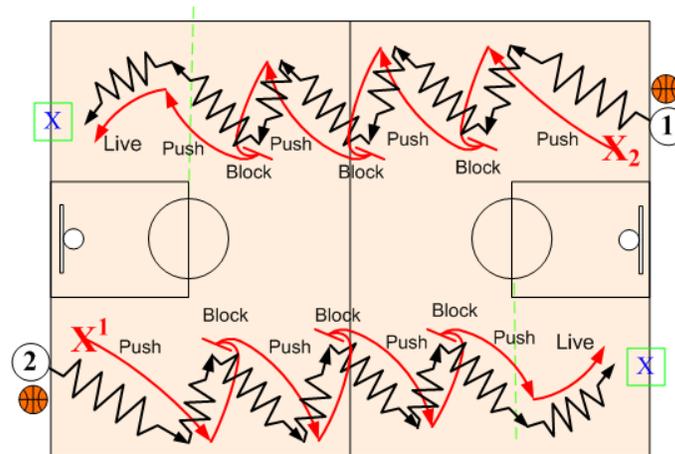


Containing a Dribbler in Open Court

One-on-One Full Court

This 1-on-1 full court drill is excellent for introducing the footwork and techniques required to defend dribblers in the open court. As the offensive player advances the ball up the court, the defender blocks and turns the dribbler back toward the sideline. In keeping the ball out of the middle it not only cuts down and minimizes the offensive operating area on the court, but, in addition, establishes Helpside defensive support. As a result, by providing strong backside support, it allows "On Ball" defenders to become more aggressive and confident by eliminating any fear of getting beat off the dribble.



Phase One: Sideline Push

In containing a dribbler in the open or backcourt, the defender must maintain a low "Nose on Chest" position and use quick, knees apart, push steps forcing the dribbler toward the sideline. The lead hand should be extended tracing the ball, and the trail arm near opponent's hip in a bent, elbow high position. In attacking the dribble, the defender should use short, quick flicks ("Digs") with their trail or inside hand closest to the opponent. This will force the dribbler to protect the ball by keeping their body between the defender and the ball and dribble off their rear foot which neutralizes dribble penetration.

Phase Two: Block & Turn

If the ball handler should try to penetrate into the middle, the defender should physically block and turn the dribbler back to the sideline. When the dribbler changes direction, the defender counters by executing a quick counter drop step, the defender's hands also change roles with the trail hand becoming the lead hand, and the lead hand assuming the trail "dig" hand.

Phase Three: Live One-on-One

Once the dribbler reaches the free throw line extended, go live One-on-One changing to defending against dribble penetration skills & techniques.

Rotation

Players return on the opposite side of the court changing offensive and defensive roles. Be sure to flop and use both sides of the court so that players become equally skill in forcing to both sidelines.

Teaching Points

The first few times down the court walk through the basic techniques of defending a dribbler in open court.

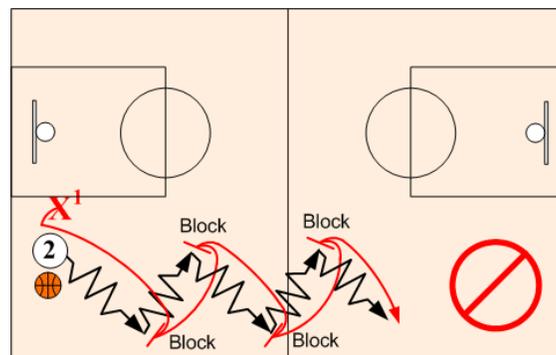
As players learn the drill, the dribbler's speed and intensity should increase.

Always use the trail hand in attacking the dribbler. Do NOT use the lead hand or reach. The lead hand is used to defend against and disrupt any attempt to pass the basketball. Also, reaching in for the ball with the lead hand will draw fouls.

Anytime a dribbler stops and picks up their dribble, the defender must immediately and aggressively attack and smother the ball. The defender should exert maximum pressure by crowding the opponent and tracing (following) the ball with both hands. Do not foul.

Be sure to review the skills & techniques used to defend against dribble penetration.

CAUTION



Continually "Bocking & Turning" in an attempt to disrupt and wear out a dribbler has the reverse effect. The amount of work and effort required by the defender is by far greater than that expended by the ball handler. This tactic might be effective against a poor ball handler. However, keeping the ball handler on a sideline creates a team effort, and increases the chance a poorly thrown pass that will be converted into an easy lay-up.