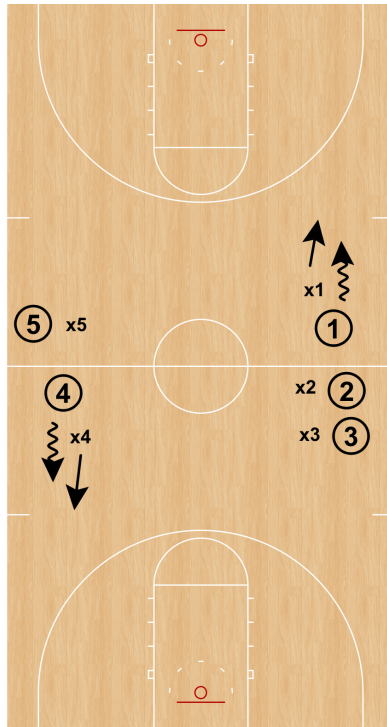


One on One from Half Court

Bullet Point Teaching

- Show hands on defense.
- No straight line drives.
- Contest shot.



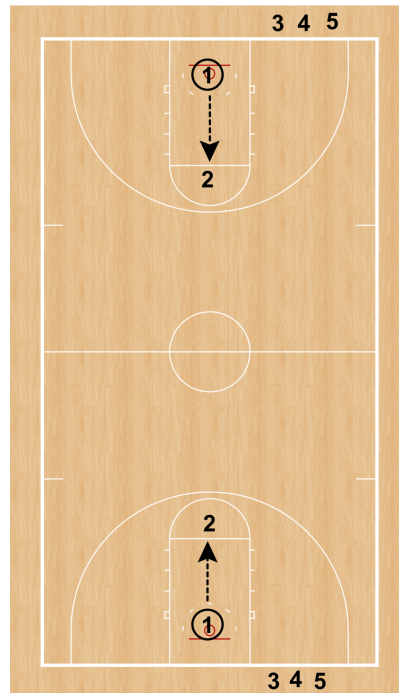
1. Have the players pair up and switch offense to defense on their next rep as pictured above.
2. The offense has unlimited dribbles and can attempt more than one shot if they get offensive rebound.
3. The defender's goal is to keep the ball in front of them (stay between the ball and hoop) and contest the offensive player's shot with their hand up without fouling.
4. This can be played for 3-5 minutes.



One on One Closeouts

Bullet Point Teaching

- Chop feet on close out.
- High hands on close out.
- No straight line drives.



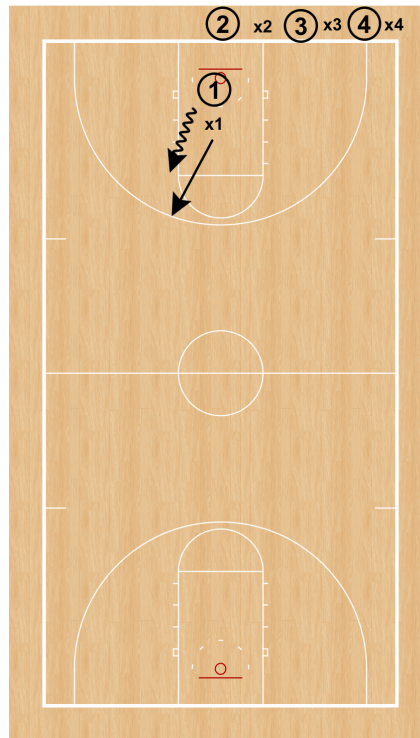
1. The player underneath the hoop has the ball and is on defense.
2. The defensive player throws a chest pass to the offensive player at the free-throw line and performs a closeout.
3. On the catch it is live and the offensive player can shoot, shot fake, or rip the the ball to the rim.
4. The offensive player only has three dribbles after they initiate their move and can take multiple shots if they get the offensive rebound.
5. The emphasis on defense is to contest the shot and not allow a straight line drive to the rim.
6. The player on defense rotates to offense and the player on offense rotates to the end of the line. Another option is to play make it take it with the offense staying on offense until they get stopped.



One on One Full Court

Bullet Point Teaching

- Show hands on defense.
- No straight line drives.
- Contest shot.



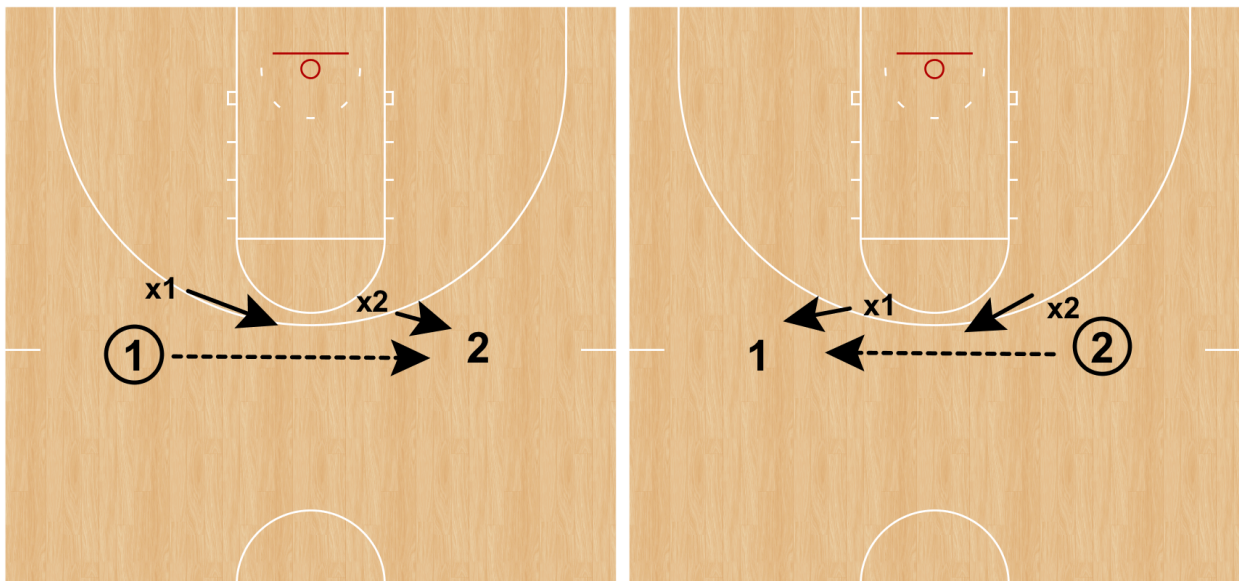
1. Have the players pair up and switch offense to defense on their next rep going back the other way as pictured above.
2. The offense has unlimited dribbles and can attempt more than one shot if they get offensive rebound.
3. The defender's goal is to keep the ball in front of them (stay between the ball and hoop), fight the ball (do not allow the defenders to keep a very big cushion on the ball) and contest the offensive player's shot with their hand up with out fouling.
4. This can be played for 3-5 minutes and can be played across two cross courts as well to limit standing in line.
5. This is a great drill to work on defensive footwork and guarding the ball which is one of the most difficult things to do defensively.



Two on Two Jump to Ball

Bullet Point Teaching

- Vision of ball and man.
- Jump to ball on pass.
- Anticipate/move on air time.



1. To start two players are on offense and two players are on defense.
2. The player off the ball is in the gap about a third the distance off their man and per the coach's choice is in a denial (hand in passing lane) or gap position (full body below passing lane).
3. On the pass the defender on the ball (x1) jumps to the ball in the gap or denial position off their man and the defender in the help position (x2) sprints to closeout on the ball.
4. This is then repeated for three additional passes.
5. The coach can progress this drill by going live on the fourth pass.
6. It is important the coach emphasizes vision of the ball and man, anticipation of the pass, and great intensity.

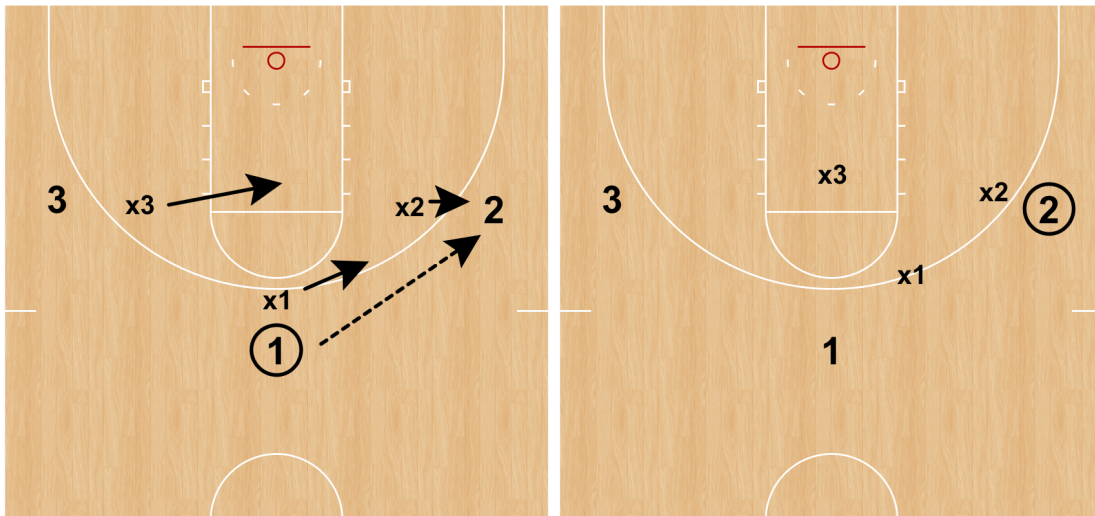


Three on Three Defensive Positioning

(Positioning/Defending Dribble Penetration)

Bullet Point Teaching

- Be in a stance the entire possession.
- Vision of ball and man.
- Anticipate.

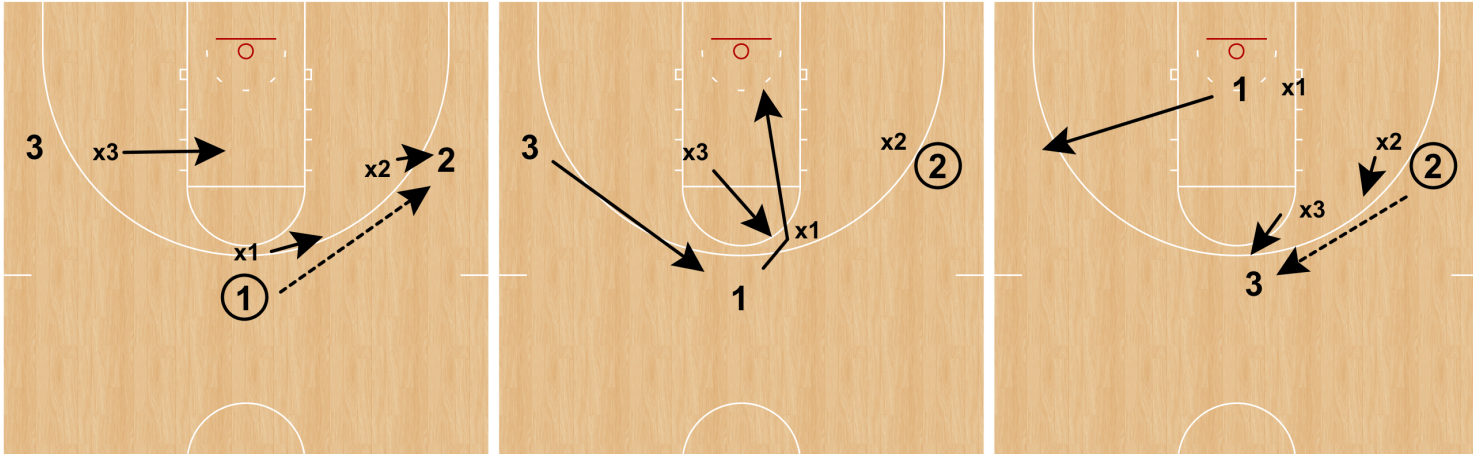


1. To start three players are on offense and three players are on defense.
2. The first drill in this progression is to work on proper defensive **positioning**.
3. On the pass the defender on the ball (x1) jumps to the ball in the gap or denial position off their man and the defender in the help position (x2) sprints to closeout on the ball. The defender two passes away (x3) sprints to the midline help position below the ball so they can have vision of the ball and their man.
4. The offensive players hold their spots and pass the ball around for three to five additional passes with the defense sprinting to their proper positioning.
5. The offense holds the ball for one to two seconds to allow the defense to get to their positions.
6. The coach can progress this drill by going live after the fourth or fifth pass or by defending dribble penetration with the offensive players holding their areas on the court.
7. It is important the coach emphasizes vision of the ball and man, anticipation of the pass, and great intensity.



Three on Three Defensive Positioning

(Jump to the Ball)

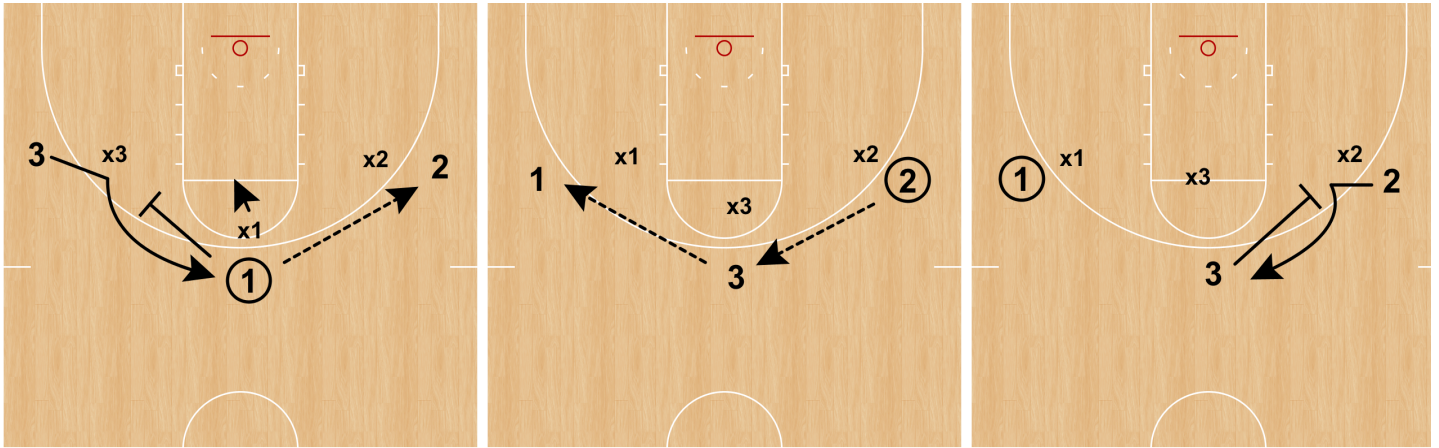


1. The second drill in this progression is to work on **jumping to the ball** on cuts.
2. On the pass the defender on the ball (x1) jumps to the ball in the gap or denial position off their man and the defender in the help position (x2) sprints to closeout on the ball. The defender two passes away (x3) sprints to the midline help position below the ball so they can have vision of the ball and their man.
3. The offensive player on top cuts to the rim and then exits away from the ball while their defender jumps to the ball not letting them cut between them and the ball.
4. The offensive player on the wing with the ball then swings the ball to the top to player 2 who reverses it to player 1 and then cuts to the rim repeating the pattern.
5. The coach can progress this drill by going live after the fourth or fifth pass.
6. It is important the coach emphasizes vision of the ball and man, anticipation of the pass, and great intensity.



Three on Three Defensive Positioning

(Defending the Screen Away)

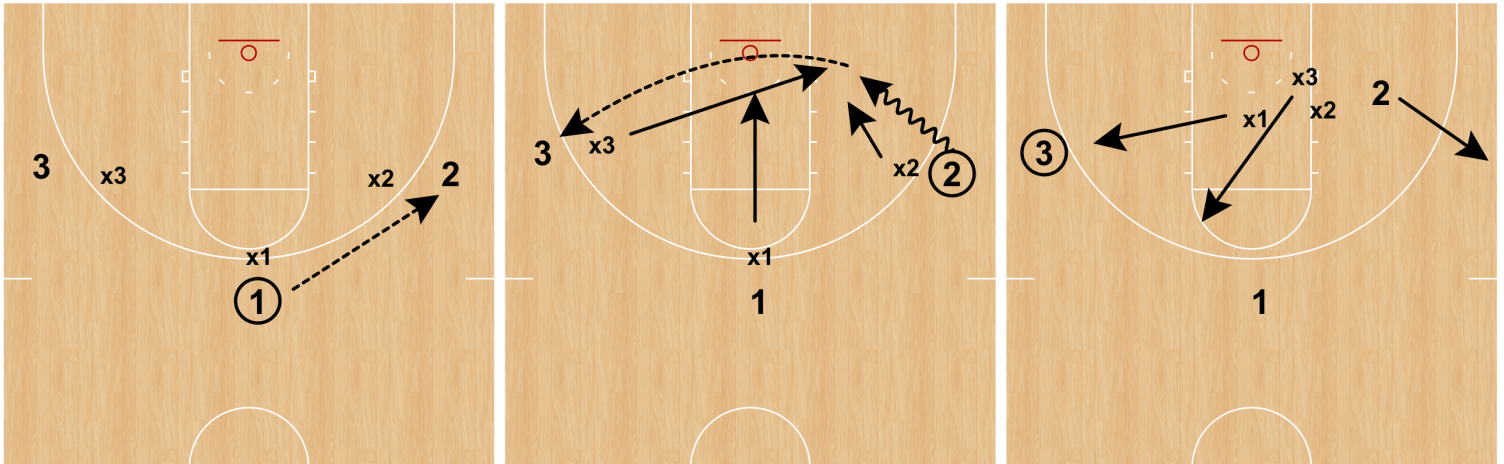


1. The third drill in this progression is to work on **defending the screen away**.
2. On the pass the defender on the ball (x1) jumps to the ball in the gap and positions themselves below the screen at midline with vision of the ball and is ready to bump the cutter on a curl cut or go with the screener if they slip and cut to the rim.
3. The defender in the help position (x2) sprints to closeout on the ball.
4. The defender two passes away (x3) chases the person they are guarding (the cutter) on their numbers over the top of the screen and is ready to be in front on the catch as the player cuts to the top of the key. (If the cutter was a non-shooter or was always curling the screen to the rim the coach may adjust and have the defender go under the screen versus chasing over the top).
5. The offensive player who cut to the top receives the pass and reverses the ball to player 1 who just set a screen and then screens away for player two repeating the screen away pattern.
6. The coach can progress this drill by going live after the fourth or fifth pass.



Three on Three Defensive Positioning

(Help the Helper-Defending Baseline Drive)



1. The fourth drill in this progression is to work on the **help the helper concept**.
2. On the pass the defender on the ball (x1) jumps to the ball in the gap.
3. The defender in the help position (x2) sprints to closeout on the ball.
4. The defender two passes away (x3) sprints to midline below the level of the ball.
5. The offensive player (player 2) dribbles hard baseline.
6. The help side defender two passes away (x3) meets the ball handler outside the lane line and x1 sinks to the level of the ball to help the helper.
7. Player 2 on offense skips the ball to player 3 or player 1 who x1 closeouts to therefore helping the helper.
8. The coach can have the players perform one or two baseline drives and then go live.

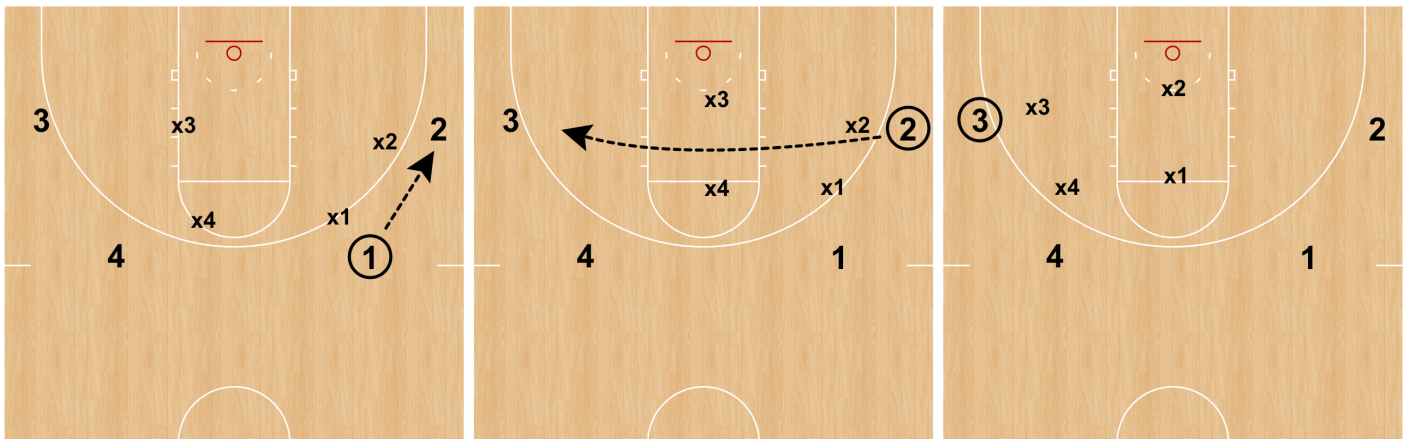


Four on Four Shell Progression

(Positioning)

Bullet Point Teaching

- Be in a stance the entire possession.
- Vision of ball and man.
- Anticipate.

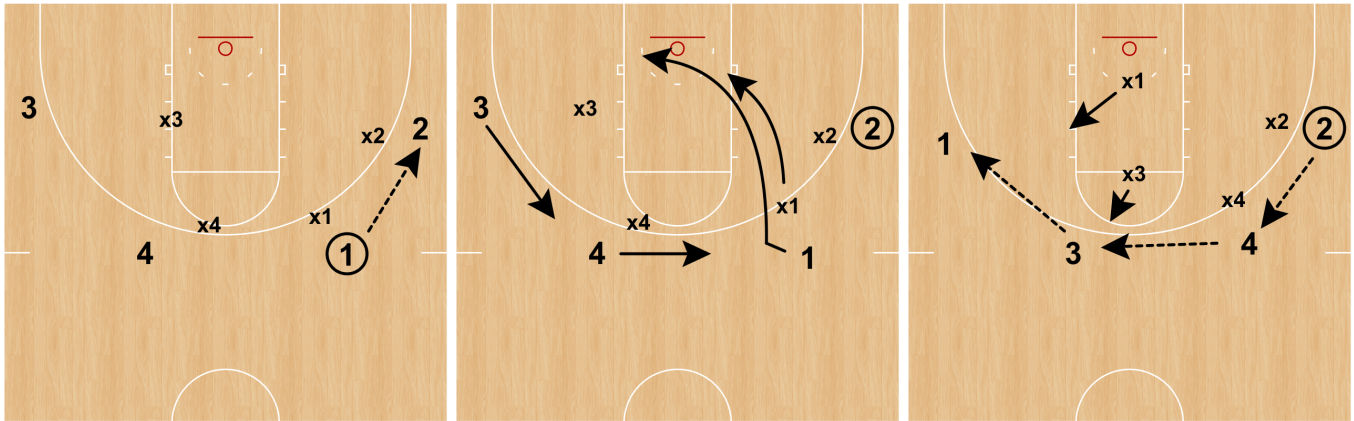


1. To start four players are on offense and four players are on defense.
2. The first drill in this progression is to work on proper defensive **positioning**.
3. On the pass the defender on the ball (x1) jumps to the ball in the gap or denial position off their man and the defender in the help position (x2) sprints to closeout on the ball. The defenders two passes away (x3 and x4) sprint to the midline help position below the ball so they can have vision of the ball and their man.
4. The offensive players hold their spots and pass the ball around for three to five additional passes with the defense sprinting to their proper positioning.
5. The offense holds the ball for one to two seconds to allow the defense to get to their positions.
6. The coach can progress this drill by going live after the fourth or fifth pass or let the offense punch gaps with one to two dribbles.
7. It is important the coach emphasizes vision of the ball and man, anticipation of the pass, and great intensity.



Four on Four Shell Progression

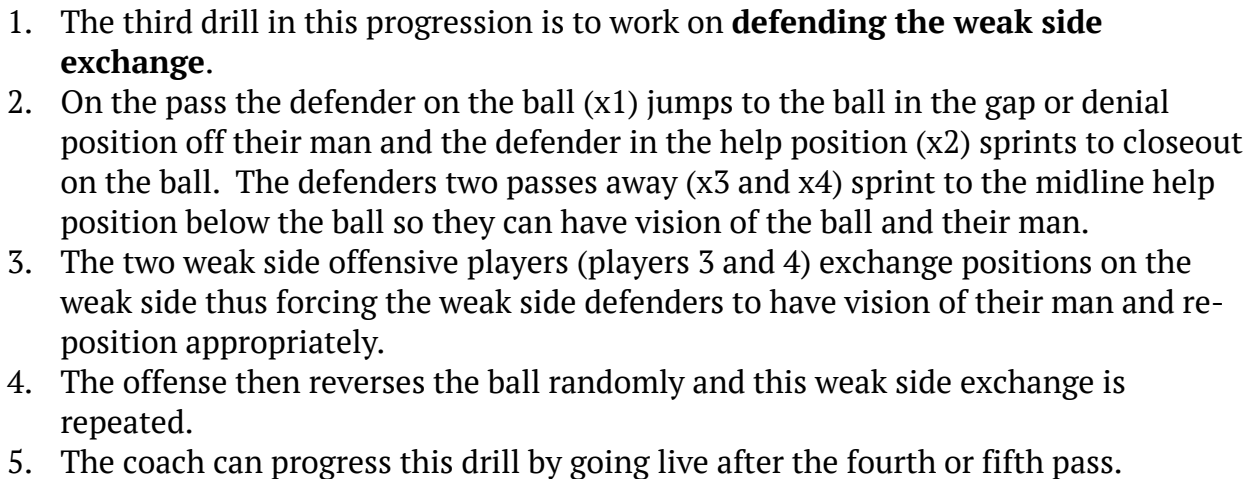
(Jump to the Ball)



1. The second drill in this progression is to work on **jumping to the ball** on cuts.
2. On the pass the defender on the ball (x1) jumps to the ball in the gap or denial position off their man and the defender in the help position (x2) sprints to closeout on the ball. The defender two passes away (x3) sprints to the midline help position below the ball so they can have vision of the ball and their man.
3. The offensive player on top cuts to the rim and then exits away from the ball while their defender jumps to the ball not letting them cut between them and the ball.
4. The offensive player on the wing with the ball then swings the ball to the top to player 4 who reverses it to player 3, who reverses to player 1 on the wing, and then cuts to the rim repeating the pattern.
5. The coach can progress this drill by going live after the fourth or fifth pass.
6. It is important the coach emphasizes vision of the ball and man, anticipation of the pass, and great intensity.

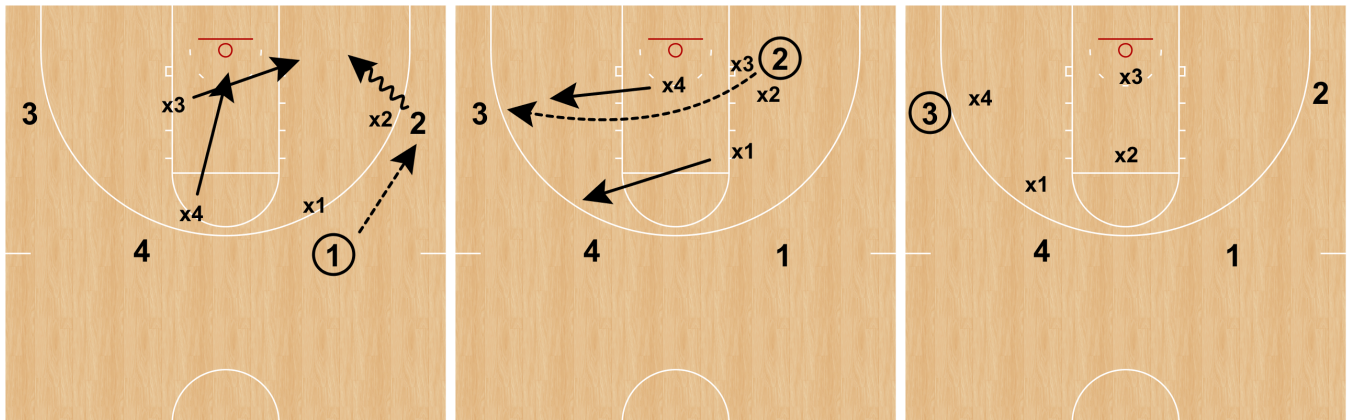


(Defending the Weak Side Exchange)



Four on Four Shell Progression

(Help the Helper-Defending Baseline Drive)



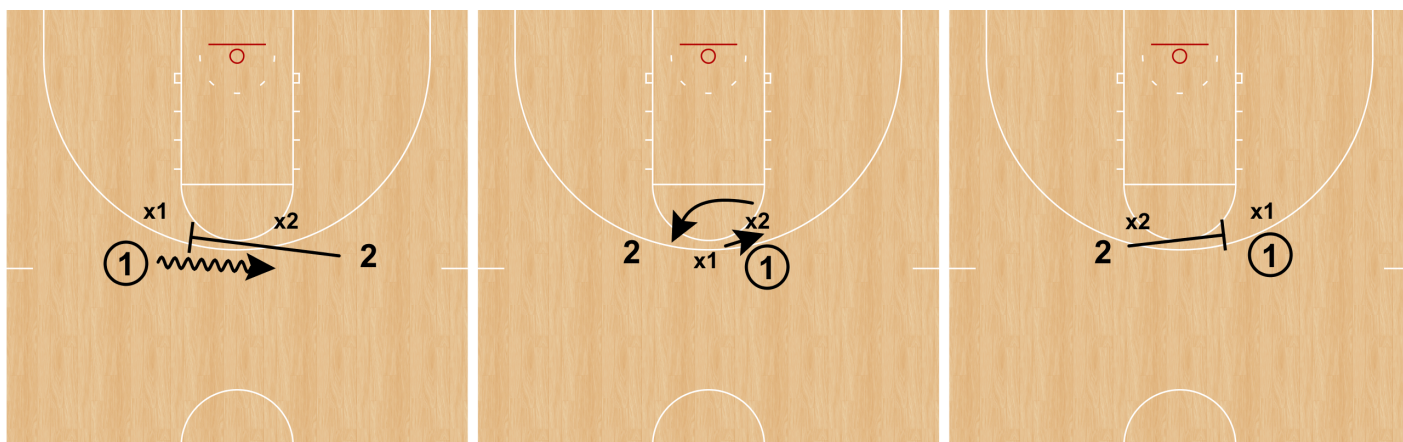
1. The fourth drill in this progression is to work on the **help the helper concept**.
2. On the pass the defender on the ball (x1) jumps to the ball in the gap.
3. The defender in the help position (x2) sprints to closeout on the ball.
4. The defenders two passes away (x3 and x4) sprint to midline below the level of the ball.
5. The offensive player (player 2) dribbles hard baseline.
6. The help side defender two passes away (x3) meets the ball handler outside the lane line and x4 sinks to the level of the ball to help the helper.
7. Player 2 on offense skips the ball to player 3 or player 4 who x4 closeouts to therefore helping the helper.
8. The coach can have the players perform one or two baseline drives and then go live.



Two on Two Defending Ball Screen

Bullet Point Teaching

- Yell ball screen.
- Yell action.
- Ball is the most important thing.



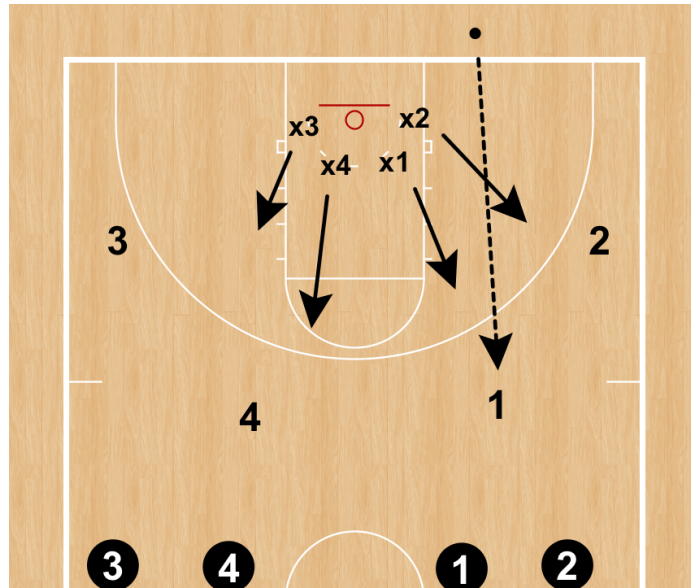
1. To start two players are on offense and two players are on defense.
2. The player off the ball is in the gap about a third the distance off their man and per the coach's choice is in a denial (hand in passing lane) or gap position (full body below passing lane).
3. The offensive player without the ball sets a ball screen and the offensive player takes two to three dribbles coming off the screen.
4. This is then repeated three to four times allowing the defense to repeatedly defend.
5. The coach tells the defenders if the defender guarding the screener is hedging or switching the ball screen prior to the drill. (On the hedge the help defender leaves the ball when the defender guarding the ball recovers (shown above) and on the switch the defender guarding the ball must get under the screener without having the offensive player reject the screen and get to the rim.)
6. It is important the coach emphasizes that the defenders be loud, the defender guarding the screener yells out ball screen, and that the ball gets stopped.
7. The coach can progress this drill to going live on the third or fourth repetition.



Four on Four Cut Throat

Bullet Point Teaching

- Be in a stance the entire possession.
- Vision of ball and opponent.
- Talk.



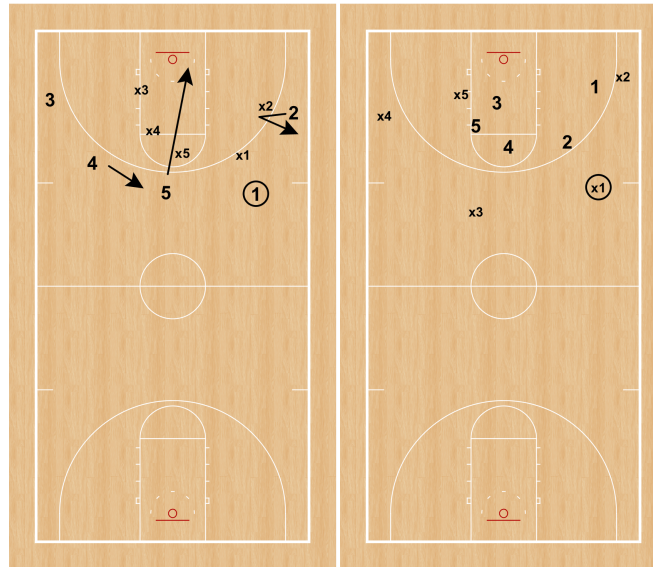
1. To start four players are on offense around the three point arc and four players are on defense in the paint. The third team is at half court waiting to come in.
2. The coach is on the baseline with the ball and when the coach throws it in to one of the four offensive players the drill is live.
3. On the pass from the coach the four defensive players sprint to their proper positioning and close out to the ball.
4. The offensive players can start the action with whatever action the coach may choose to be working on such as dribble penetration, cutting and dribble penetration only, ball screen, or stagger and screen away.
5. If the defense stops the offense they get a point and stay on defense and if they get three stops in a row they get a bonus point.
6. The team waiting at half court rotates in on offense. If the offense were to score or get fouled they would then rotate in on defense and the defense would rotate out to half court.
7. The coach can have the team play to a certain score or whoever has the most points after a 5-8 minute segment wins.



Four on Four Change Drill

Bullet Point Teaching

- Talk.
- Get ball stopped.
- No straight line drives.



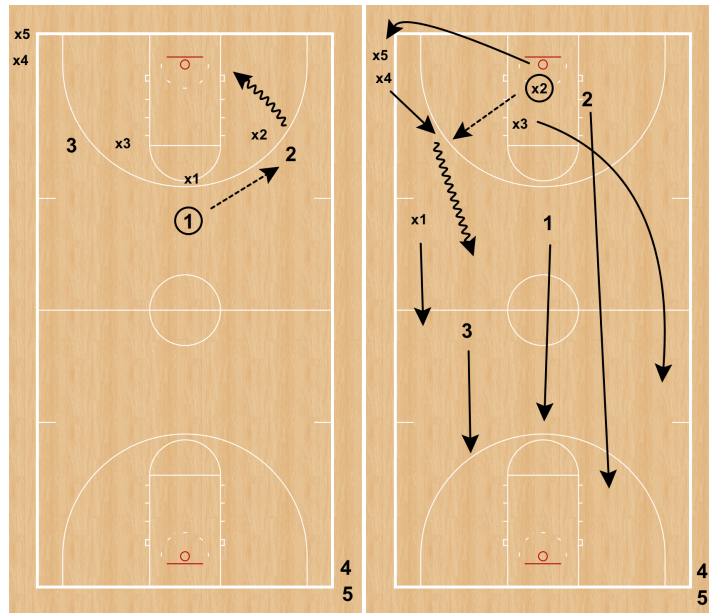
1. This drill can be played four on four or five on five.
2. To start the players on offense are running their offense but not trying to score. The defense is working on being in proper position and having great vision of the ball and the person they are guarding.
3. After 3-5 passes the coach yells change and the offense sets the ball down on the floor and then quickly changes to defense but they cannot guard the same player that was guarding them to start.
4. The team now on defense must really communicate who they are guarding and get the ball stopped. To make this transition harder the coach can make the offense who changed to defense sprint in and touch the paint first before they can guard the opposing team.
5. The team that changed from defense to offense after the coach yelled change is trying to score the ball quickly.
6. This drill can be progressed to full court as well. After the coach yells change the team on defense grabs the ball and looks to score on the other end of the floor with other team transitioning to defense and guarding a different player.



Three on Three Get Back

Bullet Point Teaching

- Sprint back.
- Talk and point.
- Stop the ball in transition on defense.



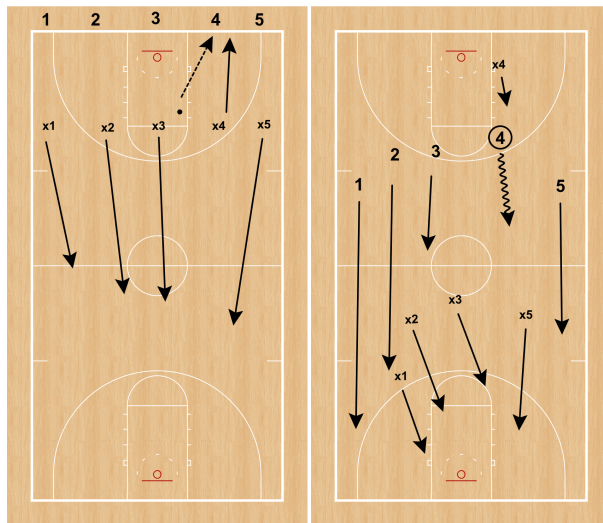
1. Two equal teams are made to start with three players on offense and three on defense. The team on defense has one outlet line in the corner on the same side they are defending with the offensive team's outlet line at the opposite corner.
2. The offensive team is trying to score quickly and the coach can count down a shot clock if they feel it is taking too long to get a shot up.
3. On a made or missed shot the team on defense that gets the rebound outlets it to the outlet line. The player who made the outlet pass is out of the drill and goes to the end of the outlet line.
4. The players that were on offense sprint back on defense after losing possession, talk and point who they are guarding, and must get the ball stopped.
5. The offensive team who received the outlet is sprinting up the floor in transition trying to score.
6. This is repeated for a two to four minute game. There is no out of bounds in the drill and the coach can keep score to make more competitive.



Free Throw Transition Drill

Bullet Point Teaching

- Sprint back.
- Talk and point.
- Stop the ball in transition on defense.



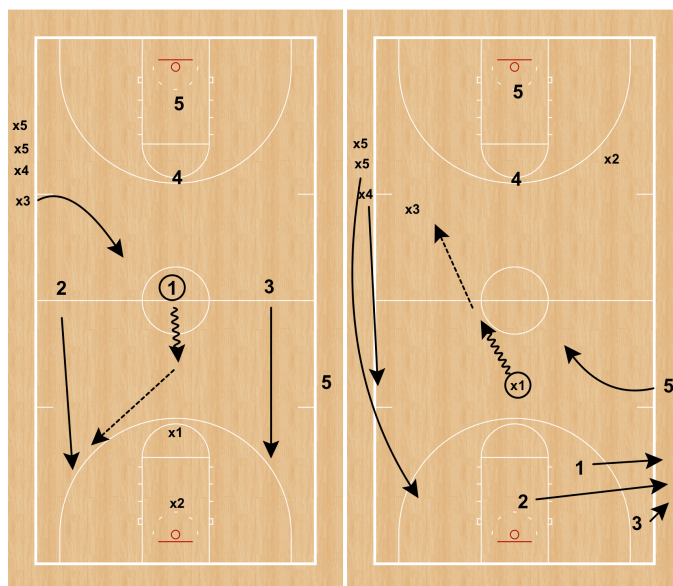
1. Two equal teams are made to start and this drill can be played four on four or five on five.
2. The offensive team lines up on the baseline equal distance apart and the defensive team lines up across from them at the free-throw line.
3. The players are numbered one through five from one end to the other consecutively.
4. The coach rolls the ball to one of the offensive team members on the baseline and yells a number.
5. The defensive player whose number is called must sprint and touch the baseline and then get back on defense (image shows number four was yelled).
6. The offensive team with the ball is attacking in transition the other way while the other four defensive players are sprinting back on defense communicating.
7. After the offensive possession, make or miss, the defensive team attacks back the other way thus this is a two trip drill.
8. After the second trip the drill is reset with the previous offensive team on the baseline going to the free-throw line on defense.



Three on Two and a Half Transition

Bullet Point Teaching

- Yell ball (talk).
- Great close outs.
- Sprint in transition.



1. The team is splint into two equal teams (must have 12 total players to play).
2. Three offensive players are up on offense to start with their two teammates behind them ready to play defense on the next possession.
3. The offense attacks the two defensive players looking to score quickly. On offense emphasize good spacing and quick decisions. The offensive player in the middle wants to take two steps toward the wing they pass to and does not want to run to the rim after the pass in this drill as it creates congestion in the middle.
4. Once the offensive team passes half court the third defender can sprint in trailing the play and looks to guard the best option available typically away from the ball.
5. The three defenders must communicate who is guarding the ball and who has the other two offensive players on the floor.
6. After the possession, make or miss, the defenders then transition the ball up the floor quickly against the other team's two awaiting defenders and the players that were on offense jog to the outside and get in line read to fill the defender positions.
7. Again once the ball crosses half court the third defender enters the drill.
8. This drill can be played for 2-4 minutes keeping score.

