Larry Shyatt- Face Guard Defense

We must stop easy baskets

We are an over help team- 5 guys on the ball
80% of defense is people without the ball

All 5 must initiate contact and rebound. Then go get it.

Do your work early. When the ball is in the air, our feet are in the air.

Knick Drill

This is a 5 on 4 drill. The 5 are on offense and try to score in the half court. When the 4 defenders finally get the ball, they will try to transition to score on the other end. They will have an immediate advantage because their center (a 5th player they now will have) will be stationed at the center court line. The offense has to get back, build a wall, keep the ball out of the middle, and force skip passes. Tell them to get their hands high and their hips low.

Circle the Defenders

This drill will teach our defenders to find their man first and then find the ball. They must rebound the ball and put it under their chin.

Spread out 5 offensive players around the 3-point line. 5 defenders circle up in the lane and move in a clockwise direction, continually calling out the man they will block out. The offensive players do not move. On the coach's shot the 5 offensive players crash hard. The defenders must find their man first and then go get the ball. They then fast break the other way and the offense must get back.

** if the offense gets a rebound here, you could give them 8 seconds to run a last-second quick hitting play.

3 on 2 Back 3 on 3

This drill uses the overload principle. It will be hard for the defense the first 3 seconds just like the 4 on 4 and 5 on 5 drills that we have run before.

Begin with 3 offensive players on the baseline with 3 defensive players at the free throw line extended facing them. The coach calls out the name of a defender and then throws the ball to someone on the offense. The offense fast breaks the other way. The defender whose name was called has to touch the baseline and sprint to get back in the play.

** You could also run this as 4 on 4 back 4 on 4 with the same set up.

Laker to Heat

In this drill run a 3 man weave down and back. On the way back the 3 offense have to play against 3 defenders coming in.

Team Defense

We want to irritate and annoy the defense. Close outs are very important.

He calls short, choppy steps "squeaks." If you go to a practice and you hear a lot of squeaks, that is good.

When closing out, take away the rhythm jump shot. Get your fingers up. Once you take away the rhythm jump shot, get your hands down to take away the drive.

Then works on close outs in 5 spots around the 3 point line: top of the key, both wings, and both baselines.

He works on "squeak up, Squeak back" keep feet moving. Hands up, hands down.

Take away rhythm jump shots and take away the paint.

Begin the drill by having an offensive player in each of the 5 spots. They can first be stationary and then let them make dribble moves.

Defenders should not let the offense so straight to the hoop.

Slide Series

1. *Form slides*- Run a normal zig-zag drill but at half-speed so you can build groin muscles. Stress keeping the chin up, back straight. Pull with front foot and drag trailing foot. Keep feet shoulder-width apart and take big, long steps.
2. *Short slides*- Now normal speed. Short, choppy steps, feet shoulder-width apart. Trail hand down other hand in the passing lane. You can make this competitive by dividing the court in half and having 1 person go on each side and seeing who can get to half court first.
3. *Bounces*- Still sliding, keep feet shoulder-width apart and stay in stance. Chop your feet while in stance and trace the same pattern as you have in the other zig-zag drills. Actually not chopping your feet, just taking a lot of small steps to build groin strength.
4. *Bumpers*- Getting around screens. Coaches set the screens at 2 different spots on the same pattern as the previous drills.
    - *a.* Get over or under the screens while maintaining pressure
    - *b.* If we get beat, we can't stay beat
    - *c.* We want to defeat the screen, be quick with our feet
    - *d.* Defend imaginary man then man with a ball.

e. If you are not a pressing team, you can still run this in the half court just start the drill wherever your pick up point is.

In these drills the offense can only shoot jumpers. If he does not have a shot he should pass it back to the coach.

Defeat the Single

Coach as a passer on the top and a screener on each block. Defender guards the offense on the wing. Offense gets under the hoop. The defender should take away one whole side so that the offense can only go one way.

Same set up as before but now work on defending the curl cut. Stay on the butt of the offense. Offense can only shoot jumpers in this drill. The defender needs to think of himself as a caboose. Take away one of his directions, don't give him a choice

Never stay screened

In all of these drills we are trying to make things more difficult for the defender. Not guarding the passer makes it harder on the defender.

You now add a 3rd defender who begins on one of the elbows. Offense begins under the hoop. Still have a screener on each block and a passer at the top of the key. The third defender now picks a side and makes it a double screen.

1 on 1 and 2 on 2 Full court

This is a zig-zag drill. Make sure kids are lout, yelling "ball" and "help"

We want to be a team that overhelps.

Just run this drill to half court and have the offense throw it back to the next person in line and become the defender.

You could add a screener to this drill and make it a defeat the screen drill.

Once the offense beats the defense (and he should try to do this) wait for the defense to catch up do it can be an offense on defense drill again.

When we go 2 on 2 we should hear lots of talk from the defense. The offense should try to get a split.

When you run this 2 on 2, split the court in half and keep 1 offensive player on each half of the court. As the offense moves up the court, the man without the ball should stay behind the ball.

When the offense reaches half court, they fast break back 2 on 0. After the 2 on 0 they become the 2 defenders and 2 new offensive players come on.

Must get 3 turns in the back court. Talk, talk, talk.

Could also put a coach in the middle of the floor at the center circle. On pass to the coach the 2 defenders could trap and then recover when the coach passes back to the offense.

Help side exchange with a pin down

Coach on one side of the floor on the wing as a passer. Another coach on the same side baseline as a passer. Offense on the other side one on the wing and one on the baseline. 2 defenders on the help line.

The two players on offense exchange, defenders must talk each other through it. If the coach drives, the offense must keep him out of the lane.

You could also pass to the coach stationed on the baseline. On any pass the defense must talk and make sure the offense can't get a rhythm jump shot.

Defense must recover on air time.

2 on 2 Contest

2 coaches at the top of the key at each lane line extended, one offensive player at each wing. 2 defenders in the middle.

Start by passing the ball around the perimeter to work on body position. Then make it 2 on 2 live.

Tell the offense to go middle if they can (although this should never happen to our defense)

Coaches just drive to elbow to see if defense stops splits

For this drill all offense must stay in their spots until they catch the ball. Keep those 4 spots filled throughout the drill.

Shell drills

Can run them 4 out or 3 out 1 in. Could also play it as cut throat.

Offense around the perimeter and defense in the lane. Coach passes out from under the basket and defense has to close out. If offense scores they stay. Coach immediately

takes it out and 4 new defenders come in. If the defense scores, they get it to coach and run to the offensive spots. New defense comes in.

Post defense

Most post feeds come from the wing. Post defense should be 1 step off the offense so the offense doesn't know where the defense is.

Once the ball is in the post, all 5 defenders need to dig it out. Defense can foot fake at the post.

The 2 defenders closest to the post must make sure that the post player can't put the ball on the floor without getting it stolen.

Once the other offensive players start cutting, the defense shouldn't chase they should work on angles.

Remember that defensive post position begins during transition. On offense and on defense we want to do our work early.

You must learn to play post defense without your hands.

To practice 1 on 1 post defense, put a passer on each wing. Flash a post player from the weak side. It is the job of the post defender to beat the offensive player to a spot. **Make the offensive player cut high, don't let him cut below you**

Dead front when the ball gets to the level of the post player.

If the ball gets to the post player in the low post, 3 people are to blame:

1. The person guarding the ball (no ball pressure)
2. The person fronting
3. The help-side defender

Guards and forwards need to work on post defense.

In the offense does get it in this one on one drill, he must take a quick turnaround jump shot.

The defense should not let the post player catch the ball in the paint or on the block.

Always emphasize fundamentals.