

Defensive drills with 4 and 5 players

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4:4 DRILLS

TRANSITION DEFENSE

- 4:3 transition defense drill (diagram 1)
- 4:3 + 1 transition defense drill (diagram 2)

DIAGRAM 1

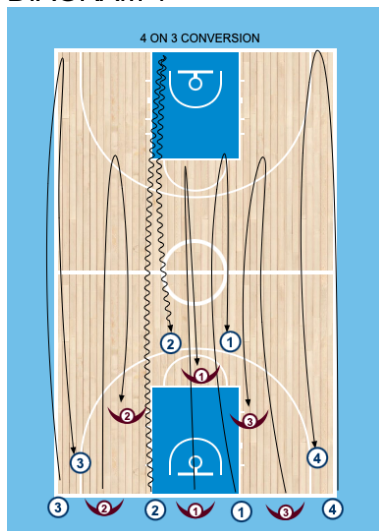
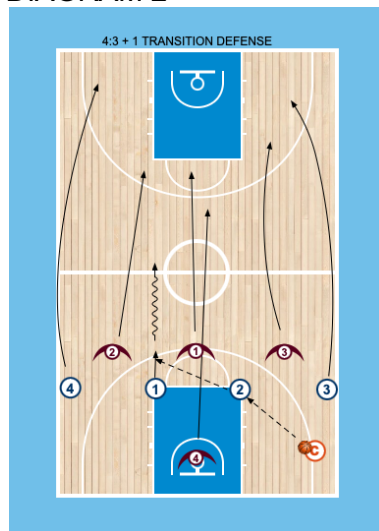


DIAGRAM 2



- 4:3+1 defensive footwork, covering and box out drill (diagram 3)
- 4:2+2 transition defense drill (diagram 4)

DIAGRAM 3

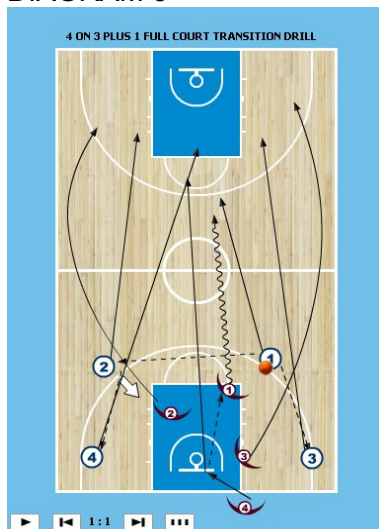
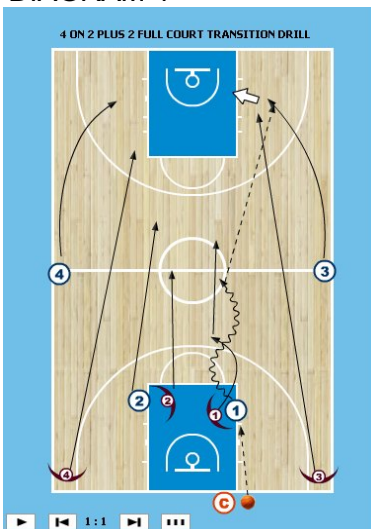


DIAGRAM 4



4:4 HALF COURT DEFENSIVE ROTATION DRILLS

- 4:4 half court defensive rotation drill with inside player rotation (diagrams 5, 6, 7)

DIAGRAM 5

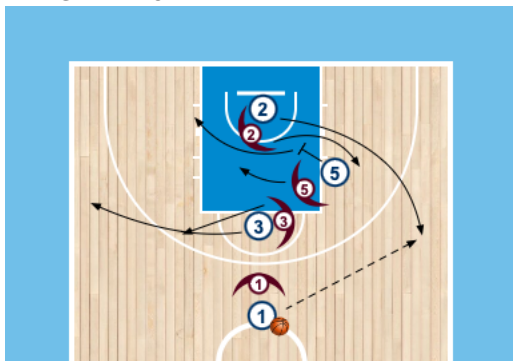


DIAGRAM 6

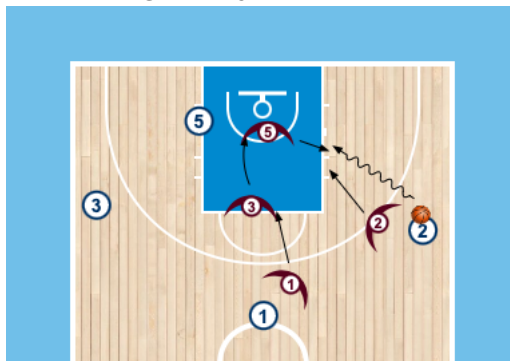
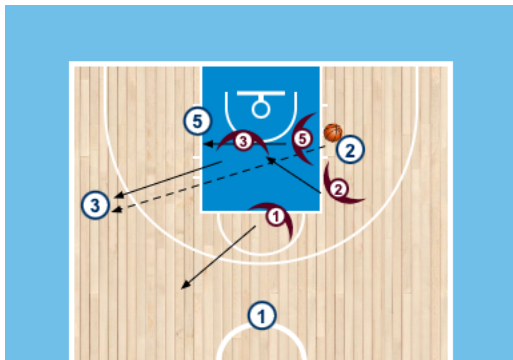


DIAGRAM 7



- 4:4 half court defensive rotation drill with perimeter players rotation (diagrams 8, 9, 10, 11, 12)

DIAGRAM 8

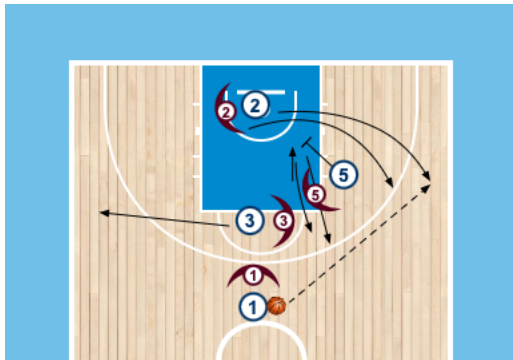


DIAGRAM 9

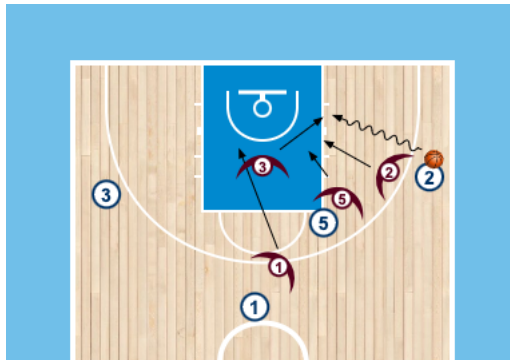


DIAGRAM 10

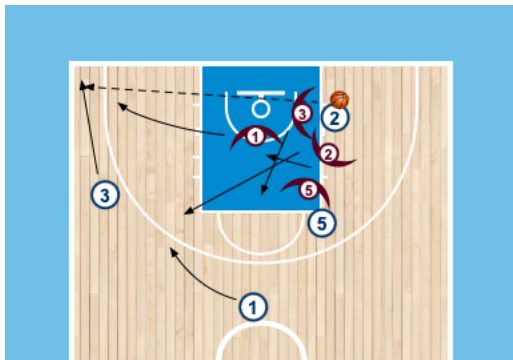


DIAGRAM 11

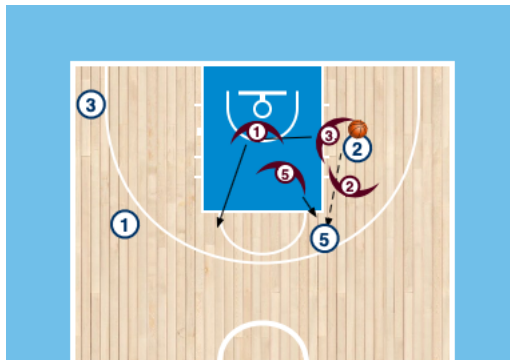
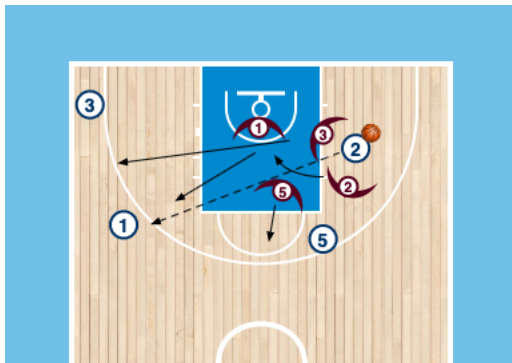


DIAGRAM 12



- 4:4 close out drill (diagrams 13, 14, 15)

DIAGRAM 13

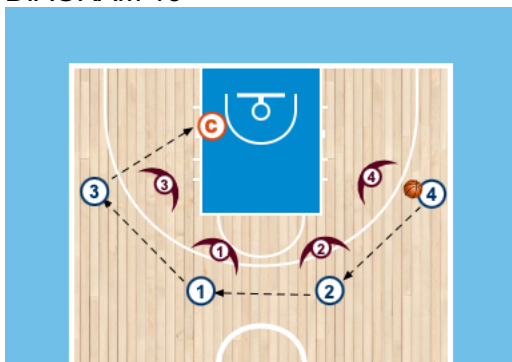


DIAGRAM 14

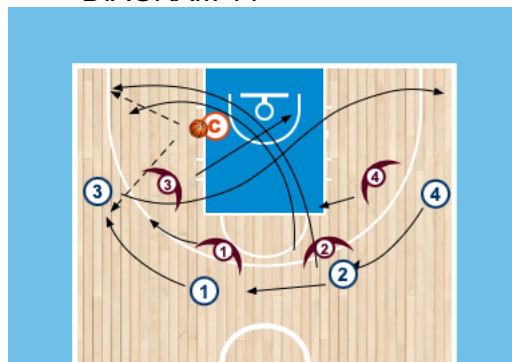
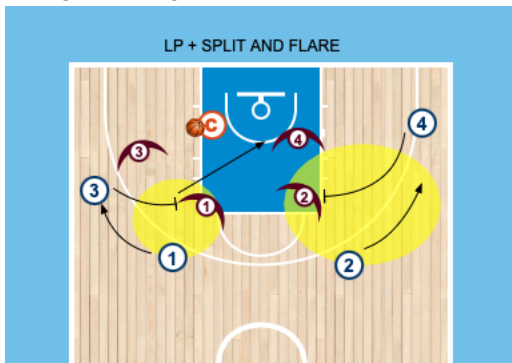
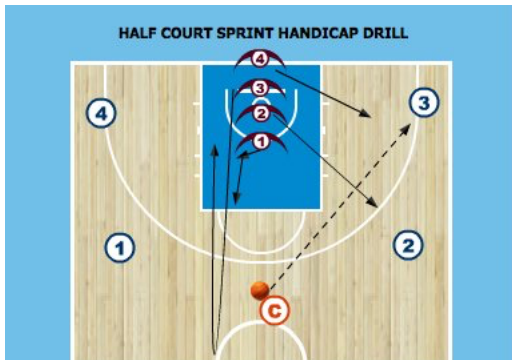


DIAGRAM 15



- 4:3 + 1 handicap half court + fast break drill (diagram 16)

DIAGRAM 16



- 4:4 NO FACE CUT drill (diagrams 17, 18)

DIAGRAM 17

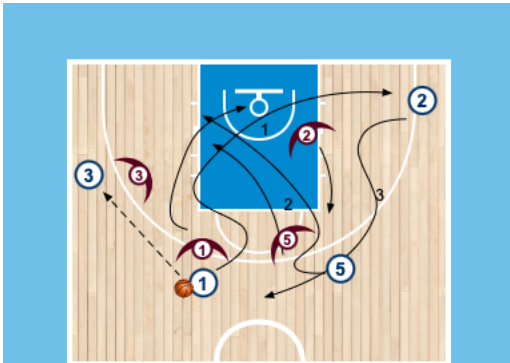
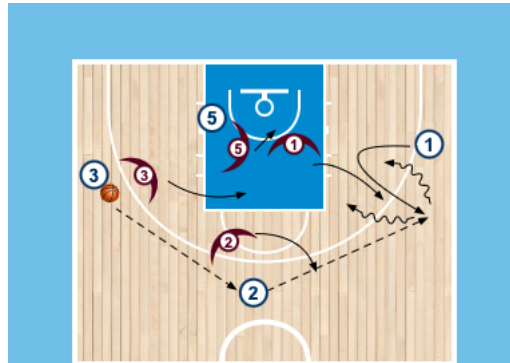


DIAGRAM 18



- 4:3 +1 half court handicap drills (diagrams 19-22)

DIAGRAM 19

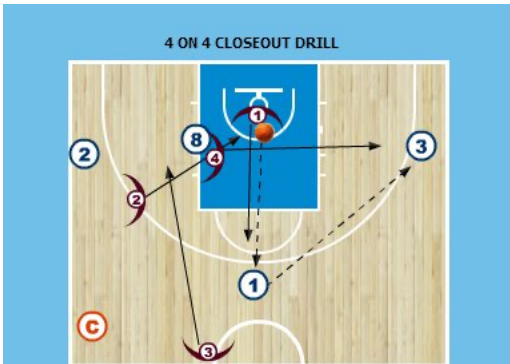


DIAGRAM 20

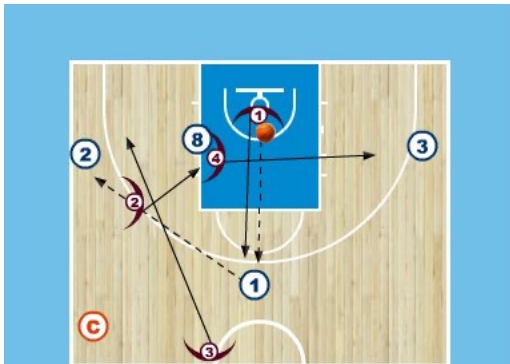


DIAGRAM 21

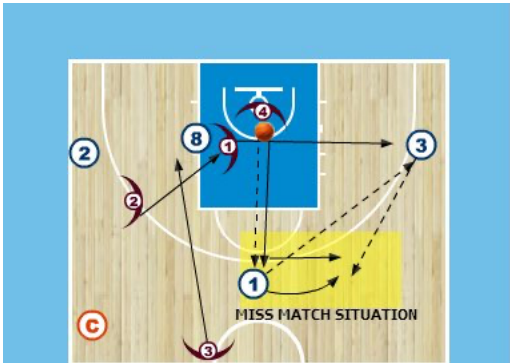
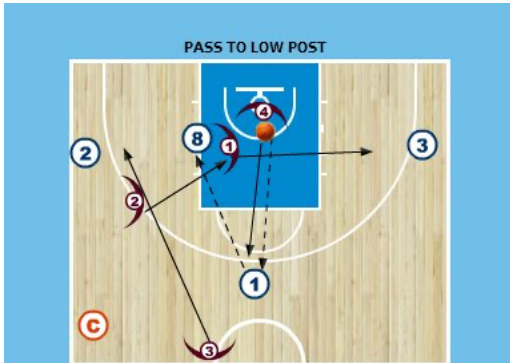


DIAGRAM 22



- 4 on 4 half court rotation drills; we can add after rotation different options of P&R defenses (diagrams 23, 24, 25)

DIAGRAM 23

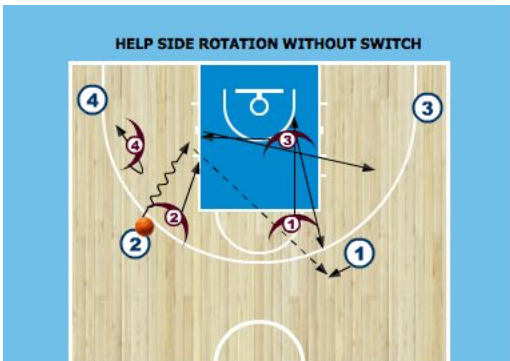


DIAGRAM 24

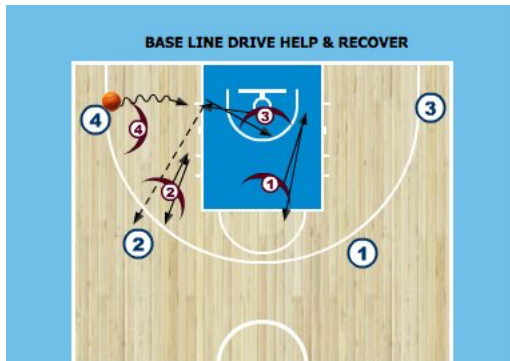
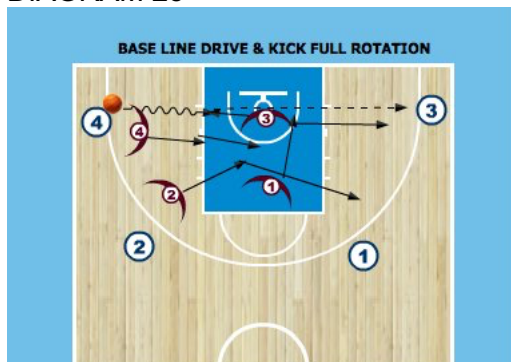


DIAGRAM 25



- 4 on 4 defensive rotation half court drills (diagrams 26, 27, 28)

DIAGRAM 26

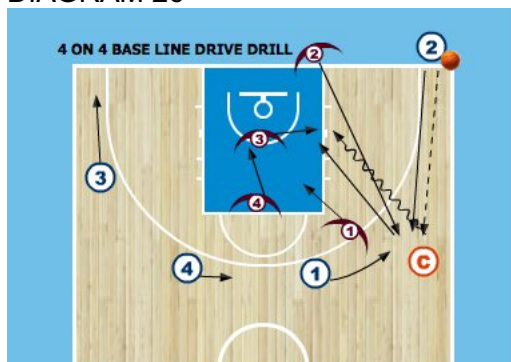


DIAGRAM 27

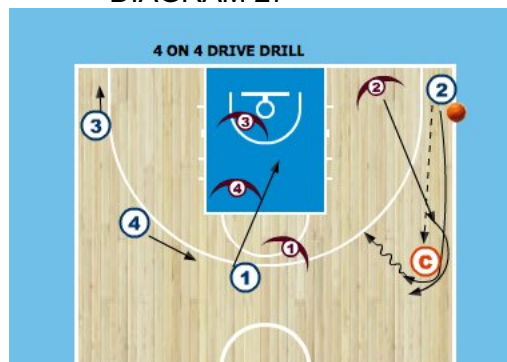
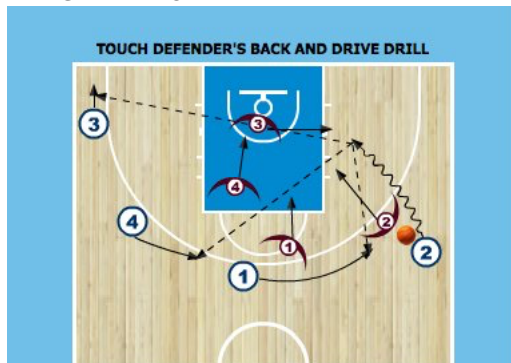


DIAGRAM 28



- 4:4 Shell drill with multiple options (diagrams 29-42)

DIAGRAM 29

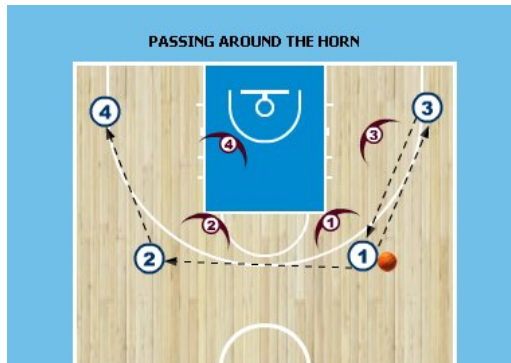
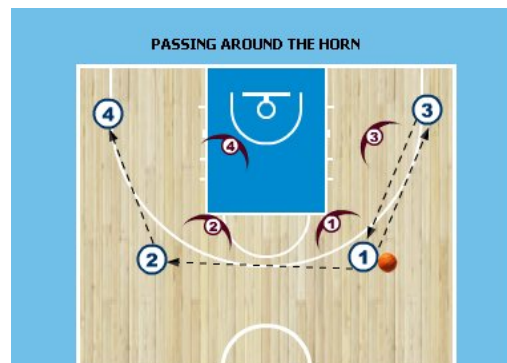


DIAGRAM 30



DIAGONAL PASS

SHELL DRILL VERSUS SINGLE SCREEN

DIAGRAM 31

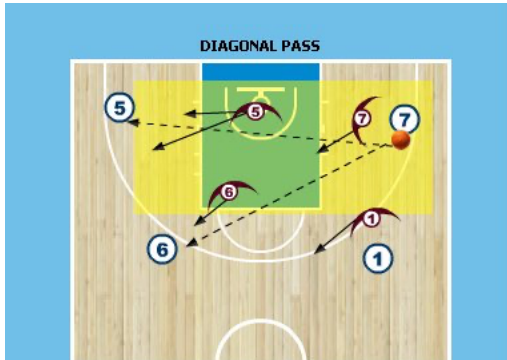
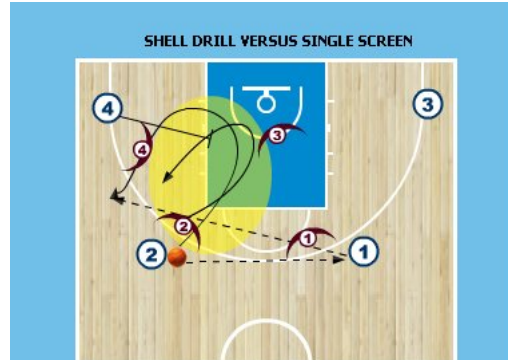


DIAGRAM 32



SHELL DRILL VERSUS DOUBBLE OR STAGGERED SCREENS

SHELL DRILL VERSUS SIDE P&R PLAY

DIAGRAM 33

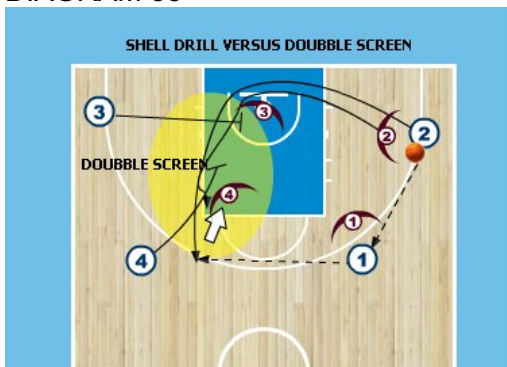
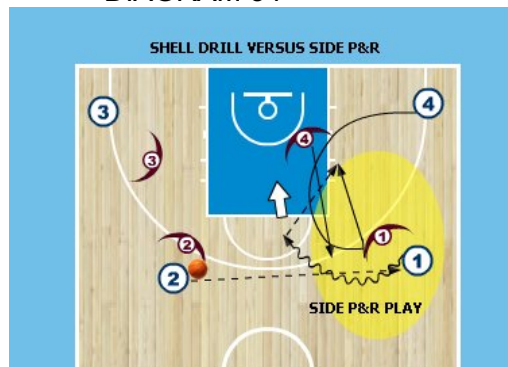


DIAGRAM 34



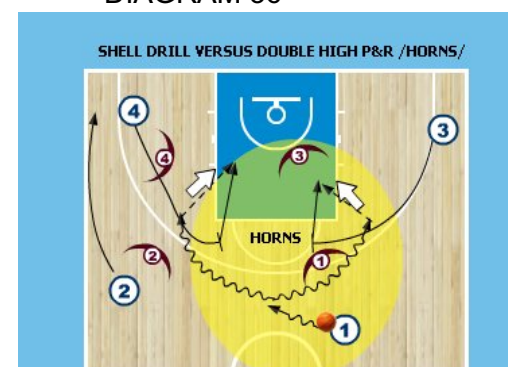
SHELL DRILL VERSUS MIDDLE P&R PLAY

SHELL DRILL VERSUS DOUBLE HIGH P&R /HORNS PLAY/

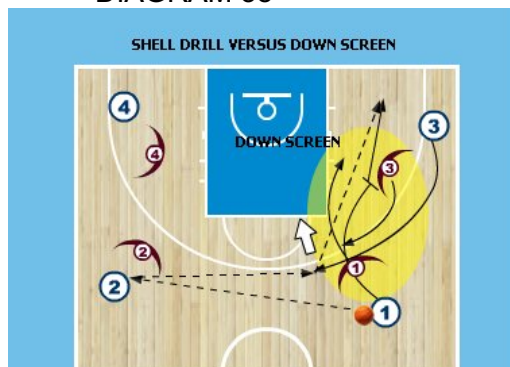
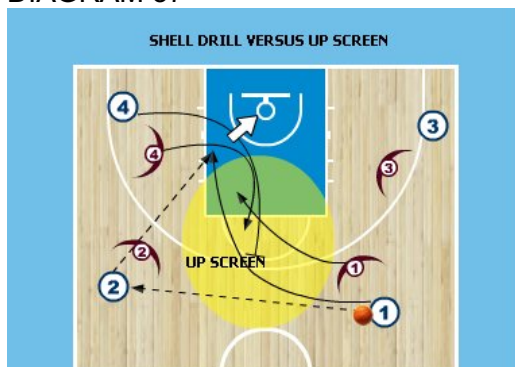
DIAGRAM 35



DIAGRAM 36



SHELL DRILL VERSUS UP SCREEN
DIAGRAM 37



SHELL DRILL VERSUS DIAGONAL SCREEN
SHELL DRILL VERSUS DIRECT POST UP PLAY /"T" MOVE/

DIAGRAM 39

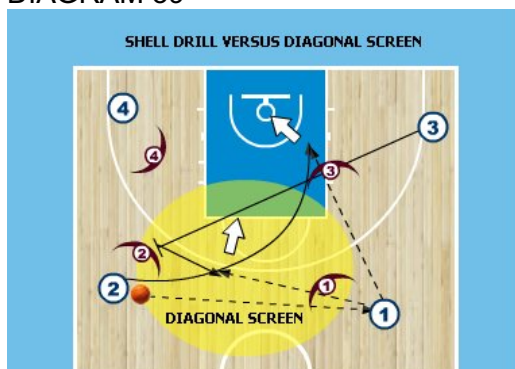
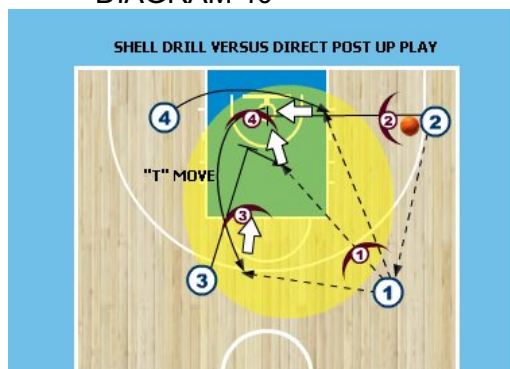


DIAGRAM 40



SHELL DRILL VERSUS INDIRECT PASS TO LOW POST
SHELL DRILL VERSUS TOP OF THE KEY ISOLATION

DIAGRAM 41

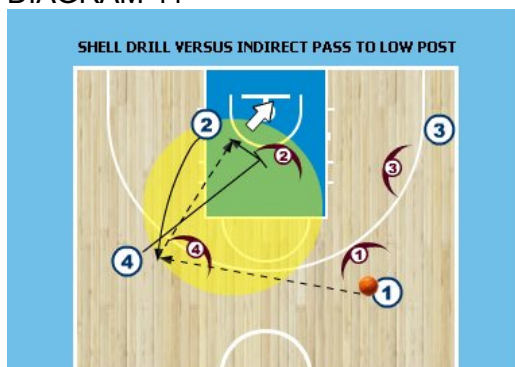
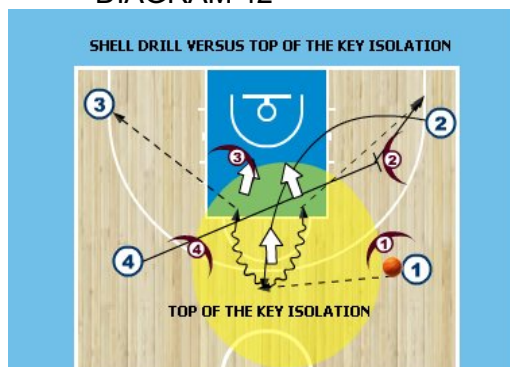


DIAGRAM 42



- 4 on 4 trapping half court drill (diagrams 43, 44)

DIAGRAM 43

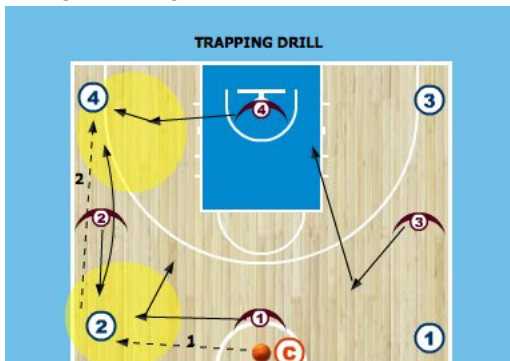
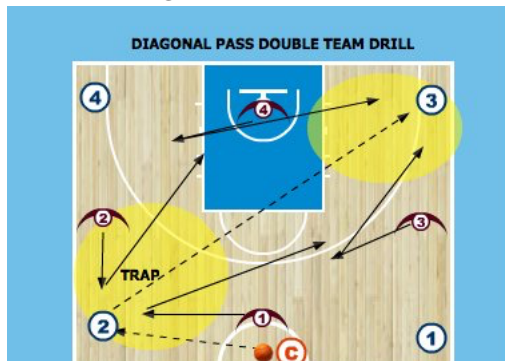


DIAGRAM 44



- 4 players close-out and defensive rotation drill followed by drive and defensive rotation (diagrams 45, 46)

DIAGRAM 45

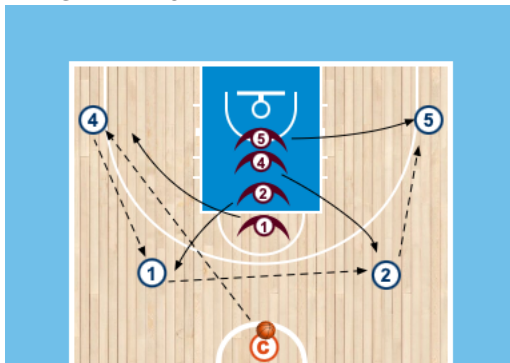
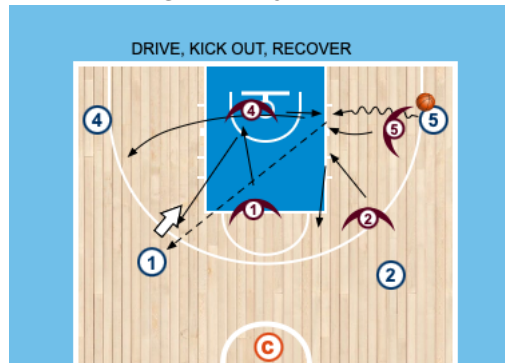
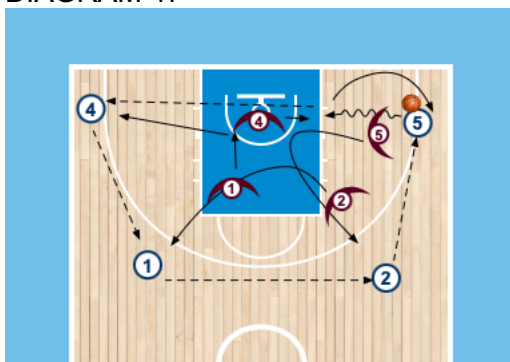


DIAGRAM 46



- 4 players full defensive rotation, 2 rounds (diagram 47)

DIAGRAM 47



- Drive from 45 degrees, back pivot, swing the ball on opposite wing with back pivot and pass; help and recover, no rotation (diagram 48)
- On the pass to the corner, only guards are making rotation and 5 remains as a rim controller (diagram 49)

DIAGRAM 48

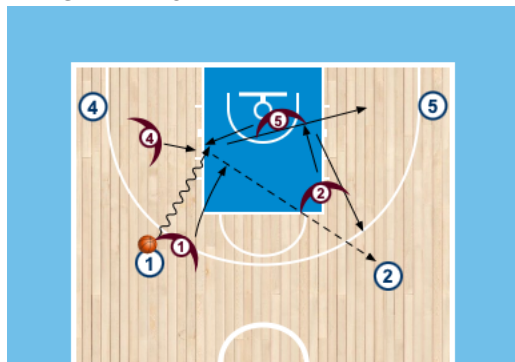
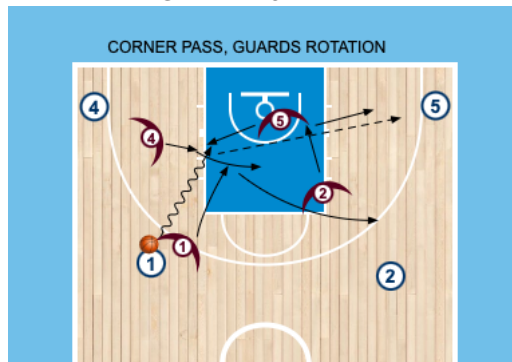


DIAGRAM 49



5:5 DRILLS

- 5:5 spacing defensive drill (diagrams 50, 51)

DIAGRAM 50

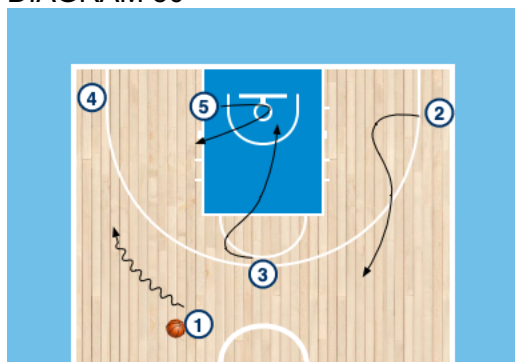
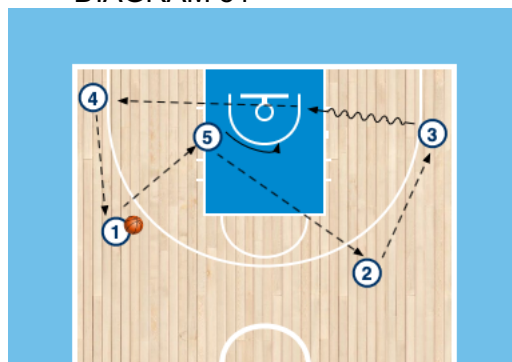


DIAGRAM 51



ATTACK MISMATCH SPACE OFF THE RETURN (BOOMERANG) PASS

If defender is close, pull him out to re-attack (diagrams 52, 53)

DIAGRAM 52

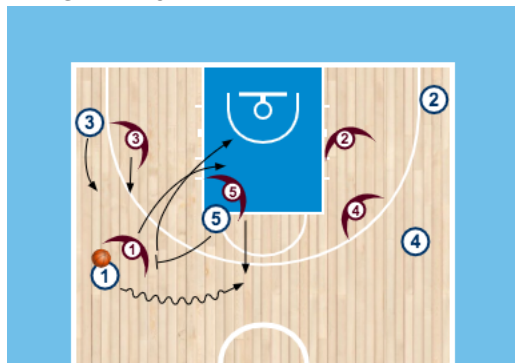
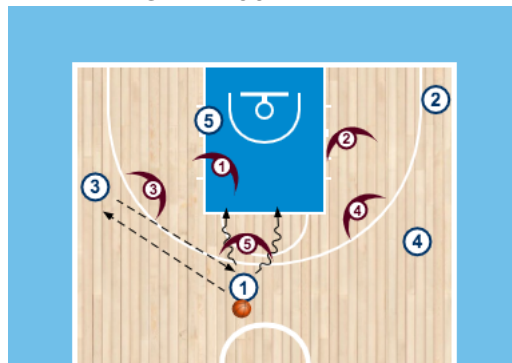


DIAGRAM 53



FLARE SCREEN SLIP

DIAGRAM 54

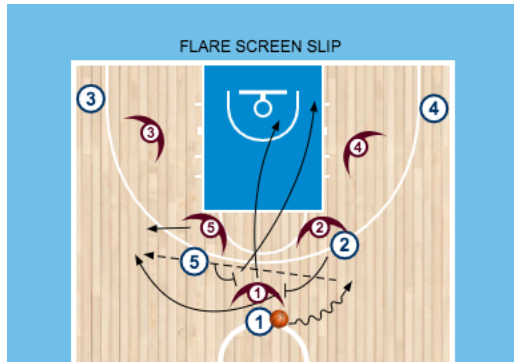
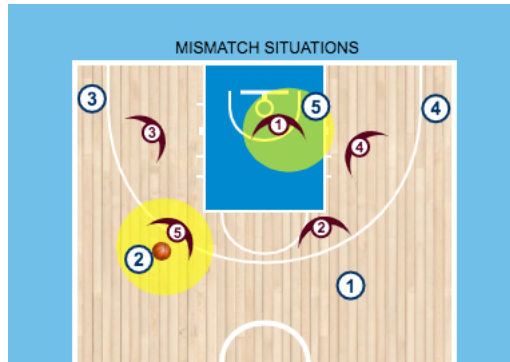


DIAGRAM 55



- 5:5 multiple P&R drill (diagrams 56, 57, 58)

DIAGRAM 56

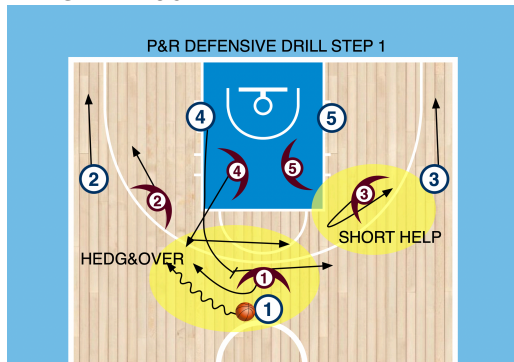


DIAGRAM 57

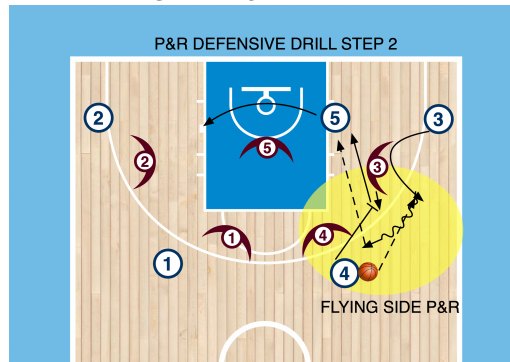
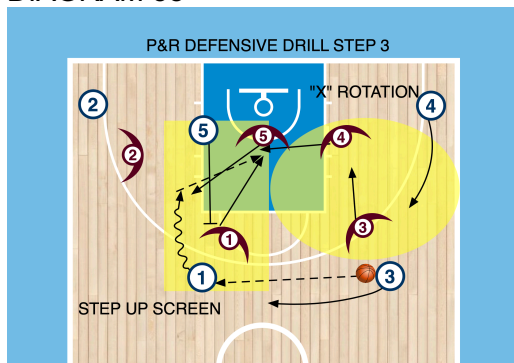


DIAGRAM 58



- 5:5 multiple P&R drill (diagrams 59, 60, 61)

DIAGRAM 59

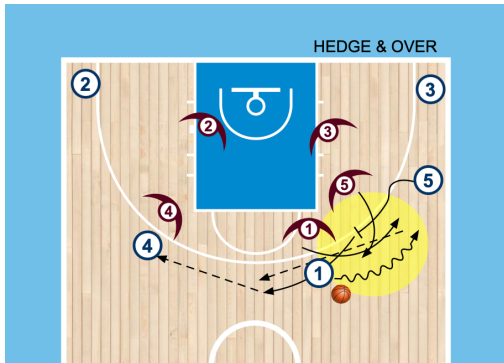


DIAGRAM 60

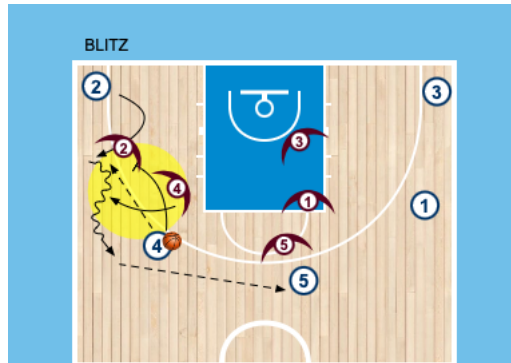
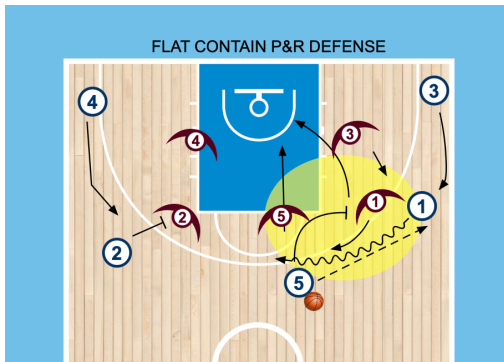


DIAGRAM 61



- 5 on 5 from horns to plays for 5 (diagrams 62, 63)

DIAGRAM 62

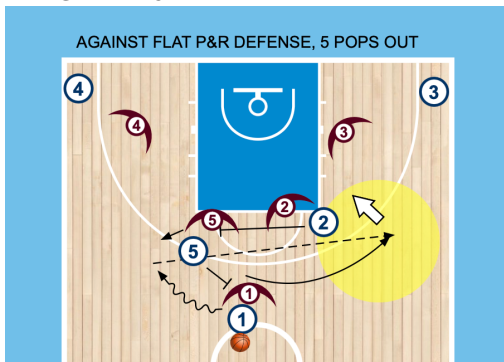
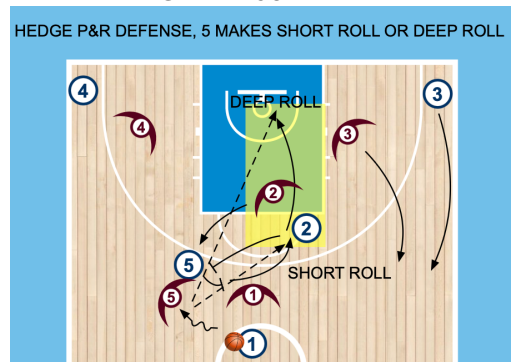


DIAGRAM 63



- 5:5 offense with different options and defensive tasks to cover: P&POP, DHO, flying P&R (diagrams 64, 65)

DIAGRAM 64

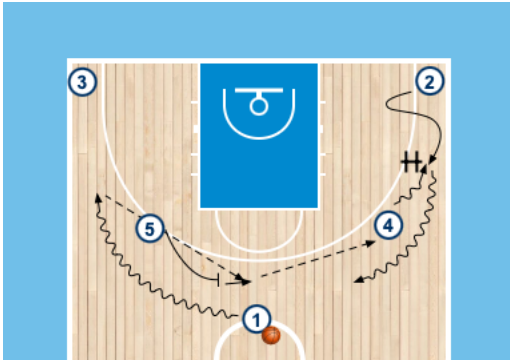
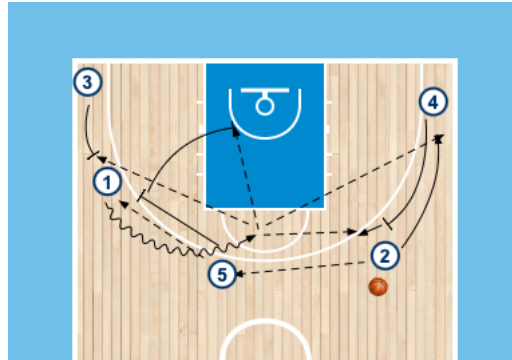


DIAGRAM 65



- Step up screen, drive, kick out wing pass and another drive (diagrams 66, 67)

DIAGRAM 66

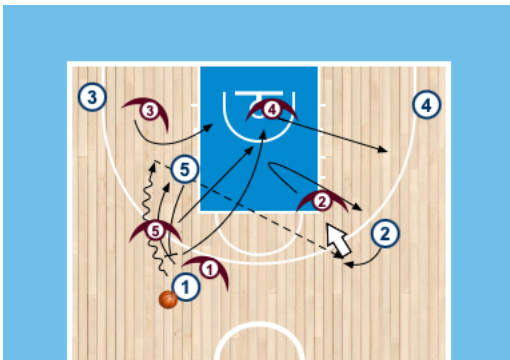


DIAGRAM 67

