Learn the Basketball Skill Development that the NBA Players use in their off-season work!

“A Men’s Basketball Hoop Scoop eBook”

Notes and Diagrams were compiled by Coach Peterman
# NBA Skill Development Playbook

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X1 on the ball must fight over the top of the ball screen and recover. X 5 must step out hard and "show" until X1 arrives back to 1. Then X5 must recover to his man rolling hard with back to the ball (sprint) and both hands held high in passing lane / vision lane. X3 slides over to help on 5.
On dribble handoffs, the person in this case guarding the dribble handoff is X1. X1 will stay between man with the ball and basket until recovery (X2 can take 2).

If the person is late on "show" then we "zone".
If 1 passes to 3 on the skip pass. X3 yells "X" to switch out the rotation.

If X.3 shows hard on the pick and roll to help X5 and 1 skip passes the ball to 3. X4 will cover the ball baseline. X 3 will take 4 on the block-out.
"Blue" is called for a trap on the post.

You must trap hard and communicate and rotate call "X" for switches out of the trap.

Neares outlet guard X3 is face guarding 3. X 4 doubles down from the top. X1 zones the top. X2 zones the bottom.
1 passes out to 4. 2 passes out to 5. You need a stance, quick feet first and the rest will follow.
NBA Man to Man Defensive Principles

Footwork Closeout Drill (Footwork Emphasis First!)

1 and 2 go up the lane and then at the mid-lane, they touch hands. They close out to the wings.

Emphasis is totally on footwork!

You go 2 time through and then switch sides.
1 and 2 will touch hands at the mid-line and then close out on the ball. The coaches will take two dribbles toward the baseline after the closeout.
They will touch hands and then closeout the ball. The coaches (4 and 5) will drive and shoot. 1 and 2 will closeout, contain, and contest.

Go 2 times through and then switch sides.
Pick and Pop Defense is "Show and Recover"

X4 will show off the ballscreen of 4 and then recover to 4. X3 must get over the top of the ballscreen and recover.
X4 will show on 3 and then recover to 4. X3 will fight over the top of the ballscreen and recover to 3.

Start the drill from top 1st on both ends then switch to sides on both ends.