



A major development in defensive basketball is the emphasis of being able to defend the dribble. This 2 on 2 drill is an excellent way to practice defending the dribble the length of the court and developing your defensive man principles.

- NO LAYUPS**
- NO MIDDLE**
- NO BLOWBY**
- FORCE TO THE OUTSIDE**



Transition Defense: 2 on 2 Fullcourt

Positions:

Defense - (x1) and (x3) start defensively man to man and work to not let the ball into the offense. The defense must work to contain the dribble, either zigzag the ball handler or cut the ball handler off each time and make the ball handler pick up the ball. When not defending on the ball, the defender must get off his man and into the middle of the floor for help and support. Players defending the ball must not allow blowbys, and force the ball to the outside. No attack middle.

Offense - (1) and (3) cut to get open to receive a pass from the coach who move along the baseline.

Drill:

Once the ball has been entered to the offense, the offensive player gets four dribbles to reach half court. If the offensive player does not get to half court in four dribbles, the offensive player’s teammate must come behind the ball to receive the pass. The new ball handler now has four dribbles to get to half court. The defense will allow all passes to get through before half court. Once the ball gets over half court, 2 on 2 becomes live. If the defense forces a turnover or earns a defensive rebound the defense now goes to offense and is immediately live on offense going the other direction. If the offense scores, another coach will take the ball out of the net and inbound the ball back to the original offense who will now have another chance to score going the opposite direction. The game is live. The drill remains continuous for time and score is kept.

Teaching Point(s):

Emphasize defensive philosophy and principles; protect the paint, closeouts with contested shots, rotation and recover, communication, no easy baskets, no layups, box out, no fouling.

Work For:

Charges, Steals, Deflections, Bad Shots.