must maintain head up over half court and run the clock down and score with less than 10 seconds on 30 second clock.

Instructions Drill is basically as above. We play if defense steals ball at any time reward is they are done. Switch sides after each player has a turn on offense and defense on one side of the court.

Players Any number of pairs

Skills Dribbling/one on one defense

PERMALINK www.degerstrom.com/basketball/drills/168/

4 on 3 contest

Description Four offensive players are spaced along the arc while three defensive players guard any 3 opponents. A coach has the ball and he will begin the drill by passing to any of the four offensive players. The defense must rotate to prevent an uncontested jump shot.

Instructions The four offensive players cannot move. They can only catch and shoot. The defensive team must get three stops to get out of the drill. A stop is a complete box-out and gaining possession of the ball, contested jump shot, communication, closing out with hands high on the player with the ball and closing out with proper positioning in an attempt to keep the ball out of the middle of the floor.

Players minimum of 7

Tips Only those offensive players who are guarded can go to the offensive boards.

Variations A made uncontested jump shot is a minus one for the defense's score

Skills Contesting jump shots and rotating and communicating defensively

PERMALINK www.degerstrom.com/basketball/drills/169/

4 on 4 -3x and out

Description Start at one basket. Line up your offensive players in any spots you want. The defense will play man to man. The object of this drill is for the defense to get out as quickly as possible. The score begins 3-0 in favor of the offense. Every time the defense gets a rebound, steal, block shot/recover, the score goes down to 2-0. Every time the offense gets a score or offensive rebound, it goes back up to 3-0.

Instructions Have one team in blue and one team in white. The rest of the players should stand under the hoop. You can break it down into 3 groups of 4.

Players 8

Tips Emphasize blocking out with a low base and hands high. Also, emphasize contesting the shot with the left hand if it is a right-handed shooter, and vice-versa.

Variations You can also use this drill if you want to work on half-court offense or half-court defense. You don't have to do it just for rebounding purposes.

Skills Blocking out, communicating

PERMALINK www.degerstrom.com/basketball/drills/170/

4 on 4 Competitive Shell Drill

Description Drill begins as 4 on 4. This is a competitive drill that emphasizes offensive fundamentals and team defense. Coach can select the number of points to win. Winner stays and faces team which is out. Team waiting maybe shooting FT's running or working on ballhandling. Whichever team has most wins after 10-15 minutes cheers for other two teams who must run sprints.

Instructions Each team is awarded points based on performance.

Offense:

- 1 point for a basket
- 1 point for a pass in the paint
- 1 point for dribbling into the paint
- 1 point for an offensive rebound

Defense:

- 1 point for 1st defensive rebound
- 2 points for a turnover
- Charge = automatic win

Winner gets to choose offense or defense.

Players 12 -- 3 groups of 4

Tips Encourage communication on defense. We force the ball outside to the corners. Second foul is point for offense.
This is a great team drill and the defense sees a variety of situations to defend including screens, cutters, and penetration. Our kids really pick it up here and we try and make all of our drills competitive.

Variations This can also be done in the full-court. We use it however in the half court.
You could possibly award points for transition baskets or stops.

Skills Defensive Positioning, Rebounding, Team Defense

PERMALINK www.degerstrom.com/basketball/drills/171/

4 on 4 on 4

Description Shell defense is where you have four defensive players and four offensive players. 4 on 4 on 4 is a defensive/offensive drill to help on backside defense.

Instructions You have have three teams of four. one team starts up the floor and the defense gets into shell 'D'. And the offense must pass the ball three times, after the three times you are live four on four. If the offense gets the rebound the defense must run a line drill, and the offense goes to the other end of the of the court and does the same.

Players 12

Tips It will help your team get prepared for backside 'D'.

Variations You may also play a zone type of defense, or you can tell each group to play different kinds of defense like one three one, one two two, and man.

Skills offense/defense

PERMALINK www.degerstrom.com/basketball/drills/172/

4 vs 3 Box

Description We line up 4 offensive players in a square just slightly outside the lane and place 3 defensive players in the lane. The 4 offensive players may not drive but may shoot at any time. The 3 defensive players must defend the player with the ball (but not block the shot) as well as two of the other offensive players. They must deny hard if they are one pass away and play on the help line if two passes away. All defenders must rotate (and communicate) to cover again after each pass (they can't steal passes) to be in position to defend and to rebound. When a shot is taken all three defenders must box out (one offensive player is knowingly unaccounted for), rebound, outlet to one of his partners and attack a single defender at the opposite end of the court transitioning a rebound into a fast break. The three offensive players then move to defense with the 4th player drifting back to play defense at the opposite end while the four former offensive players jump in to man the box formation.

Players 8

Tips Don't let the offensive 'beat' the defensive team early in the teaching of the drill.

Have them execute passes and catches and prepare to shoot but still let the defensive players get to their adjusted spots after each pass.

Instruct offensive players to shoot within 3 or 4 passes (or less) to initiate more rebound opportunities.

Variations We have just begun to use this same idea with the offense in a diamond shape alignment that gives us a post player to defend at all times and it seems to be even more beneficial for our bigger, post players.

Also, we have tried both drills against 2 defenders at the far end of the court to simulate a 3 on 2 fast break opportunity.

Skills locating opponents/rotating on defense

PERMALINK www.degerstrom.com/basketball/drills/173/

4-lines

Description I use (4) lines as a warm-up drill and also use it as a way to teach players the pick and roll, shooting off the dribble while coming the pick - and just putting different priorities on the drill as I see fit. The drill is simple and if you picture the lines starting in between half court and the three point line and having the first line start from left going to right evenly spaced across the width of the three point line. First line = offense, Second line = defense, third line = picker, 4th line = passer. Passer slaps ball - first line (offense) makes a V-cut to get open, the defender plays light defense, the picker picks the defense and then the offense comes off the pick. Here is where you put in the options.... shoot, drive, pick and roll. Easy drill - gets everyone involved. The players rotate to the right and to the next line after they complete the drill.

Players 4-12

Tips Use this drill early in the season and as a warm-up before the game. Get the players to set good strong picks and have the man receiving the ball go through all of his options --- get the feel of the game.

Skills Pick and Roll - Shooting off the dribble - V-cuts - Flare cuts

PERMALINK www.degerstrom.com/basketball/drills/174/

5-man cut off the pass

Description This drill emphasizes denial defense when the dribbler picks up his dribble. Focus is on smothering the man who picked up his dribble and denying the ball to the other 4 offensive players.

Instructions There are two teams, an offense and a defense. One man on the offensive team has the ball and is permitted to dribble anywhere in the front court. HE has a defender on him who is trying to make him pick up his dribble. All other offensive players are frozen until the dribbler picks up his dribble. The other defensive players are moving to position themselves in denial defense for they never know when the ball will be picked up. Once the ball is picked up by the dribbler, his defender smothers, the other offensive players try to get open and the other defenders deny. The goal is a steal or a 5 second call. IF the offense makes a successful pass, you have a new dribbler and new ball defender. Switch offense and defense during turnovers.

Players 10

Skills denial defense

PERMALINK www.degerstrom.com/basketball/drills/175/

5 Minute Defense

Description Transition Man Defense 4 on 4/5 on 4

Instructions Assign 4 players the role of playing defense (it is best to flip jersey colors). The drill begins by playing half court man defense against four offensive players, much like you would do for shell drill. The teams play at that end of the court until the offense scores, the ball is turnover over, a foul occurs, or the defense rebounds the ball.

When one of the above occurs, the ball is outletted to one of your coaches at mid-court. The Coach passes the ball to one of the new five offensive players who are waiting on the baseline. The new offense runs onto the floor and transitions the ball to the other end trying to score. The four defenders must talk and identify who is guarding the ball. The defense is not allowed to play zone and must guard players on the ball side. The help side defenders must play 1 and 1/2 offensive players, this teaches good help side coverage. If the offense scores, turns it over, a foul occurs, or a defensive rebound, the ball is outletted to the coach who throws it to the waiting team (4 man offense) and play continues.

Player offense always stays at their end of the floor. The play will continue up and down the floor for five minutes. The transition offensive team must run back to the baseline and prepare to transition again, they always transition to the same basket!

Players 13

Tips When the ball is outletted to the coach we will often roll it up the floor to an offensive player to allow for a realistic transition look in terms of timing. You may vary this to fit your needs. We have found this to be a great conditioner and forces communication.

Variations We keep score of the offensive output versus each defensive team.

The defense that gives up the most points has a line drill. This becomes very competitive and forces players to be accountable for their effort defensively. Offensive rebounds count as a +2 points for the offense, taking a charge counts as -2 for the offense.

Skills Communication and Defending in Transition

PERMALINK www.degerstrom.com/basketball/drills/176/

5/0-3-2/2-1/1-0

Description It starts as a 5 man weave down the court, as the last two to touch the ball become the defense. The shooter sprints back to the basket as the passer makes sure to slow down the ball, this allows the other teammates to get bck if the ball doesn't advnce quickly. The 3 offensive players attack the two defense members and the shooter becomes the defense on a two on one break back. After the offense attacks the one , the defensive player dribbles down the court for a lay up on no defense.

Instructions Make the players aware of getting back to the defensive end. It allows you to use it as a conditioning drill running it continuously for a specific time or to use as a warm up to get practice moving.

Players 5 each start

Skills Game Situations

PERMALINK www.degerstrom.com/basketball/drills/177/

Baseline Closeout

Description 4 offensive players are positioned along the arc while 4 defensive players are on the baseline, two players on each side of the coach who has a ball.(all four players, including the coach, are inside the boundaries of the foul lane).

Coach passes the ball to any of the four offensive players.

They play live offensive basketball. (coach can limit what they can or cannot do within the development of their players and progression with their offensive play. For example, no screens, basket cuts only, ball screens only, etc.) The defense closes out on the ball and positions themselves in helpside to defend the ball and their opponent. The defense must get 3 'stops' to get out of the drill.

A 'stop' is defined by the coaching staff. We tell our players that all players must box out on a shot, no one is allowed to get beat middle on a dribble, the players must fill'n sink on baseline drives properly, must closeout with hands high when their opponent receives the pass, all shots are contested, no one is allowed to front cut and no 'splits' are allowed. (a 'split' is dribble penetration between two defensive players.) If everything is done well and the offense makes the basket, that does not constitute a 'stop'. Finally, if the defense allows an uncontested shot and that shot is made, it is a minus one for the defense's score.

Players minimum of 8

Tips Baseline players cannot steal the coaches pass to the offense
Offensive players can catch the pass and shoot immediately if they choose to do so however it makes the defense's task that much easier

Variations Uncontested jump shot is a minus one

Skills Man to man defense

PERMALINK www.degerstrom.com/basketball/drills/178/

Block Drill

Description Align your players in three lines at half court, with the ball in the middle line. You start the drill as if you were doing the old figure 8 shooting drill.

Instructions The player in the middle line will pass to either side. If he passes to the right he goes behind the ball and spots up on the 3-point line on the right wing. The player who receives the first pass passes to the third player and goes to the left block. The player from the far left line catches the ball passes to the wing player and pulls to the middle of the lane in a helpside position. The player off the block v-cuts up and down to get open while the defender slides his feet and gets up in the passing lane. When the offensive player gets the ball from player one the defender must closeout and play one on one defense and either force to the corner or funnel to the middle which ever you teach.

The position does not end until the defender gets the ball or the offense scores. Usually we make the defender do pushups if the offense gets a rebound.

Players Team

Tips If the passer sees that the defender is not seeing the ball then he hits the defender in the butt with the ball.

Make sure that the defender is closing out under control and really sell the block out because it is not a good defensive position if there is no block out.

Variations Sometimes allow the offensive player to make a flash post move so the defense can practice defending this.

Later add a second line at the right wing area and when the offensive player catches the ball this last line will pick up the passer and you can teach 2 on 2 help and recover.

Skills Helpside, Ball you Man, Closeouts, 1-on-1 defense and Block out

PERMALINK www.degerstrom.com/basketball/drills/179/

Change Drill

Description Transition defense in a vital part of any defensive scheme, this drill helps instill this.

Instructions You need two balls for this drill.

Have a manager/coach stand at half court with one basketball.

Two teams of 5 scrimmage until the head coach yells 'change' or blows his whistle.

The player with the basketball immediately puts the ball on the floor.

The team that was on defense is now in a fast break situation going the other way.

The team that was on offense is now on defense and must stop the basketball.

The ball not being used should be retrieved by a coach, player, or manager and reset to the coach/manager at halfcourt.

The 'change' aspect may be repeated as much as desired.

Players 5 on 5

Tips Emphaize that when the change occurs that the ball must be stopped at all costs to prevent an easy basket.

Both the offense and defense must go all out so that both aspects of the transition game are worked on.

This is an excellant conditioning drill when repeated several times.

Empahize taking charges in this scenario.

Variations You can set rewards/permissions for stoping the fast break. Sprints and pushups may be assigned for failing to stop the break.

Skills Going from offense to defense

PERMALINK www.degerstrom.com/basketball/drills/180/

Chase and Press Drill

Description #1 has ball on end-line and dribbles to opposite end for lay-up at full speed. #2 and #3 chase him after waiting two seconds and try to pressure him to miss lay-up. On the made lay-up #2 becomes the inbounds passer, #3 becomes the pass receiver and #1 must deny #3 the ball. Ball must be in-bounded below the foul line and they play 2-on-1 the other way. As soon as ball is in-bounded the next group goes.

When you add the #4 player he chases and now guards the in-bounder after the first made lay-up and will trap the first pass, then play 2 on 2 live.

When you add player #5 it becomes a 2 on 2 out of bounds denial with no pressure on the in-bounder and they play 3 on 2 once the ball is in-bounded.

Instructions When adding the 4th and 5th player the next group can't go until the first group takes a shot. Allow only one shot per possession to keep drill moving.

Players start with 3, then add 4th and then add 5th

Tips Defensively -- teach communication, denial, pressure but contain ball, if beaten turn and run inside of the ball and get back in front of him.

Offensively -- teach the pass receiver to put his lead leg in between the defenders legs, dip shoulder, turn and spin to get open, Don't dance to get open. Play under control, hit the open man ahead and finish the break.

Skills Ball pressure, full court denial, ball handling

PERMALINK www.degerstrom.com/basketball/drills/181/

Criss Cross - 2-1

Description There are three groups of players at the baseline. The player in the middle has the ball.

Groups must be differed by numbers (1, 2, 3, group in middle is 2)

Player 2 passes to 3 and follows his pass. 3 passes to 1 and follows his pass. 1 passes to 2 and follows his pass. This procedure must be done up to half court. at half court the last one who passed becomes defender an returns to the baseline where the drill started.

the two other players are now Offenders an play 2-1 Offense.

Instructions Take care of the passes. Run fast try to stop the Offense by being very fast an not being brutal.

Players at least 6

Tips Show the drill slow, because players have problems in understanding the drill in the beginning

Skills Passing, 2-1-Defense

PERMALINK www.degerstrom.com/basketball/drills/182/

Cut-throat

Description Break up your team into teams of three. This is basically a 3 on 3 game. The team on offense must pass 3 times before taking a shot. All passes must be a bounce pass unless the pass is dumped in the post. The team on offense can score 1 point on a made basket, fouled in the act of shooting and an offensive rebound. The defense can score a point on a defensive charge. On the charge the defense now gets the ball and the offense is off and the next team of three is on.

Instructions This drill works better with 9-12 players and should be done only on half court. The coaches should act as referee's and call it close. Look for the bounce pass always. I have taken this a step further and made all the offensive players catch the ball in a triple threat position, if they don't call it a turnover.

Players 6-12

Tips Call the games close like game situations, you will have teams continually coming on and off the floor. This creates competition and game discipline situations.

Skills Passing, Screening

PERMALINK www.degerstrom.com/basketball/drills/183/

Death-D-Drill

Description Divide your team in pairs. Let them stay with ca. 3 m (ca.12ft.) space between, facing each other. One ball pr. pair.

Instructions Player with ball passes to the other, runs after the pass and play aggressiv D on 'dead' ball. The player holding the ball makes three passing fakes, wich the defender tries to cover. The defencive player then slides zig-zag back in starting position (maks. 2 m.(ca.6 ft.)each direction.

The D-player recieves the ball (hard good chest-pass, passes imideately back, runs up and plays 'dead' ball. The drill goes on without breakes for 1-1 1/2 min. Then switch.

This drill teaches the players to run out on ball, adjust into D-position the last steps and then to be aggressiv. It also teaches good defensiv footwork and is a very effectiv conditioning drill.

Players 2

Variations You can also add a shot-fake. Teach your players to stay low, with one arm covering the ball, and NEVER jump or getting up in straight-up position.

Skills defencive footwork, aggressive D on 'dead' ball, conditioning

PERMALINK www.degerstrom.com/basketball/drills/184/

Defensive ball pressure

Description Two defenders start in the center of the lane in defensive position facing the coach who is at the top of the key. There are two offensive players each with a ball standing just inside the sideline about 12 feet apart on both sides of the floor. On the whistle, the two defenders sprint to an offensive player (whichever direction the coach indicates), and about 8-10ft from the player they break down into approach position. When they reach the offensive player, the offense moves the ball in every direction as quickly as possible while the defense stays in a good defensive position while following the ball with the hands. Pressure for 20-30 seconds then blow the whistle and the two defenders take the place of the offense and the defense sprints to the other side of the floor to repeat the drill.

Players 6

Tips Build on your strengths and work on your weaknesses. Find your teams weakest points and strive to make them strengths, all the while building upon what you are already proficient at.

Skills Defensive approach (closeout) and ball pressure

PERMALINK www.degerstrom.com/basketball/drills/185/

Defensive Close and Recovery

Description Teaches players proper footwork (shuffling) and defensive reaction. Getting ahead of the ball and cutting off the man on/near the sidelines. Good drill to preclude introduction of presses.

Instructions 2 players on placed at foul extension at both ends of the court. the remaining two players and the rest of the team are positioned on the baseline near the free throw lane. One player has a basketball and will dribble at about 75 %. The other player is on defense and will shuffle with him to the sideline. When the dribbler reaches the side line he will pick up the ball and pass it to the first player at the foul line extended. The defender will sprint to get in front of the basketball. The player at the foul line will move the ball around and the defender will mirror the movement with his hands. The player will then pass back to the dribbler who will begin dribbling up the sideline. The defender will sprint to cut off the sideline. The dribbler will then pick up his dribble and pass to the second player at the foul line extended. The defender will again sprint to get ahead of the ball. The second player will then pass back to the dribbler, the dribbler will attack the basket. The defender will sprint over to protect the basket and force the dribbler to take a jump shot. The drill continues with two new players playing offense and defense. Once everyone has gone. Simply turn around and offense becomes defense. The players at the foul line extended can be substituted by coaches if you have enough assistants.

Players 4

Tips Coaches can add a second defender to teach doubling teaming and trapping along sidelines and in corners. Important to teach proper stance, footwork and staying in front of basketball.

Skills Defensive footwork and stamina

PERMALINK www.degerstrom.com/basketball/drills/186/

Defensive intensity and desire

Description Each player must take a charge, get up and dive on a loose ball, pass the ball to the coach without traveling, get up and cut to the basket and receive a pass and make a power layup(can be contested).

Instructions Start with the players in a line on either wing.
One player is on offense and the other is on defense.
A chair is placed below the players outside the lane just above the block area.
The offensive player must drive around the chair and go to the basket for a layup.
The defensive player must beat the offensive player to the spot and set up to take a charge on the other side of the chair.
After taking the charge the defender must jump up and locate the loose ball that the coach has rolled anywhere within the half court, then he must sprint and dive on the ball. After getting possession he passes to the coach from on the floor, gets up and cuts hard to the basket. The coach hits him with a pass and he makes a layup.

Players at least two

Tips The difficulty of the drill is controlled by the coach.
You may roll the ball a long way or a short way.
The players must dive on the ball, no sliding.
Also, a defender can be added at the basket to contest the layup. A manager with a padded stick or a blocking dummy is very good.
Players must score to get out of the drill.
Make sure the offensive players drive to the basket and don't stop to avoid contact at the last second. No fakes!

Variations You may set up the lines and the chair at different points on the floor to simulate different charge taking opportunities.

Skills Taking charges and diving on loose balls and making a power layup

PERMALINK www.degerstrom.com/basketball/drills/187/

Defensive Shuffle Drill

Description A defensive conditioning and agility drill. Can be done as a prelude to your Shell drill or at the end of practice.

Instructions Team lines up at a corner of the gym. 1st player turns with butt facing opposite basket and shuffles (machine gun) until coach's whistle. At the whistle the player defensive slides the length of the baseline. At the same time, the next player fills player 1's spot and begins to shuffle his feet.

When the player reaches the sideline, the 2nd player begins to slide the length of the baseline. When player 1 is at the sideline he backpedals to the free-throw line extended and begins to slide to opposite sideline.

Players continue this pattern. They go from FT line to half court line to FT throw line to baseline (ending with a 3 second shuffle at clap of the hands).

Players 1 - Individual drill done by the team

Tips Emphasize PROPER stance. Keep butt low, hands popping the ball up. When they get fatigued (usually at half-court) stress not standing up but staying low.

Players focus on the basket they are facing the entire drill. At the switch to backpedal, emphasize players using their peripheral vision not turning their heads!

Players may not cross their feet.

Proper spacing is vital, don't let players begin until player in front is at the sideline.

Variations Can do the drill with 2 teams and have them stop at half court (use this only to save time). Can combo this with the Banana Loop Drill.

Skills Defensive Slides, Defensive Stance, 'popping-up the ball'

PERMALINK www.degerstrom.com/basketball/drills/188/

Defensive Slide Drill or Defensive Triangle Drill

Description Players start underneath the basket and get in good defensive posture. They slide directly up the lane to half court. Once they reach half court, they drop step with the right leg and slide diagonally to the side line (foul line extended). Once they reach the side line, they slide on an even plane directly across the court to the opposite side line. Here we have them stop, do 10 finger tip pushups then resume a diagonal defensive slide back underneath the basket to the starting point.

Instructions One thing we like to do as well is position coaches at the diagonal sliding spots to pass the kids a ball where they will catch and pass it back. This allows the team to get in good defensive posture as well as them working to receive the basketball.

Players You can do the drill with any number of players, we use the whole team

Tips Make sure the players stay low, do not cross their feet over one another and keep good spacing between one another.

Skills Players learn to slide feet on defense quickly and always keep eyes on the ball

PERMALINK www.degerstrom.com/basketball/drills/189/

Deny Guard-Forward Weakside

Description This drill is designed to teach the denying of a guard to forward pass and when the ball is passed guard to guard, the drill teaches players to fall in the lane while playing weakside defense.

Instructions Two players need to occupy guard positions on opposite sides of the top of the key. One guard has a ball. On the same side as ball, are an offensive and defensive forward with the defense, while one pass away, denies the pass as the offense v-cuts trying to get open. After a few v-cuts, the ball is passed guard to guard. The defensive forward falls to the ball on the pass, still denying while having his hand in the passing lane. Offensive forward waits a count of one second before moving, either with a high post flash or running the baseline to occupy the forward spot on ball side. I teach opening to the ball, closing, and then once again denying the pass while the offensive forward v-cuts. If the offense makes a high post flash, I teach taking him on, physically stopping the flash with a raised forearm, then forcing the offense out on the floor while denying the guard to forward pass.

Players four

Tips I have found that making the offensive forward wait the count of one second, while not necessarily game like, helps to teach the drill. Make players go full speed and be physical. I also at times do not allow a back door pass to be made which ensures that the defensive player will get out and deny the perimeter pass.

Variations Coaches can take the spots of the guards. This allows the coach to determine what passes are made and when they are made. Another variation is to have offensive and defensive forwards on both sides of the court at the same time. This allows for weakside help. Then add defensive guards which allows for rotation when weakside help is warranted.

Skills Pressure passing lanes both one or two passes away

PERMALINK www.degerstrom.com/basketball/drills/190/

Double Close Out Drill

Description Line your team up on the baseline, the first 4 or 5 players should each have a ball. Place one coach at the top of the key and one at the opposite foul line. The first player will pass the ball to the coach then sprint at him with a hand in the air to challenge a possible shot, while keeping his butt down in good defensive position. The player should begin to break down and take short choppy steps when he gets 3/4's of the way there to prevent the coach from driving around them. When they come to a complete stop the coach will hand the basketball back to them and they will pass it ahead to the next coach and do the same thing. The player then returns to the end of the line.

Players 10

Skills Closing out the shooter

PERMALINK www.degerstrom.com/basketball/drills/191/

double down

Description Divide players into 2 lines under the basketket aline with the key. Give the first person in one line a ball and the second person in the other line a ball.

Instructions Divide Players into 2 lines under the basket aline with the key. Give the first person in one line a ball and the second person in the other line the ball. in the line with the second person having the ball, have the person in front of her cut around the key. The person in the other line pass the cutter the ball so they can make a layup. They get their own rebounds and pass to the side they just shot at and then go to the back of the line they had just passed. After she passes the ball, she does the same. It just keeps going on as long as you need or want. The shot can come from anywhere on the floor.

Players Doesn't matter

Variations The lines can come from anywhere on the floor

Skills shooting

PERMALINK www.degerstrom.com/basketball/drills/192/

DUKE STOP PENETRATION AND CLOSOUT DRILL

Description Have three lines on the perimeter with one line underneath the goal. The defender underneath the basket passes out to the wing, where he will closeout. The offensive player will drive baseline forcing the defender to stop the drive, but not allow the ball into the lane via crossover or spin. Once the ball is stopped on the drive the defender crowds the passer and forces a 'dead' call. When the offense passes it will be to the top of the circle. The defender will now recover and closeout. This time the offensive player sees to drive hard to the hoop. IF the defender can draw the charge then that's our top goal, but if he just stops penetration we accept it. After stopping the penetration the offense passes to the other wing, this time the defender must closeout with a contest as this player is to shoot the three point shot.

Our rotations will be defender goes to first line then everyone moves to the line they passed it to during the drill. After taking the shot the player goes to the defenders line. The next player in line has rebounding responsibilities.

Instructions Same as above except keep their closeouts under control and force a high rate of speed to build a frenzied pace. All players must work on position and footwork.

Players 5 or more

Tips BE AGGRESSIVE! with the threat of three point shot we must always closeout high.

Variations You can add an extra defender and make drill continuous.

Skills FOOTWORK, SLIDING, CLOSEOUTS, AND CONTESTING

PERMALINK www.degerstrom.com/basketball/drills/193/

Duke's Defensive Privilege

Description As we all know, after the first few weeks of practice the intensity level can really drop, especially on defense. I learned this drill from a former Duke assistant while I was on his Ivy League staff. The key to it all is to award points for defensive play, not made baskets on offense. The offense has to score a bucket to win the 'privilege' to play defense.

Instructions Make teams of 4 and begin as you would shell drill. Explain the scoring - at first the kids can't imagine scoring points on defense! Award 1 point for a defensive rebound, 2 points for a turnover or steal, and 3 points for taking a charge. If the defense stops the offense, the offense goes off. If the offense scores, they've just earned the privilege to play defense. The next group always comes in on offense. Establish a score to play to (I like it low, say 10 or 12 points).

Players Minimum 8, ideally 12 (4 on 4 on 4)

Tips We like to run so I add transition once the kids understand the drill (about 2 or 3 days). For example, on a defensive board or a turnover that doesn't cause a dead ball (travel, out of bounds, taking a charge, etc.), the defense can break for 1 more point by scoring in transition.

If you believe in practicing 1st-string, 2nd-string, etc., you may want to handicap the points like the odds at a race track. That third group will probably hate this drill if you don't.

Manipulate the points awarded to fit whatever needs your team has. If no one will take a charge, weight it up to 5 points. We sometimes lunge too much into passing lanes and get caught playing 5-on-4 so I'll make some steals worth just 1 point but forcing a turnover with good ball pressure might be worth 3 points.

You have to 'officiate' the drill seriously. Once they know score is being kept, every close call is arguable.

If you need to you can work in scouting reports. Let's say your next opponent shoots the three like it's going out of style. If the offense makes a three, not only do they get to play defense but the defense is penalized a point. The same could be done for points in the paint or a specific scorer who has to be shut down.

Encourage your groups to plan offensively. You'll find that your kids are probably better coaches than you thought. And you won't believe how ball screens start popping into your offense! They quickly recognize what a tough decision it forces the defense into.

Keep it fun and the kids will respond. Today's kids respond to keeping score. On days like preseason Saturday mornings and Christmas break practices when games aren't just around the corner, we'll go 45 minutes or more with this drill. And, even the, the kids beg to play it just one more time.

Skills Team defense and, more importantly, a way to keep practice intensity high

PERMALINK www.degerstrom.com/basketball/drills/194/

5 stop drill

Description This is a very competitive drill that teaches team defense.

Instructions Divide your squad into 3 teams. This is a 4 on 4 drill. Offense does whatever it wants to try and score. Team on defense must get 5 defensive stops. When a team gets a stop, they remain on the floor on defense. As the coach, your job is to point out defensive errors. You should stop play and rotate teams on any defensive error you call out.

For instance, if team 1 is on D and team 2 is on O and a player on team 2 successfully drives baseline - you would stop play and call team 1 off the floor. Team 2 then rotates to defense and team 3 rotates in on O. Don't correct in this drill - just point out the defensive mistake and rotate teams.

You'll find out the players will begin to make their own corrections based on why they had to exit. They'll get on each other to perform defensively. Make sure the teams run on and off the floor so rotations happen quickly. To make this drill competitive spot the teams some points i.e. start team 1 with 1, team 2 with 0 and team 3 with 3 with the first team to get 5 total defensive stops being the winner.

Wager some running drills. Have the players decide the wager.

Players 12-15

Tips Use this drill to inject some aggressiveness into your defensive practice.

Pick out some defensive weak points that your team has and really focus on calling them on them during this drill.

Skills Team Defense

PERMALINK www.degerstrom.com/basketball/drills/195/

Foot in the Bucket

Description Have players get a partner. Have one partner stand with one foot in the paint while the other partner stands along the 3 point line facing his partner. The perimeter players spaced evenly around the perimeter. have perimeter players begin passing the ball around. As a perimeter player is about to receive the ball his partner leaves the paint and closes out (Note: He can only leave once the ball is on its way to his partner.) Once his partner passes the ball the defensive partner retreats to the paint and remains there until his partner is about to receive the pass again. progress with this drill by having passer cut through the key and then out to another spot. His partner retreats with him into the paint but remains in the paint until his partner is about to get the pass. this is a good fitness drill and is also a good lead up to teaching the concept of Ball side and weak side play. For interest you can always place a post player in the paint who follows the ball, His partner practices hi -low coverage. The perimeter players get to practice the kick it in „kick it out aspect of the game. I find this drill also serves as a wake up drill when players appear to be sluggish at the start of a practice.

Players 10

PERMALINK www.degerstrom.com/basketball/drills/196/

Footfire Linebacker drill

Description 3 players learn how to move defensively but then go into transition from defense to offense. Teaches physical toughness and the desire to want the ball and to finish the play. (Like grass drills in football with linemen and linebackers)

Instructions Have 3 players line up on the baseline. On coaches command they sprint out to the free throw line. When they get to the line they must show rapid movement of their feet. (foot fire) pretend there feet are on fire and they are trying to stamp the fire out. Coach has a ball held with both hands.
On the direction he moves the ball they must react with a defensive slid, up means back pedal, down mean forward. Coach then does this for a 30 interval and then blows his whistle. The whistle means the player must hit the deck, rollover get up quickly and locate the ball that coach rolls down court. The first player to pick up the ball trys to score against the other 2 players who are now playing defense in a transition game.

Players 3 players

Tips Make sure the players footfire for at least 30 sec. Great for defensive conditioning and to develop quick feet. Tell them to stay on the balls of their feet. Slide don't hop.

Variations Sometimes we use 5 players also. The person who get the ball then yell out two teammate names after her retrievees the ball and it now 3 on 2.

Skills Footwork and wanting the ball

PERMALINK www.degerstrom.com/basketball/drills/197/

get back

Description Team A starts the drill on offense at one end versus Team B. Team A runs their half court offense until they score. Once the ball goes thru the net a coach outlets the ball (before it hits the floor and without taking it out of bounds) to Team C's point guard who has been waiting out of bounds on this side of half court. Team A then sprints back into defense to stop the break and avoid Team C from laying it up.

Players 15 or more

Tips Understand that Team A is your first team, Team B is your second team, and Team C is your third team.

Variations Have a coach play defense with Team B and outlet the ball on a miss.

Skills transition (offense to defense)

PERMALINK www.degerstrom.com/basketball/drills/198/

Grizzly 'D'

Description 4 on 4 drill focusing on defense. First team to 6 wins, the losers have to run. A team can only score on defense. Points are taken away for fouling, whether on offense or defense. Main focus of this drill is to get your athletes to focus on the basic fundamentals of defense. (Stance, quick feet, boxing out, close out, communication, help and recover, rebounding, seeing man and ball and basket.)

Instructions Divide players into even groups of 4, one team starts on offense and one starts on defense. The other teams are on the baseline waiting to come in. A team comes in on offense the only way to get on defense is by scoring, but no points. (Remember the only way to gain points is by stopping a team defensively) Defense stays in as long as they keep stopping the offense. Each time the offense is stopped a new team comes in on offense, trying to get on defense. (a team will only come in on offense, the only way to get the defense out is by scoring on offense.) The game continues on the half court until a team reaches the designated score. (Whatever the coach may choose) Offense needs to check the ball every time in with the coach. (who is standing at free-throw line extended).

Players min. 12 - max 16

Tips

Emphasize the importance of communication on defense.

Emphasize the importance of staying low and bending your knees, not at your back.

Teams standing out are ready to come right in, the second the ball has gone dead.

All four people crashing the boards.

Get on the floor after loose balls.

Emphasize defense intensity.

Have a coach standing under the basket calling fouls and possibly directing teams.

Teams should be in different colors.

Teams keep track of their own scores, or if you have enough coaches designate a coach to each team.

Look at defense, offense can do whatever they want. As long as they focus on their skills, and give their teammates good competition.

Your kids should love it, as long as they work hard.

Variations

If the offense shoots and misses, and defense gets the rebound, they can take it on a fast break to the other end. If they score on the break they get an extra point and stay on defense. If they don't score right away on the break, that team stays on defense, and a new team comes in on offense. If on the fast break the team turns it over, the series is over and they lose the point they just gained from the rebound, they stay on defense and a new team comes in on offense.

Offense coming in can get the ball right away above the three point line, they don't have to wait for the defense to get set. This makes the defense have to be very aware of what is going on, helps develop great communication with their teammates. Don't have to check ball with coach, can grab ball out net and dribble to free-throw line and go!

Focus on the offense aspects of the game, instead of some much on the defense.

Put a time limit, the team with the most points at the end is the winner, the others owe you some conditioning.

Skills

man-to-man defensive skills

PERMALINK www.degerstrom.com/basketball/drills/199/

Hustle Drill

Description Start a line at each elbow on one end of the floor. The lines should stretch towards the sideline. The coach stands underneath the basket and passes the ball to one of the two players at the front of each line. The player who catches the ball pushes the ball up the floor for a lay-up, the other player must sprint and touch baseline with his hand and then sprint to the other end and try to catch the ball before it hits the ground. If the ball handler misses the layup then he must do 10 fingertip pushups and the chaser is off the hook. If the ball handler makes the lay-up, the chaser must catch the ball before it hits the floor. The chaser must do 5 fingertip pushups for everytime the ball hits the floor.

Players 2+, good for team

Variations After the made lay-up, the ball handler will go to the outlet position on the wing and the chaser will outlet the ball quickly just like in a game situation.

Skills Hustle, Pushing the ball, lay-ups

PERMALINK www.degerstrom.com/basketball/drills/200/

Intercept Drill

Description 2 defensive players at the top of the key spaced evenly (width of the bucket)
3 offensive players even with the foul line (1 center of the bucket, other 2 on the wings, approx. 3-pt line on either side)
1 guard at half-court.

Instructions Guard brings the ball down from half-court and passes to any one of the three. Defensive players try to anticipate the pass and make the pick-off.

Players 6

Tips Repetition is the mother of learning.
Even the youngest kids quickly learn the difference between a fake and a pass.

Variations Four players, 3 O's and 1 X. O's form a triangle and try to pass point - to - point. X tries to make the intercept.
You can vary the size of the triangle to suit the newer players or challenge the older ones.

Skills Develops a player's ability to anticipate the pass and intercept it.

PERMALINK www.degerstrom.com/basketball/drills/201/

Jail Break

Description This drill is great for working on getting back on defense and giving teammates time to recover. It is also great for conditioning. You can go 3 on 3, 4 on 4, or 5 on 5.

Instructions Start with 3 people in white and 3 people in blue. The coach stands on the baseline with the ball. Have the players line up in 2 rows facing the coach on the free throw line. The 3 blue players will be standing in front of the 3 white players. Make sure the players are spread apart.

The coach throws the ball to one of the players in the front row. The player standing behind the player that got the ball has to go touch the baseline that the coach is standing on and then get back on defense. The other 2 are 3 on 2 going the other way until the 3rd defender can get back on defense. You can have as many groups as you need.

Once the players get the drill down you can go 4 on 4, then 5 on 5.

Players At least 6

Tips You can either make one group go so many times in a row or you can make all of your players go from one end and then start from the other. It depends on how much conditioning you want to get in.

If you have an odd number of kids, you can rotate them in with different groups.

The premise of this drill is to your players to stop the ball and protect the basket. It also helps with communication between teammates.

Skills Defensive Transition/Offensive Break

PERMALINK www.degerstrom.com/basketball/drills/202/

Merry-Go-Round

Description Group players into two teams inside the half-court circle.
The drill helps transition defense and verbal communication in defensive transition.

Instructions Tell teams to start jogging in a counter-clockwise direction.
Coach holds a ball and at a certain point in time, they throw the ball in the air inside the circle. The player who gets the ball starts a transition toward the designated basket. That player's team follows suit and tries to score, as the other team tries to stop them.
Coach should blow whistle after a made/missed attempt and repeat.

Players 4-10

Tips Coaches should stress the importance of seeing both the ball and the man in defensive transition.
Coaches should also stress the importance of making the initial stop on the ball.
Tell players to run backwards in transition, so that they may see the ball easier.

Variations One variation to this drill can find the coach taking players away from one of the teams at different points in time. This forces both teams to defend with a disadvantage and capitalize offensively with a man advantage.

Skills Team and Individual Transition Defense

PERMALINK www.degerstrom.com/basketball/drills/203/

Pass and Defend

Description 2 single lines facing one another. About 10 to 12 feet between the lines. One ball at the front of one line.

Instructions Man with the ball passes the ball across to the man in front of the other line and follows his pass to put defensive pressure on the pass receiver. Receiver cannot dribble and is attempting to make a successful pass across to the other line without the ball being touch or deflected by the defender. The defender is 'mirroring' the ball with his hands and trying to deflect the pass or at least touch it.

Players 10-12 players, 1-on-1 at a time

Tips Emphasize to the defender to put maximum ball pressure on the passer without reaching and fouling. 'Mirror' the ball and harass the passer. The passer must learn to use ball fakes, eye fakes, his pivot foot and proper passing technique to make a successful pass around under or over the defender. If the defender touches the pass, the passer does one push-up, and if not, the defender does one push-up.

Variations Define a fixed area with lines and allow one dribble. The receiver is allowed to move only one step from his original spot to receive the ball. Defender can also get a five second count on the passer.

Skills On-ball Defensive Pressure and Passing against pressure

PERMALINK www.degerstrom.com/basketball/drills/204/

Psycho

Instructions Players stand around the center circle.
Balls are put in the middle of the circle.
Amount of balls = Amount of players - 1.
Players rotate around the circle in defensive stance.
When coach blows the whistle players run and touch both ends of the gym and run back to get a ball.
Players are out if they fail to get a ball.
Take a ball out every round until there are 2 players left with only one ball.
The winner is the defensive Champ.

Players 2 to any number less than 15

Tips Coaches can add in two whistle blows for a change in direction.

Variations All four corners of the gym

Skills Footwork

PERMALINK www.degerstrom.com/basketball/drills/205/

Quick Close-out

Description This drill focuses on the defensive player performing a proper close-out of a shooter. Upon release of the shot a proper box-out must be performed along with a rebound, proper pivot, and strong outlet pass to the shooter who is roaming along the free-throw line.

Instructions Form a line behind the base line on the right side of the free-throw lane line. Put a shooter at the elbow. The player at the baseline has the ball. At the whistle, the base line player passes the ball to the shooter who squares up for a shot. The defensive player closes out and yells, 'Shot', turns and boxes out shooter. Defensive player then explodes to the rebound, catches the ball with elbows out and pivots towards the shooter who is yelling, 'outlet'. The shooter has rotated to the opposite elbow. The defensive player passes the ball to the shooter and goes through the same sequence. After the third sequence the shooter remains at the starting elbow. After receiving the ball - the shooter passes the ball to the baseline and the defensive player hustles to the elbow and becomes the shooter. After shooting, the players go to the end of the line. During the drill, players on the baseline encourage the players. The drill is done three times for a total of 9 sequences per player with increased intensity each set of three.

Players 2

Tips This drill develops proper rebounding and close-outs on shooters. By having the shooter involved with 'outlet' you are training for game situations. It is important to have a high level of intensity. This drill will tire the players a little and it is a good tool for discipline if done properly. Mistakes and lack of intensity are cause for sprints or other physical discipline.

Variations You can rotate the lines at both free-throw ends....if you have several baskets.....use four players at each basket to get more reps from the players....you may run the drill to five sequences for a real good work-out.....

Skills Rebounding, Pivot, Pass, Quick release shooting

PERMALINK www.degerstrom.com/basketball/drills/206/

Shadow Defense

Description Players partner up. Player1 has a ball and start dribbling from the corner of the court. Player2 is on defense in the correct stance. P1 begins dribbling toward half court using the change of pace dribbling skill (dribble forward hard 2-3 steps, stop, then go again). P2 stays in the perfect stance using quick footwork to stay with the P1. P2 shadows P1 as P1 change of pace dribbles up the sideline. When P1 gets to the half court line, P1 turns and dribbles to the center of the court, heading for the center circle. P2 continues to stay in perfect stance sliding along side of P1 (shadowing P1's movements). When P1 hits the center circle, P1 makes the move to the hoop, going hard for the score. P2 has to deny the score, blockout and rebound.

Players 6

Tips Offensive player - dribbles low, develops a solid change of pace move, goes to the hoop hard using best offensive moves
Defensive player - stay down, perfect stance, short steps force the P1 away from lane, force P1 to use weak hand, be aggressive, finish with solid blockout position.

Skills Tough on-ball defense

PERMALINK www.degerstrom.com/basketball/drills/207/

Shell Drill

Description This is a way to spice up your shell drill. Play it like a live game to make it more interesting for your players. Make every offensive rebound worth one point. Count every basket for the equivalent of what they are worth also add a point for a steal and a blocked shot. You will see your intensity go up with the competitiveness of this drill.

Players 8

Skills Help Side Defense

PERMALINK www.degerstrom.com/basketball/drills/208/

Shell Drill Pressure Double - Teaming

Description I started using this drill after 4 months of practice. Before I had done the simple shell drill (box format and diamond format - 2-2 and 1-2-1) and my players had progressed a lot on defense, so much that I hadn't lost a game and I felt we could make it better. I decided to introduce double-teaming.

Instructions Make it a diamond format (1 guard - 2 forwards - 1 center) 4 on 4 four half court game; have your player's double team as soon as the ball goes to the forward or the guard dribbles to one wing.

In the first case it is the guard double-teaming and in the second it is the forward coming for the double-team.

Double-team everywhere on the half court except in the point guard position.

Have your players rotating, talking, helping and pressing the ball (not for steals but for pass deflections - because the first gives you a lot of fouls, at least here...)

Players Groups of 4 (at least 2 groups)

Tips You can also double team on the point guard, have your player defending the guard close one side and double team either from the back or from the front (have signs ready ...)

You can adjust to zone defenses 3-2; 1-3-1; 2-3; etc.

Players like it because it gives them the impression that you defend less time; which is in fact true but it is more aggressive, you take more chances, you make the game faster and more exciting.

Variations This has proven useful so far, better than full court traps but it will never beat the good old fashioned man - man defense that is in my opinion the best defense to play and the best way to teach how to play...

Skills Defensive Rotation, Help, Aggressiveness, Box Out, Reading and Reacting, etc.

PERMALINK www.degerstrom.com/basketball/drills/209/

Spider Drill

Description The drill starts out with one individual, either in the gym or driveway. He should imagine that all the other players are on the court. The player starts off guarding the ball. He should think that his man is driving on him and then shuffle his feet correctly. Next, his man just passed the ball away. He should then move into off-man, on-the-ball defense, in which he can stop the pass but be able to recover if there is a pass or a drive. The ball should be then swung to the opposite side of the court and the player should move into zone side help defense. Next, the defender should simulate that his man is cutting through the lane and he should stop his progress. The defender should then play correct post defense, including high and low side defense and moving around the man with correct footwork. The player should use his imagination to think off where the players are and when the passes are made. The drill should start off for a short time period, because the player will not be used to it, but after practicing for a while, the player should be able to do the drill for a couple of minutes straight. The purpose of the drill is not only to familiarize the player with how to play every defensive position, but also to increase his stamina on the defensive end.

Instructions There are no special instructions to doing the drill. The only thing that the player needs to be aware of is that there is no room for relaxing in the drill, for it is designed for him to move quickly and recover when necessary. The player should also perform correct defensive stances, which will allow him to perform in the game.

Players 1

Tips The major tip that the player needs on this drill is to continue even when tired. In the game, if you relax on defense, then your opponent will score. If you are able to do this drill for a sustained amount of time, preferably about 5 minutes straight and at full speed, then during a game you will have the ability to continue at your regular speed.

Also, the player must be able to do this drill alone and use his imagination. The drill is designed to better your defensive awareness and positioning. Be able to take any jokes about the drill you are doing from your friends. In the long run, they will work on their offense all the time, while you will spend major time on defense. This will result in you being able to shut down your man, while they are defeated because of bad positioning and the inability to keep up the pace.

Variations The only real variation that can be used is by adding a couple of people to the perimeter to pass the ball around. If you do the drill with three people, have two be on offense and the third on defense. Then have one dribble the ball around the perimeter while the defender gets into correct positioning each time. After a while, switch the players so the everyone gets time on the defensive end. Finally, when you do the drill with multiple people, do not let the defender ever relax. Make him move constantly and do not wait for him to get into position before you decide to move. The drill is designed to get him to move faster than the offensive players.

Skills practicing all of the defensive positions

PERMALINK www.degerstrom.com/basketball/drills/210/

Stinger Drill

Description Start with players in the corners of the baseline. Play starts with the ball at the foul line. The Coach rolls, passes, puts the ball down, or throws the ball upward toward the opposite goal and on the command 'go' players sprint toward the ball and play one-on-one at the basket. After the offense scores or the defense gets a rebound, the defense now becomes the offense and plays one-on-one coming back toward the goal at the starting point.

Instructions Put players in the deep corners of the baseline where it meets the sideline. Position a coach at the foul line or toward the baseline to throw the ball. The coach can use several types of passes, rolls, or 'tricks' to challenge the players. Emphasize to the defense the importance of getting to the lane or paint to play one-on-one.

Players 2

Tips This drill is a challenging drill and is fun for JV and High school players. Let them choose their partners and you'll find them sprinting to get the ball first. It becomes a good drill for conditioning, one-on-one play, and transition. Also they have to learn to pick up the ball and try and beat their opponent to the basket, and then quickly sprint back to the paint to play defense.

Variations You could add offensive players coming back to simulate two-on-one or three-on-one fast breaks.

Skills Quickness, control of the ball, transition

PERMALINK www.degerstrom.com/basketball/drills/211/

Taking the Charge

Description 1-3 lines at half court. One player in middle of key. Coach calls out either 1,2, or 3, corresponding to a numbered line. As soon as a # has been called, first player in that line dribbles to the basket, taking it fast, hard, and strong. Player in key goes and touches key boundary line opposite of ball. Then, that player rushes to the other side of the key and assumes the 'taking a charge' position. (Important: To prevent injury, make sure the players have feet planted, good balance, and most of all, are protecting their groin area.) Finally, dribbler dribbles full speed at the defender. As soon as they make contact, defender falls to the ground on back side.

Players Team Drill

Tips For maximum effectiveness and conditioning, as soon as defender hits the ground, call out the next number. This makes the defender get up quickly and prepare for the next dribbler.
Go about 5-6 charges per player and then which defenders

Skills Taking the Charge (can also build up endurance)

PERMALINK www.degerstrom.com/basketball/drills/212/

The Gauntlet

Description This drill will work on offensive ball-handling and defensive trapping and communicating.

Instructions Three defenders are spread out at the foul line (1 in middle and 1 each at foul line extended). Another three defenders are spread out similarly at half court and 1-3 defenders at the opposite foul line, depending on number of players you have. A line is formed under the near hoop with at least 3 deep of ball-handlers. On the whistle, the dribbler tries to break each line of defense without committing a violation. Once a dribbler is past the first foul line, blow the whistle for the next dribbler. This will keep the drill active and work on conditioning.

Players At least 8

Tips Stress teamwork with the three defenders----they are working together to stop the dribbler from passing them.
Stress forcing the dribbler to the sideline, where the trap is easier because the defense has an extra defender (sideline).
Once the dribbler breaks the first two lines, they look to create a shot against the remaining defender(s). Very rarely will the offensive player score---unless he/she is a special player.
Once the offensive player has passed a foul line or half-court line, the defenders at that line can no longer try to defend that dribbler.

Variations Have each line rotate and allow big men to work on their ball-handling in this drill --- this will also allow every guard to

work on trapping.

Each time the defense slaps and/or commits a foul--do 10 pushups, including the coach who did not stress proper hand positioning well enough!

Skills Trapping and Ball-Handling

PERMALINK www.degerstrom.com/basketball/drills/213/

The seven footer

Description Teaches shorter teams and players more efficient screening and passing techniques

Instructions Put defense in defensive set (preferably zone). Have defense use badminton rackets as extension of their reach. This will force offense to be more efficient in screening and passing.

Players 6 to 10

Tips Don't have defense swing rackets
Just extend them into passing lanes
Don't want anyone to get hurt!

Variations Use any type of paddle, racket, or hand extension to give offense practice against 'taller' and quicker opponents

Skills sceening and picks

PERMALINK www.degerstrom.com/basketball/drills/214/

Trap

Description A full court press defense with 5 positions

Instructions 1 is a fast person down to 5 being the center. 1 and 2 positions are on the top corners of the free throw on your team's side. 3 and 4 are on the corners of half court and 5 are on the free throw line on other end. The other team passes the ball in, and the direction he or she chooses (if he goes left the 1 will pick him up) that person must force him to the corner to the 3 or 4, the 3 or 4 will trap with the 1 or 2. Say the ball goes left to the two and the 4 traps in the center corner. The other side watches for a long pass. The 5 are the safety valve to fill in for the 3 or 4.

Players 10

Skills Team defense

PERMALINK www.degerstrom.com/basketball/drills/215/

Valley of Terror

Description This is a 3 on 3 drill that works on boxing out properly on defense and good positioning for offensive rebounds. It also helps prepare the players for a physical inside game.

Instructions Assign equally skilled teams of 3. (ie two big and one guard, or one forward, one guard and a center for each team).

The rules are simple. They play 3 on 3 in the paint. The boundaries of the key are the out of bounds lines. There is no passing and no dribbling. Instead of the teams getting possession to start the game or after each basket, the coach shoots from the foul line and the ball is live at that point.

The players must jockey for position, get the ball and put it back in the basket. Both teams shot at the same basket. It will get pretty aggressive but let them play! Only call fouls when the players get too out of hand. This helps your big men to play through the little hacks and slaps they will get in games but the officials may not call.

After every made basket, the coach puts the ball in play with a shot from outside. If the players want to score and win they will have to box out on every shot!

The first team to six wins.

Players 6 at a time

Skills Offensive rebounds and put backs and boxing out.

PERMALINK www.degerstrom.com/basketball/drills/216/

WT Drill

Description WT drill is a drill used to 'bang' cutters in the lane. Anytime there is a pick in the lane or near the lane, we demand our player's hedge and bump the cutter off path.

This can be used just about anywhere on the court, but it is best used in the paint. This keeps players from getting open looks in or around the basket and gives the defender time to recover to the their offensive man.

Instructions Place on player in the lane in the mid post area. Position two lines, one on each sideline, free-throw line extended.

A coach needs to be opposite one of the lines to make an entry pass in to the cutting offensive player. The line that is opposite the coach is the flashing/cutting offensive player.

As offensive player cuts in to the lane, defensive player must see ball and man (man cutting to basket)and 'bang' his man to knock him off path. Offensive man must try to get open in the lane. Contact is a must. If coach passes to offensive player and player catches the ball, then it becomes one on one.

Players As few as 6, as many as 15

Tips Defensive player must physically 'bang' cutter.

Allow lots of contact and physical play

If offensive man does not receive ball within 3 seconds, next player cuts

Defensive player must stop everyone (meaning no scores) in drill before he is done

Make sure defensive player sees ball and man at all times

PERMALINK www.degerstrom.com/basketball/drills/217/

Watson Star Drill

Description Full-court defensive slide drill

Instructions At the beginning of each practice, form 2 lines on the baseline under the basket. 1st player in each line position themselves under the basket. In unison, they jump 3 times as high as they can and try to touch the net/backboard. After the 3rd jump, they assume a sound fundamental defensive stance and precede to slide defensively from lane line to sideline on their respective sides of the court.

Focus should be on quick defensive slides as they imagine they are pressuring their offensive opponent full-court man-to-man. Also, players should have their eyes up at all times, while digging for the ball with their hands. Players on both sides of the court should be sure to slide all the way to the sideline to simulate the importance of using the sideline to their advantage as another defender. Players need to realize that if they beat their man to the sideline, they can either set their man up for a charge, force their man out of bounds, or make their man pick up their dribble near the sideline where another defender can run and jump and trap the ball.

Players should also focus on turning their man several times down the court and should 'swing their elbow' through as they pivot to increase speed.

As the players reach the end of the court, they jog back to the other end of the court and begin the drill again. Next 2 players begin as players reach free-throw line extended. This drill is a great way to begin practice as it gets players loose, focused, and in a defensive mindset. It is also a great drill to do half-court as your team enters pre-game warmups.

Players 2

Tips Encourage intensity during drill to get practice off to a great start. Don't let players slack off as they cross half-court. Possibly, stand at half-court and make them see the ball. Ensure they are simulating digging for the ball to force a steal.

Skills Man-to-Man pressure defense

PERMALINK www.degerstrom.com/basketball/drills/218/

zig zag to stop the layup

Description Required: 2 offensive players, 1 defensive player, 1 or 2 balls.
One offensive player with the ball, sets up at the corner of the baseline and the sideline. Second defender sets up at the corner of the halfcourt line and the sideline. The defender plays D on the ball as in a zig zag drill. When the first offensive player reaches the hash mark she passes the ball to the second offensive player who then proceeds to attempt a layup at the far end of the court.

Instructions First offensive player should ball fake before beginning. Defender tries to turn ballhandler as often as possible. Defender must react to the pass by attempting a deflection and turning to sprint to the basket to beat the second offensive player.

Players 3

Tips Defender tries to turn O and keep head on the ball. React to pass and sprint passed second O and stop the basket or pressure without fouling. Offense benefits with additional ball handling opportunities and experiencing shooting layups under pressure.

Variations Using 2 balls coach can make the pass to the second offender.

Skills defense on ball and recovery

PERMALINK www.degerstrom.com/basketball/drills/219/

Defensive squat

Instructions Get into your defensive position and hold it for about 30 secs, rest briefly and repeat. Do about 5-6 sets. This strengthens and better prepares the body to play defense.

Submitted by Joe Maiorino (jmaiorino@hotmail.com)

PERMALINK www.degerstrom.com/basketball/drills/220/

Foot Fire

Instructions Get into your crouched defensive stance, and raise and lower your feet off the ground about 4" very rapidly for about 30secs to 1 mintue depending on your conditioning level. This delevops foot speed criticaill in getting and keeping good position while defending.

Submitted by Joe Maiorino (jmaiorino@hotmail.com)

PERMALINK www.degerstrom.com/basketball/drills/221/

Defensive Slide Drill

Instructions Get into a defensive stance (Get your center of gravity low to move quickly, but don't lean forward to much, keep your back straight and your butt out a little bit, bend your knees and keep your hands about waist level and out to swipe at the ball)

From your defensive stance, have a partner, or pretend to be defending someone. Slide your feet across left or right, your are trying to keep with your oppenent moving left or right. It is important not to cross your feet, i.e. If moving right, bring your left foot to your right foot, and then move your right foot out to the right, never cross them over each other. Do this drill each way for about 5-8 steps 10 times.

Submitted by Joe Maiorino (jmaiorino@hotmail.com)

PERMALINK www.degerstrom.com/basketball/drills/222/

War

Instructions This is a 3 on3 to a 5 on 5 man to man defensive game. The rules are simple: Give each teams a set number of possessions to play (I normally give 10) The offensive team gets 2 points for a made bucket, 1 point for a offensive rebound and 1 point if a foul is committed by the defense. Defense gets 2 points per 'stop' (a turnover or secured defensive rebound) 1 point per secured blocked shot and a point taken away for every offensive rebound allowed. Each team plays 10 possessions on offense, ans 10 possessions on defense. The team with the most points win after 20 possessions have been played. Loser runs 17 sprints cross-court in 65 seconds. I keep the same teams all season which builds a rivalry. I call the drill 'WAR'. Any drill that gets guys excited about playing defense is a good drill. This is one that has worked well in our practices.

Submitted by John Price (1bamaboy1@msn.com)

PERMALINK www.degerstrom.com/basketball/drills/223/

Pitter Patter

Instructions The player gets into his defensive stance. He then begins to move his feet rapidly. Then he will slide from side to side, front to back. Then he will hit the floor and get up fast. He will continue to move his feet the whole time.

This will stress movement on defense and it will help with your footspeed.

Submitted by Vince Amoriello (BigVince14@cs.com)

PERMALINK www.degerstrom.com/basketball/drills/224/

High/Low

Instructions This drill requires you to use 2 balls and about 8 players. First you have one player standing at the baseline three point area (Low) and another is standing at the top of the key area (High). The rest of the group is behind the baseline. First the baseline player makes a two handed chest pass to the 'Low' shooter and immediately sprints and closes out with feet 'Squeeking' and one hand up challenging the shooter. Once they have tapped the ballhandler then that person is allowed to shoot. Once a shot has been taken immediately locate, blockout, then rebound and throw to the next person in line. Once a shot has been taken from the first group the next player throws a ball to the 'High' shooter and repeats the process. As your team gets better at closing out and challenging the shooter then allow for dribble penetration (3 to 4 dribbles). Sometimes you may have two balls in action at the same time which is o.k. when you are just shooting but try to avoid this with the dribble drive We try to push the ballhandlers to the baseline or funnel out of the key area. If done correctly you can work and place emphasis on all of the following areas: closing out, defensive position, shooting under pressure, rebounding, defending against dribble penetration etc. Hope this helps a little and good luck!

Submitted by William Withrow (wwithrow@kpbsd.k12.ak.us)

PERMALINK www.degerstrom.com/basketball/drills/225/

Stutter step

Instructions The player stands like he is defending another player. Then he starts moving is leg quickly like in the stutter step fake. He does it for one minute. The player can repeat this dribble for 1-3 times

Submitted by Aviad Rabinowich (aviad_r@hotmail.com)

PERMALINK www.degerstrom.com/basketball/drills/226/

The passing lanes

Description For man to man and good to get easy steals and fastbreaks.

Instructions First you need to be in a defensive position. With the butt down and knees bent and stay 1 step inside and make sure there is 2 or 3 steps between you and your man. You stand there till you see the passing it to your man. You got to look strait in the passing man's eyes and if he is about to pass it go for the steal and the easy layup.

Players 2 on 2 or higher

Tips Watch out for the back door.
Really good for younger kids but also go for older people.

Submitted by Josh Ward
Date 2001-12-13
Team/school Oak Ridge High School War Eagles

PERMALINK www.degerstrom.com/basketball/drills/227/

Defensive drill

Description Force the other player to take a shot that he didn't want.

Instructions When your guarding your oponent you can't be further than your arm or if you want very good defense don't be further then your elbow or wrist.

Players 1

Tips Don't let the player get past you.

Submitted by Ameal (ameel39@hotmail.com)
Date 2002-07-18

PERMALINK www.degerstrom.com/basketball/drills/228/

Whistle drill

Instructions The player(s) line up and get in a defensive stance. The coach/friend blows the whistle. They then begin to defensive slide to the right. When the whistle is blown again they slide the other way. They continue this until the coach stops.

Players 1 or more and a coach or friend.

Submitted by Alexis Crosby

Date 2002-07-26

PERMALINK www.degerstrom.com/basketball/drills/229/

Amazing defensive press

Description Great drill to stop the ball, make a steal, force a turnover.

Instructions 1 starts on the foul line. 2 is on the left side at half court and 3 is opposite to 2. 4 is in the center of the court. 5 is on the other foul line. Once the ball is thrown in, 1 plays defense on the ball. When the player starts to move to a side and is nearing half court, 2 or 3 depending which side of the court the ball is on will step up and try and trap the ball. If the ball is on the 2's side then 3 will move closer to the ball and watch for a pass back or to the center. 4 will shuffle back a bit but stay in the middle waiting to steal any incoming passes to the center or cross court. 5 is still on foul line but if any players are down past the foul line, 5 will move back with them but staying centered. 1 and either 2 or 3 are trying to stop the dribble. Once ball is stopped try to steal it but watch for fouls. Usually someone will come back to help out but have 2 or 3 that isn't on the ball. Hopefully the press works and you get the steal or turnover or they take too long to get it up the court and it will be your possession. If press is broken go back to your regular defense (zone, man to man etc..)

Players 5

Variations You can switch up the players positions ex. if your 1 isn't a good defensive player then you can put a better qualified player as 1.

Skills Defense.

Date 2003-07-20

PERMALINK www.degerstrom.com/basketball/drills/577/

Quickly

Description Drill to help defensive skills (one of my favorites).

Instructions Blow the whistle 1st and kids touch the floor and yell defense and then get into defensive position. Blow it a second time and do hot feet. Dribble strait towards them and they roll backwards as if falling down and yell uh. Drop the ball and the kids drop and yell loose. Dribble to the left and kids follow you in defensive position. Dribble one handed and the kids reach out as if to grab the ball and yell hey. Make sure you tell them to do hot feet when you aren't doing anything and when you blow the whistle they stop.

Players 1+ and the coach/partner.

Tips Do it for 10-20 min adding the steps in one by one.

Skills Quickness and strengthening your calf and quad muscles and defensive skills and positioning.

Date 2003-07-28

Team/school Duke Blue Devils

PERMALINK www.degerstrom.com/basketball/drills/583/