

## Drills for Defense

### 1. Warm-Up

- Jog length of court and back
- High knees to mid-court and jog rest of way...Come back same.
- Defensive Slide to half...turn and continue leading with other leg.
- Cariocha to half-court and turn...
- Back-peddle to half-court and turn and jog to baseline...repeat.

### 2. Stretching Routine

- Flex bands on the ankles.
  - a) Put band around the middle part of foot...Rotate in and out and side-to-side pulling on inside or outside of cord.
  - b) Slide band to ball of foot and slightly bend knee for plantar flexion.
- Quad Stretch on side
  - a) Knees close together and pull heel into hip (both sides).
- IT Band Stretch
  - a) Laying on back put leg across knee and grab ankle and pull back.
  - b) Variation...push knee forward.
- Spinal Twist
- Groin Stretch
  - a) (Hold for 10 seconds)
- Hip Flexor Stretch
  - a) On one knee foot is flat slightly leaning forward.
- Sumo Squat Stretch
  - a) Keep feet flat on floor and take arms and push knees out wide.
- Standing Groin Stretch
- Calf Stretch on wall.
  - a) right and left leg. Keep heel flat and leg straight.
- Achilles Stretch
  - a) Bend leg
- Both legs back (slightly leaning forward)

### 3. Partner Stretching

- Butterfly Stretch (partner pushes down on knees)
  - Touch Toe (push down on back)
    - a) Put forehead on knee, touch toe and keep leg straight right and left legs.
    - b) Both legs (push on back).
  - Hamstring Stretch on back
    - a) Push on leg, keep leg straight, Keep other leg on ground.
  - Achilles Stretch on back
    - a) Push toe and foot down)
  - Hip Stretch on back
    - a) Push leg forward toward head
  - Rotational Groin Stretch
    - a) Rotate to side (groin) then across body (hip)...
- \*Start entire partner routine with other leg.

### 4. Rope Jump

- Both feet together.
- Side to side jump
- Double Step (2 on right & 2 on left)
- Speed Jump

## **Defensive Drills**

### **5. Defensive Slide Form Drill**

- Two lines go from top of key to top of key at half speed. Get wide and do not cross feet.
- Increase speed. (maintain proper stance)
- Defensive slide with resistance bands.
- Increase speed

### **6. Mirror Drill (12-15 seconds)**

- Stay low and wide

### **7. Driving Line one-on-one**

- Coach passes to wing who drives against defensive player. Pressure the ball with proper stance...attack and do not stand straight up. Bringing arm across body leaves player off balance.

### **8. Speed Skater**

- Half court line across court to sideline.

### **9. Lateral Bounds**

- On sideline from free throw to free throw. Keep square looking at other sideline...do not turn.

## **Reaction Drills**

### **10. Reaction Drill Defensive Slide**

- Line up in a V beside 7 cones and coach yells and points sideways...Rush back to cone.

### **11. Reaction Drill Hip Rotation**

- Line up in V. Player reacts to hand signals by rotating hips left and right. Maintain proper stance...don't turn shoulders. Look straight ahead and turn hips.

### **12. Reaction Drill Defensive Slide**

- Line up in a V beside 7 cones and coach yells and points sideways...Rush back to cone.

### **13. The Parapet**

- Place two cones on half court line and two to side. Distances are varied.
- Player Run forward and slide laterally. Keep shoulders and hips square. Can be timed or raced. Have two lines.

### **14. Barbell Drill**

- 5 cones in shape of barbell. Player alternates sprinting and sliding.
- Can be raced if set up at both ends of court.

### **15. Full-Court Defensive Zig-Zag**

- Good warm-up drill. Talk to one another "stay on top, I got help"

### **16. Full-Court Zig-Zag with ball**

- Keep hands off and play with feet. Have two lines.

### **17. Six-Point Contesting (without ball)**

- Wing Denial
- Stance (when man gets ball)
- Post Defense (when offensive player goes inside)
- Help and Recover
- Deny Flash Pivot
- Skip and Closeout
- Do this at each goal.

### **18. Help and Recover Progression Drill**

- Coach points to cone and close out to that man.
- Have 4 reaction cones (2 wing and 2 guard)
- Player closes out...comes back to middle...closes out...sprints to half court.

### **19. Help and Recover in Transition**

- Begin at half court...sprint down and then same drill.
- Can be split on both ends of court.

**20. Attack the Shooter Box-out Drill (no ball)**

- Shooter goes around 3-point line shooting...Player closes or attacks shooter, boxes him out, then crashes the boards.
- Put a hand up, block him out, go to the boards.

**Defensive Contests and Slides**

**21. Defensive Contest & Slides one-on-Zero (without ball)**

- Players imagine they have a teammate on ball and talk to them.

**22. Defensive Slides Two-on-Zero (without Ball)**

- Practice how to go from ball side (helping out)...Move as ball moves.

**23. Defensive Slides Three on Zero (without ball)**

- Do for 10-15 seconds)...Talk...

**24. Defensive Contest & Slides One on One (with ball)...**

- Player contests for 10-15 seconds then pass it and shoot.

**25. Agility Shuttle Cone Touch**

- Four cones in square...Players face each other...Sprint to 3-point line and touch cone...Sprint back to center court cones and touch...then sprint back to finish at 3-point line.
- Can be raced.

**26. Agility Shuttle Around the Cones**

- Same drill except retreat around cones (transition defense)

**27. Backward Hip Skips and Hop**

- Skip back right-left-right and squat on the 3<sup>rd</sup>.
- Do over half court or full court or number of reps.
- Shoulders square, knees high as hips rotate backwards.

**28. Speed Skater Sprints**

- Half court or full court.
- Stay low while driving and rotating hips aggressively.
- Do speed skater to side then turn and sprint.

**29. Whistle Slide Drill**

- Slide laterally and at whistle break forward to a line (distance varies)...Back peddle back to original line.
- Each time the whistle is blown player repeats forward and backward action until distance is completed.

**30. Hip Rotational Pull Through**

- Stand off wall and rotate inside knee toward the wall. Push other leg with a one legged squat.
- Can be used during warm-up.

**31. Wall Sits**

- Lateral Wall Sit (both sides)...15-30 seconds and up.
- Traditional Wall Sit (1 minute to 2 minutes).