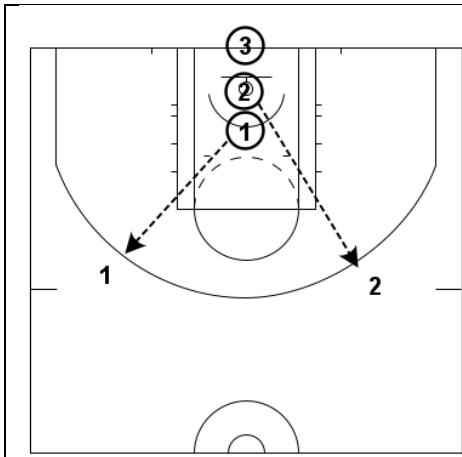


Implementatie van individuele en team defense

Keywords: (long) Close-outs, reaction, stunt & recover, weakside helpdefense en rotatie, breakdown drills of a team defense.

Fundamentals

	<p>Agility – reaction</p> <p>P1 in starting position. There are 4 spots (2 blocks, 2 elbows). P2 calls spots (numbers, colors, show). P1 has to touch the spot with his outside foot and return to his starting position. Work 10”.</p> <p>Variation: touch spot with inside foot (pivoting)</p>
	<p>Reaction</p> <p>2 players, ball in between (on cone). Rock-Scissors-Paper: winner is offense. Play 1-1.</p>
	<p>Sprint into close out. Backpaddle into 2nd close out.</p> <p>Close out keys</p> <ul style="list-style-type: none"> ● Small / studder steps in the end ● Body balance and core strength ● Both hands active ● Feet parallel with 3pt line <p>Variations:</p> <ul style="list-style-type: none"> ● Add a step-slide R/L => step 1 is open step



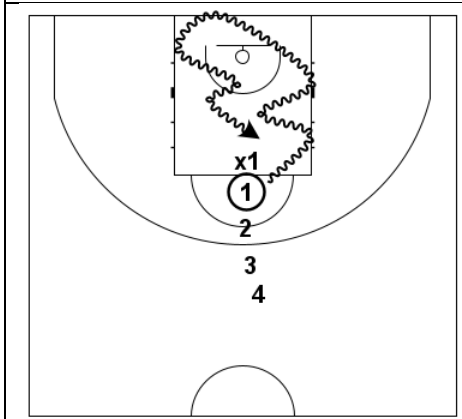
Pass into sprint into close out. Player with ball keeps ball high or low => defense adjusts.

Close out Keys

- Align inside shoulder of offense
- O: Ball shoulder height and higher?
X: Arms and hands high => attack
- O: Ball below shoulder?
X: Arms wide, retreat steps 1 arm length distance
- Position X variables: profile offensive player, dominant dribbling hand, defensive team concepts

Variations:

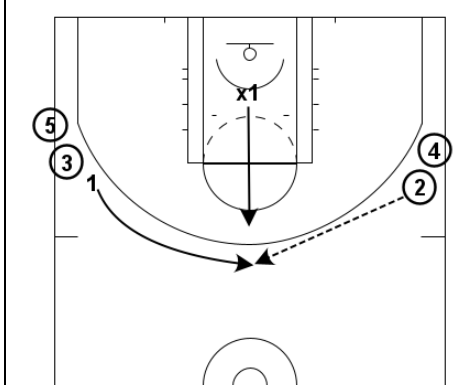
- Offense 1 penetration dribble (R/L/choice)



Focus:

- First step should be open step
- Take offense on chest => be **physical**

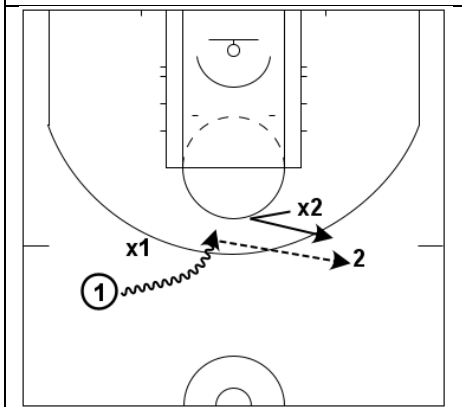
Play 1-1 in paint area, try to reach baseline & free throw line. On signal X1 is out, O1 becomes defender of O2. Quick reaction.



High intensity 1-1 drill

⇒ Long close-outs + decision making in offense

O1 receives pass from O2 into 1-1 (max 1 shot). If the ball touches the rim, O2 sprints to the top and receives the pass from O3. O1 becomes defense (has to touch the moon first).



Stunt & recover: make space smaller, create doubt in offense

Hands: Stunt inside hand low – recover outside hand high.

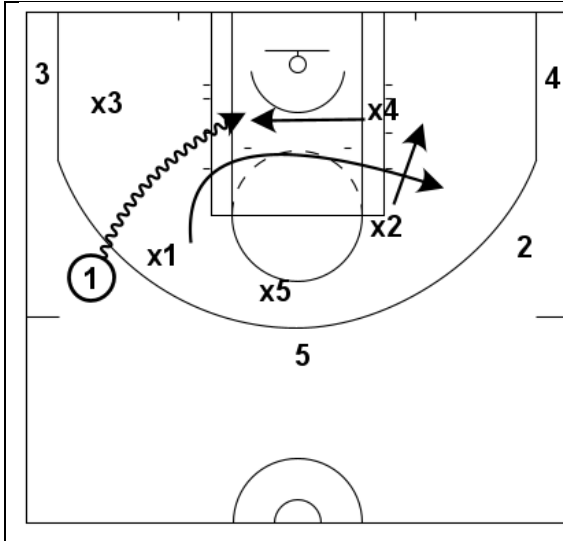
Timing of the stunt!

Into close out inside shoulder offense.

Pass into 1-1.

	<p>Focus: Reaction on airtime; help into close-out; close-out into help</p> <p>O1 has the ball. X1 is in a close-out position. O1 skips pass to O2. X2 reacts on airtime and goes in a close-out. If X2 leaves, X3 steps in: help side position. On the skip pass X3 goes in a close-out...</p> <p>Rotation: O1 to X4. X1 to O1...</p> <p>Variations:</p> <ul style="list-style-type: none"> ● Pass 3x before rotating ● Offense adjust position ball: high / low ● Offense can penetrate ● Into 1-1 / 2-2
	<p>Shell drill: defensive positions depend on your concept</p> <ul style="list-style-type: none"> ● Offense can only pass ● Offense can penetrate middle => team stunting

Team Defense Concept



O1 beats man: X3 stunt and recover

X4 is **last man** and stops penetrations bucket line.

X2 is **(goal)keeper** and plays in between O2 and O4. He's responsible for the 1st receiver.

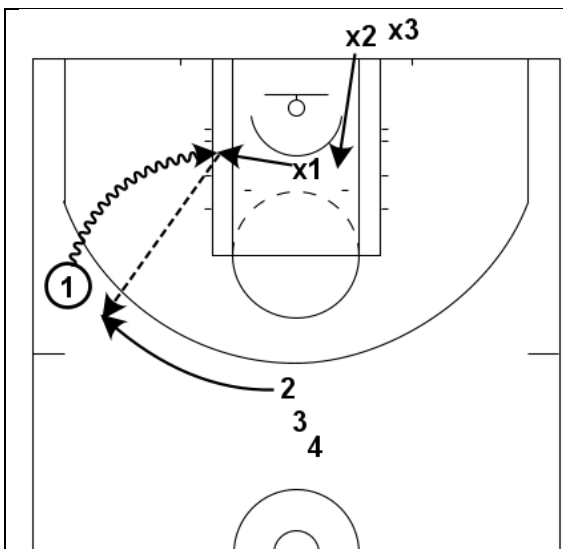
X1 rotates to the weakside and is responsible for the 2nd receiver.

Note: similar concept can be used

- if X1 is beaten in the middle
- ballscreen situations
- against different floor balances (e.g. low post, 2-guard set, ...)

Breakdown drills on team defense

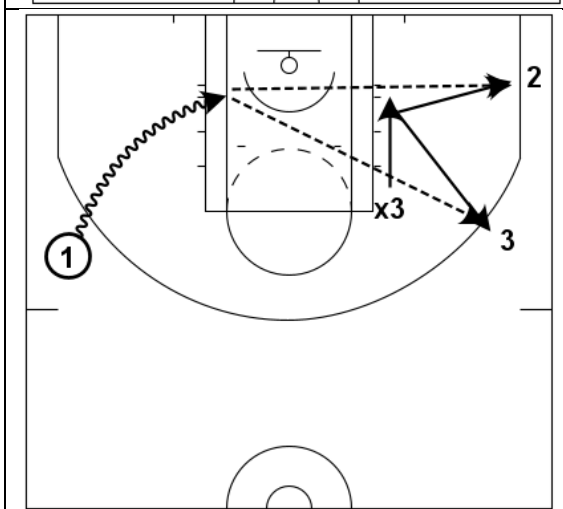
1-1



Focus: Last man role.

O1 penetrates, X1 stops man at block. On penetration O2 circles and receives pass from O1. On pass O1 - O2 (airtime!) X2 steps in as next defense.

Rotation: O1 - X1 - O2



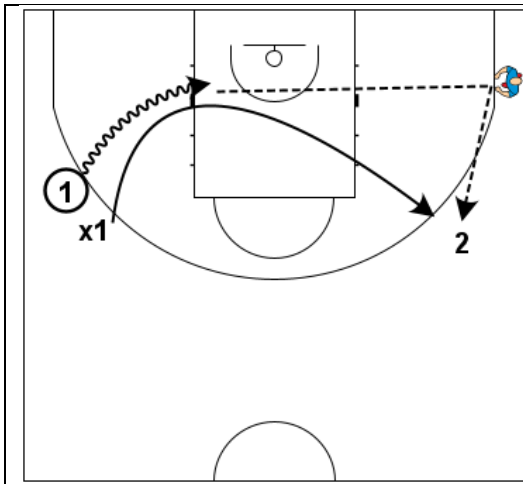
Focus: (Goal)Keeper role. X3 reacts on airtime

O1 penetrates and passes to the weakside. X3 stays on the line of the ball and rotates to the first receiver. Close out of X3.

Rotation: O1 - X3 - Receiver

Variations

- Add 1 dribble
- Into 1-1



Focus: Rotate to weak side. Close out keys

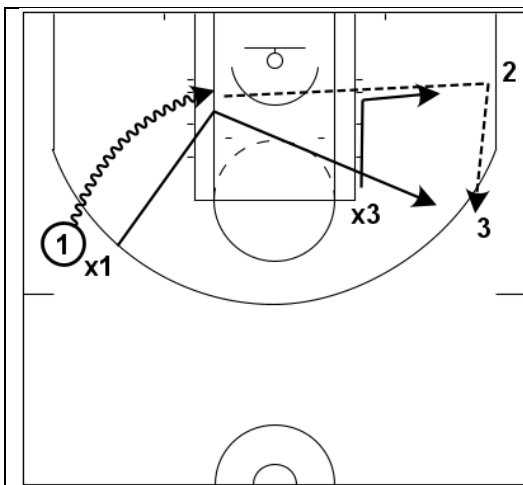
O1 baseline penetration. X1 is beaten and rotates to weak side. Coach gives extra pass to 2 into 1-1.

Rotation: O1 - X1 - O2

Variations:

- Limit dribbles offense
- Switch positions coach and O2: 1-1 from corner spot

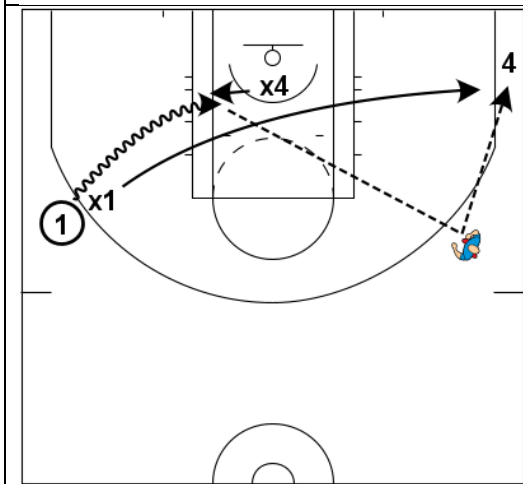
2-2



O1 beats x1 and passes to weakside.

O1 is out after the pass.

Into 2-2.



O1 beats x1

X4 is last man and helps.

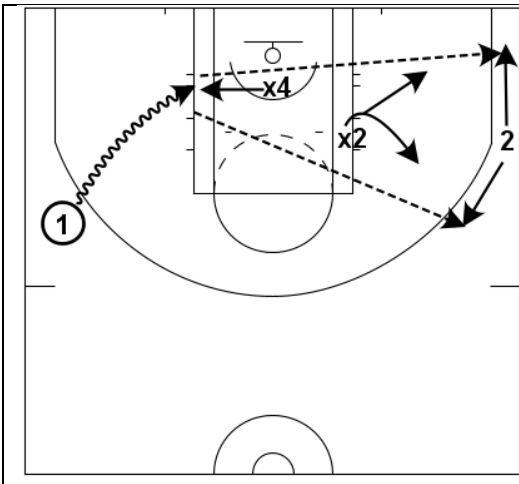
O1 passes to coach who gives extra pass to corner.

X1 rotates to O4.

Into 2-2.

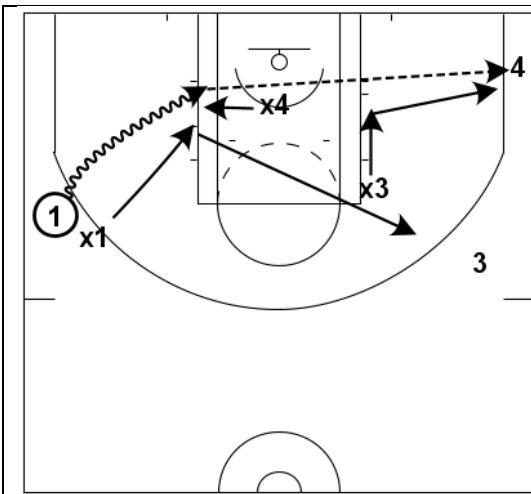
Variation:

- Coach in corner, O4 forward spot

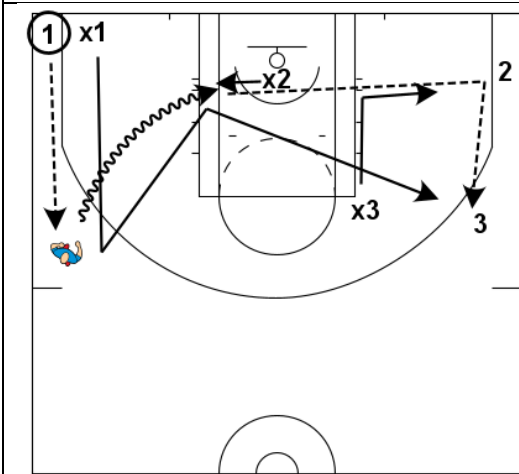


On penetration O1: O2 lifts or drifts.
Into 2-2.

3-3

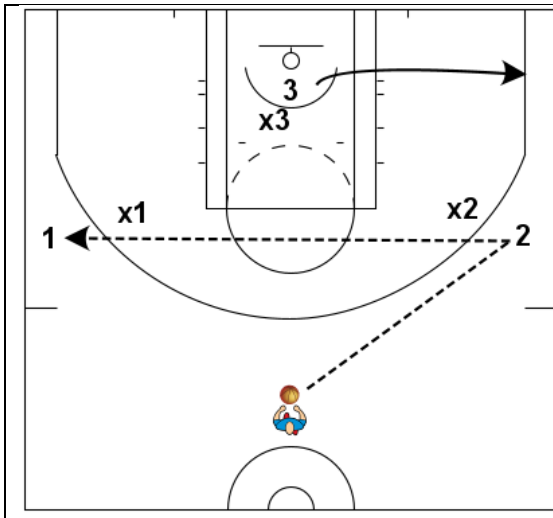


3-3



More dynamic 3-3 drill

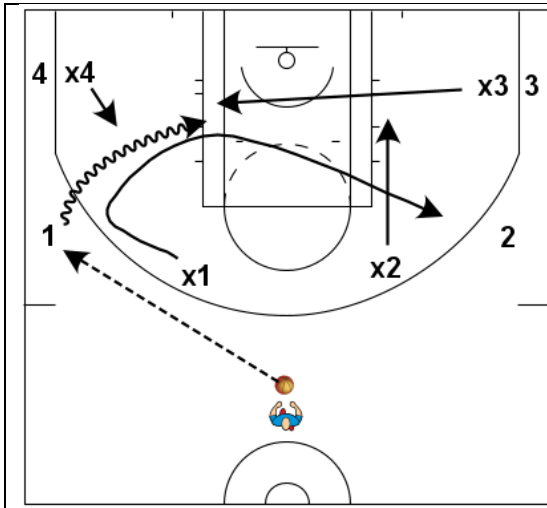
Player 1 passes to coach. Sprint in HO and baseline penetration. X1 has to touch hand of coach before he can play defense. Into 3-3.



More dynamic 3-3:

Coach passes to either forward.
 O3 fills ballside corner. Skip pass forward – forward.
 Defender is beaten => rotations.

4-4

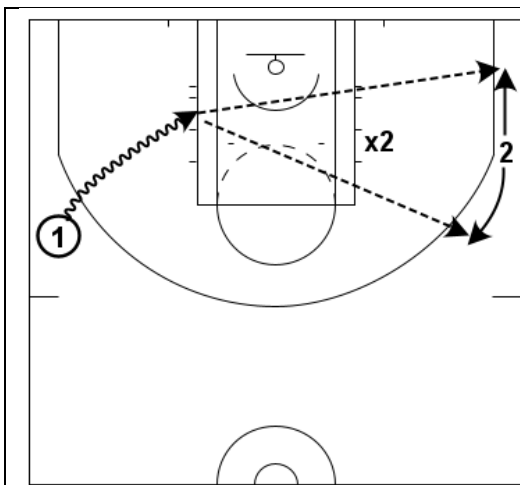


Coach passes to either forward. On catch 4-4. Defense reaction airtime!

Shooting drills

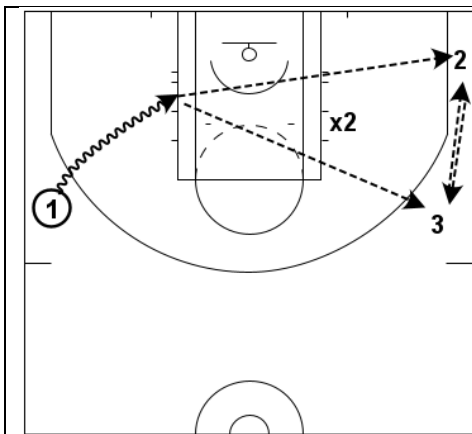
Contested shooting

With / without decision making



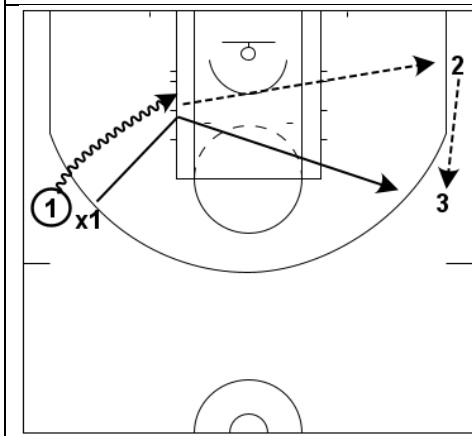
O1 penetrates. O2 lifts or drifts. X2 contests shot.

Rotation: O1 - X2 - O2



O2 & O3 give extra passes
 => Great shot > good shot.

● Limit # passes



O1 penetrates and passes to weak side corner or forward. Extra pass into shot. X1 contests shot.

Rotation: O1 - X1 - shooter