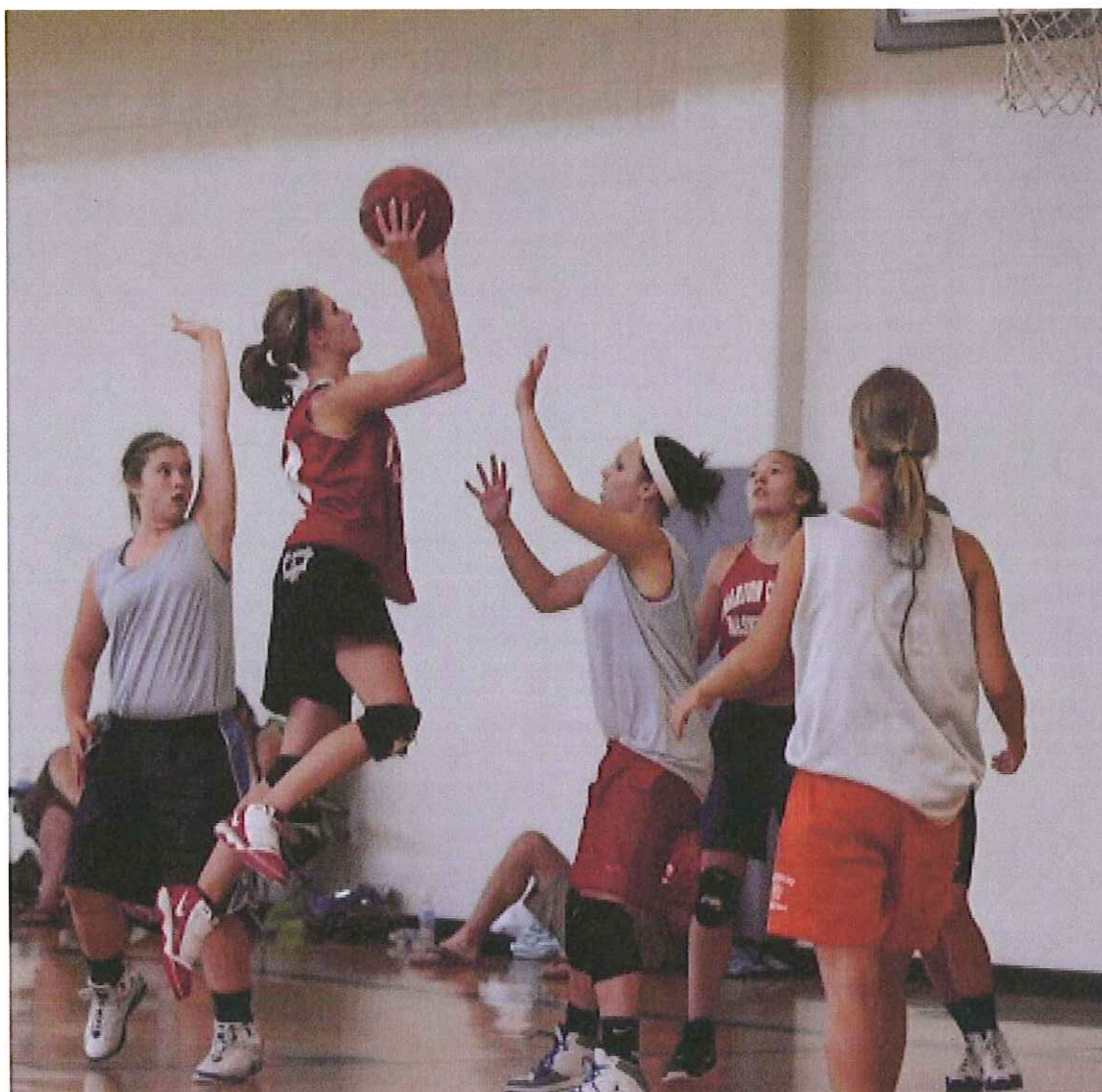


Licking Summer Camps

Defense

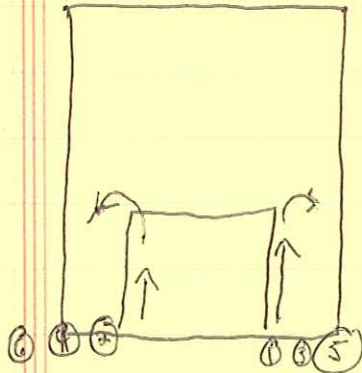


www.lickingcamps.com

Defensive Slide

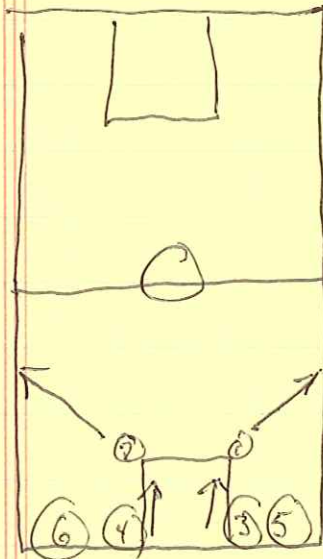
(Brusher)

Defensive drill designed for basic footwork for defending a ball handler in the open court.



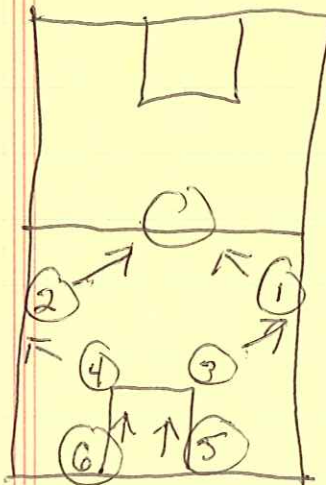
Begins with two sets of players on opposite sides of the lane.

First whistle the two players sprint to the free throw line, turn toward the baseline, and tap their feet until second whistle.



Second whistle, first set of players slide step to the sideline parallel to the arc.

The second set of players follow the first.



Third whistle, the first set of players slide to the mid court circle.

The other follows the first. Pattern continues until all players make it to opposite baseline.

3-on-3 Defensive Drill

This defensive drill will help pick up your team's defensive intensity, because it is a competition. Give out some award to the winners... a bag of candy, free pop, etc. Or just make all the losers run and the winners get to watch.

Setup:

Divide your squad into 3-man teams (you may have one or two 4-man teams where the players rotate in and out, if the numbers don't come out exactly even). These teams will take turns competing against each other as outlined below. Only two teams will be on the floor at a given time, offense and defense. Split the teams up fairly (no "stacked" teams), and have at least one guard and one post player on each team.

The Drill:

Play half-court, man-to-man defense at all times. Coaches referee. Points are scored only by the defense. The defense gets one point whenever they stop the offense and get possession either by a defensive rebound, a steal, a forced turn-over, forced bad pass, etc. The idea is for the defensive team to stay on the floor as long as they can, because it's the only way you can accumulate points.

No points are awarded for baskets made. However, if the offense scores, then the defensive team must leave the floor and the offense now becomes the defense (enabling them a chance to accumulate points), and a new team comes out on offense. Also, if the offense commits a turnover, or fails to score, they must leave the court and a new team comes out on offense. So there is always a penalty for failure... the team who fails (whether offense or defense) must leave the floor.

If the defense commits a foul, this also results in them being kicked off the court and the offense now becomes the defense and a new team comes out on offense.

Pick a set number of points... the first team to obtain that point total are the winners.

This drill will help pick up your intensity, and the players usually enjoy this "game".



JAMESTOWN HIGH SCHOOL - E.H. Hirschvogel
(660) 849 - 2141 Teresa Schoenthal

IN YOUR FACE

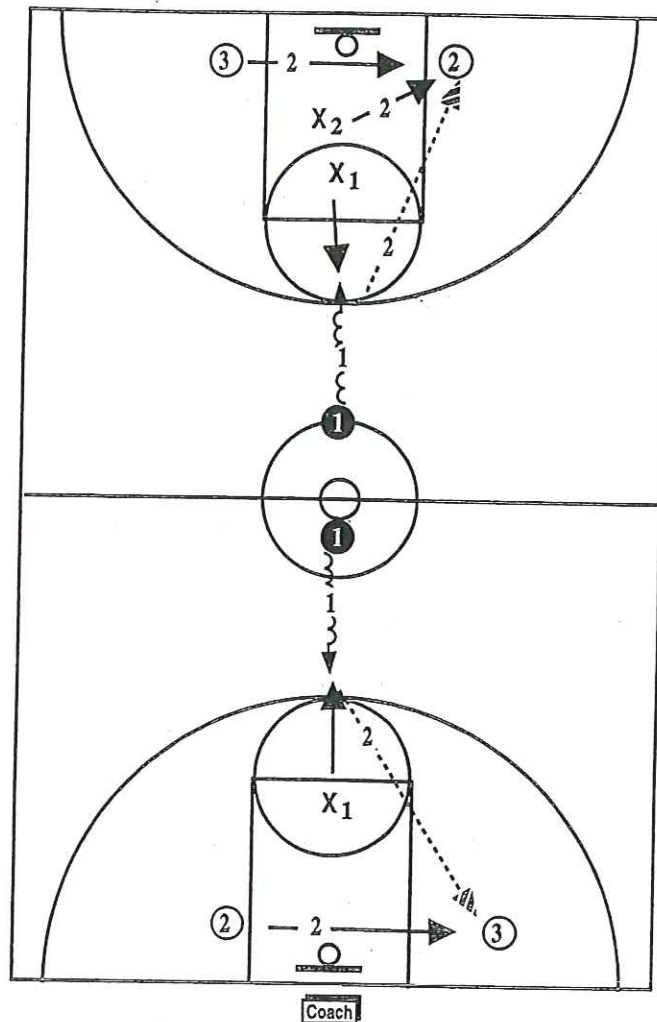
Primary Skill: Defense

Objective: To put intense pressure on the ball.

Equipment Needed: One basketball for each group.

Coaching Tips to Players:
Force the offense into difficult passes and shots.

Diagram Notes: The upper court illustrates the drill with an additional defender for more confrontation.



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Procedure:

- Players form groups of four or five.
- Use a half-court location.
- O1 dribbles to the top half of the free throw circle, pulls up, and waits for the coach to point to either O2 or O3. O1 now passes the ball to the selected player.
- The X1 starts at the free throw line, forces O1 to give up the dribble in the top half of the circle, then attempts to steal the ball or deflect the pass.
- If O2 receives the pass from O1, then O3 sprints across the lane to play defense.
- A player has only five seconds in which to score.
- Rotate positions each play.

OPTIONAL: O1 can choose where to pass.

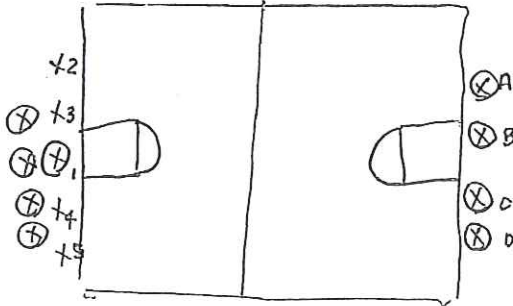
OPTIONAL: Allow X1 to drop into the key and play defense.

OPTIONAL: Allow O1 to join in on offense.

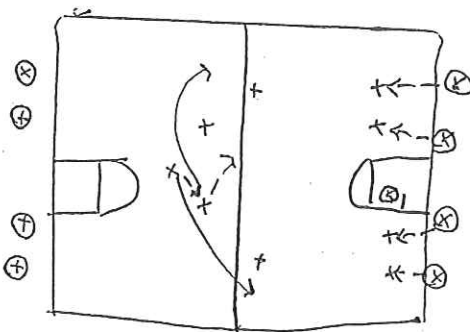
Continuous 5-Man Weave Shooting Drill

Drill sets up with a line of 5 and lines of 4 after at one end of the court. Ball is in the middle of first line. Each player in the other lines has a ball. 4 players are positioned at the other end of the court with balls.

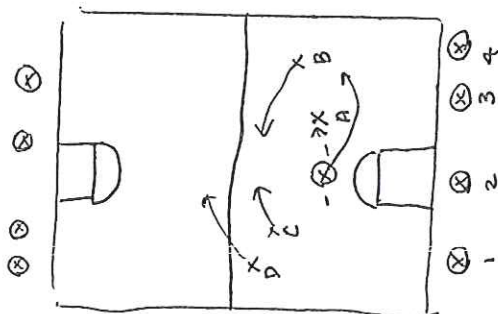
**NOTE: Player shooting the lay-up always continues in the drill



5 man weave begins down the court. Once the lay-up is shot, each of the other players in the weave receives a pass from the players on the baseline and shoots a jump shot.



The person shooting the lay-up, rebounds their own lay-up and continues back down the court with the other 4 players who just passed. Drill continues for a specified amount of time or number of jump shots made.



Renee' Peters
Notre Dame High School
Cape Girardeau, Missouri

Deny Drill

*Objective: To use the correct hand when attempting to deflect or steal a pass while on defense.

Needed:

Rack of basketballs

2 players/coaches - 1 stationed at each block under the basket

1 player executing the drill

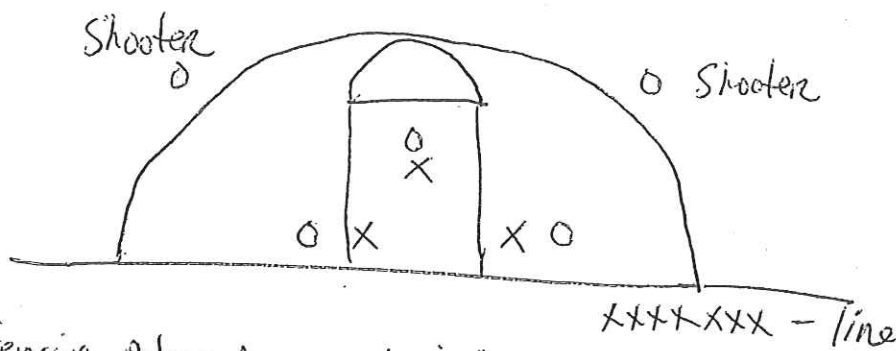
Remaining players retrieving balls

Drill: Have one player execute this drill at a time. She will start with her back to you in the middle of the lane, under the basket, between the low blocks. The coach will throw alternating balls to the players on the low blocks, one at a time, in a manner that the player executing the drill can slide across and "deflect" the pass using the correct outside hand. The speed of the passes will depend on the player executing the drill. Make her have to work to get to the block and deflect the pass, and then slide across quickly to the other side to use her other hand in deflecting the oncoming pass. Continue for about 8-10 passes, or until you run out of balls on the rack!

Mark Vogt

Ste. Genevieve HS

3 on 3 Rebounding



3 defensive rebounders get inside position. If defense gets rebound, they make an outlet pass to wing. Defense must get 2 rebounds in a row to get off.

3 offensive rebounders - if offense gets rebound, they try to score.
Rotation: offense to defense to get off.

Randomly select 2 girls to shoot from behind 3 pt. line.

Teaching tips: No fouls called - teaches physical play.

Teach blocking out, outlet pass, offensive put backs.

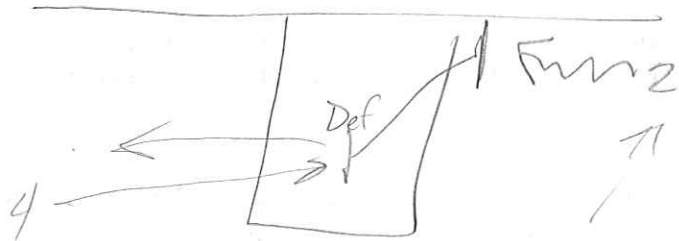
Emphasis on physical, aggressive play.

Our girls love this drill which gives them a chance to beat up on each other a little bit in practice.

Jim Heix

Husky Drill

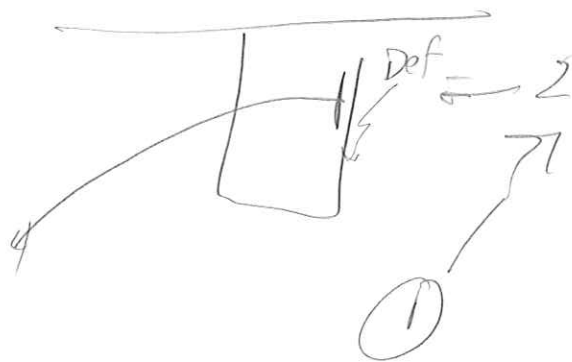
(A)



(1)

Drill for
help side &
transition
from off to Def

(B)



4 = cuts

Def - weakside flash cut off

1 - passes to 2

2 - dribble drives baseline

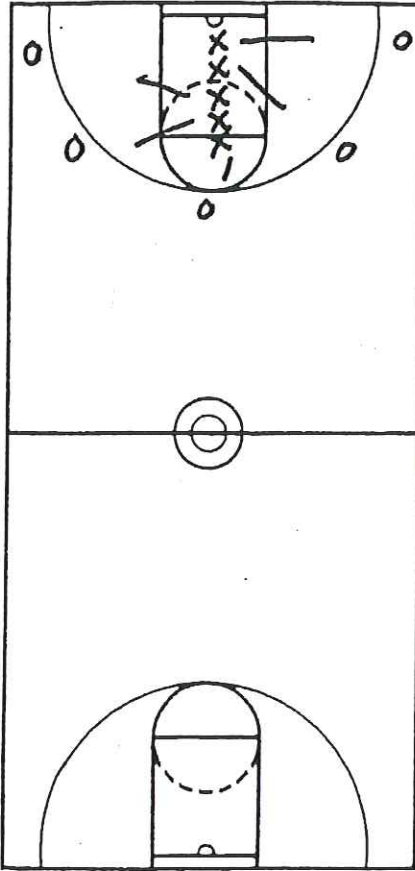
Def has to cut off drive

2. rolls ball on ground

defender has to dive & tap
to 1

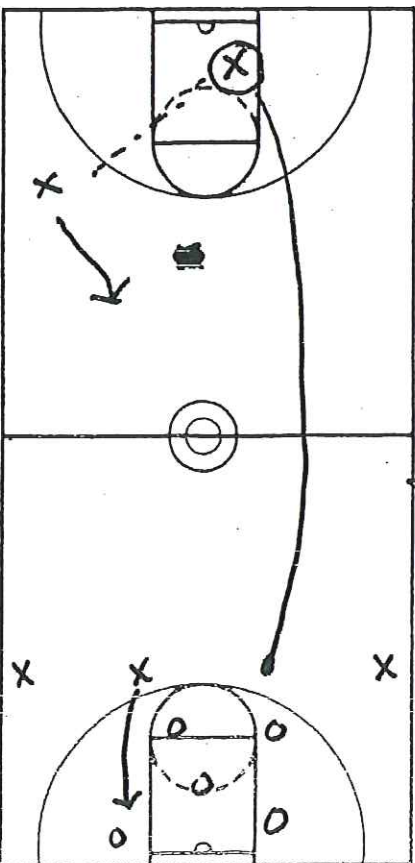
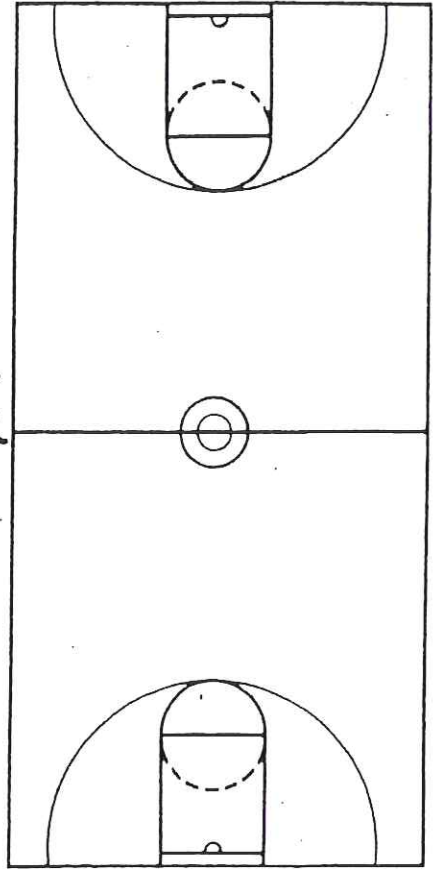
Def gets up posts & 4 comes
from backside to defend

JUST DO IT



NOTES

Shoot ball + boxout
rebounder chin-it and
outlet. Good for
transition game
+ secondary break.
Defense sprint back
into man.



NOTES

outlet wide +
fill lanes look for
secondary break or
quick post entry.

★ Can add penalties
for offensive rebound
or turnover on break

