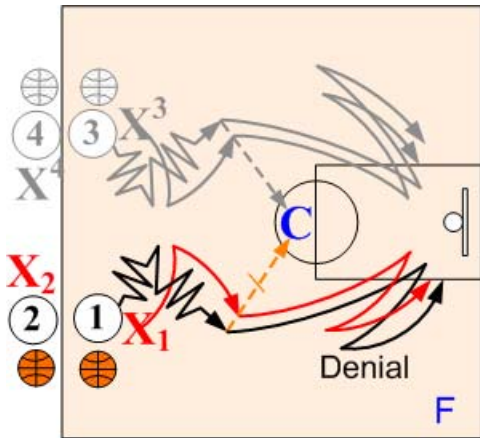


Improving Individual Pass Denial Skills

Strong Pass Denial Drills

These two proven teaching drills vastly improve individual players' pass denial skills and techniques. The importance of these drills cannot be over emphasized and they should be constantly reviewed throughout the season. In addition to improving individual On-Ball defensive skills, these drills will greatly enhance defensive attitudes and confidence.

Drill: 1-on-1 "Dancing"



Maintaining a Strong Pass Denial

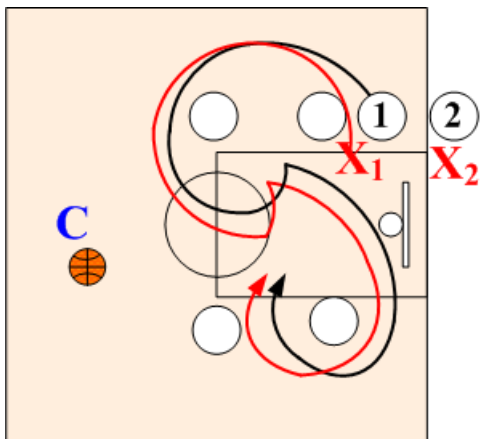
On Coach's signal ballhandler O1 dribbles around in an attempt to shake the defender for an easy drive to the basket. The defender X1, holding their jersey with both hands, must stay between the dribbler and the basket preventing any dribble penetration to the basket.

When the Coach signals for the ball, O1 passes to the coach. Defender X1 must then switch to a strong pass denial position, denying any return pass to O1 for 5 seconds by extending a hand in the passing lane.

Note: In a game, the defender only needs to deny for 3 seconds. After 3 seconds the passer will need to look for another receiver or draw a 5 second call.

Against back cuts, if at all possible, the defender should try to maintain a shoulder to shoulder position, forcing the cutter toward the baseline pushpoint. When the defender reverses direction, the defender "Dances" with the receiver by switching hands ("Stop Signs") accompanied with a quick head snap maintaining a strong "Ear on Chest" pass denial position.

Drill: 1-on-1 "Chase"



Pass Denial with Screeners

1-on-1 with four or more screeners. On Coach's signal O1 attempts to get open by using screens, changes of direction and changes of pace. The defender X1 must maintain a strong pass denial and deny the receiver the ball for a specific period of time such as 30 seconds.

If the receiver gets open, the coach makes a pass. The drill terminates or goes live 1-on-1 with the screeners stepping off the court.

Note: Great drill for practicing defending against a "Super Star" and for determining your best "Defensive Stoppers."

Note: In attacking the passing lanes, defenders should deflect most passes rather than trying to catch them. However, for first pass denials to be successful, defenders do not have to deflect or get a hand on every pass. By constantly attacking the passing lanes, it will disrupt offensive spacing and timing by forcing the offensive players further away from the basket in order to receive the ball. This increases, not only the opponent's shot distance, but also the drive distance to the basket adding an extra dribble, and increases the pass distance into the low post creating a greater opportunity for interceptions.

See: 2-on-2 Pass Denial Defensive Break Down Drill