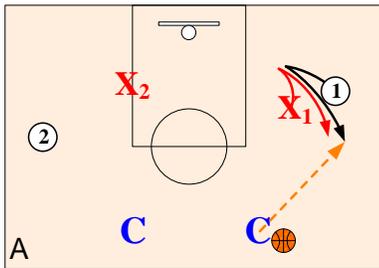


Defensive 2-on-2 Shifting – Pass Denial with Help

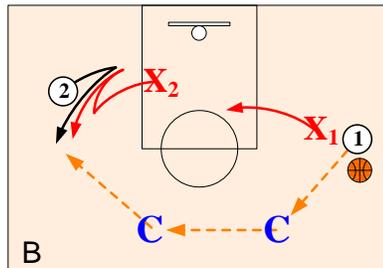
This 2-on-2 defensive shifting drill incorporates aggressive first pass wing denials with strong helpside support. Two offensive players start on the wings with two coaches out front.

Phase 1. Two-on-Two Shifting.

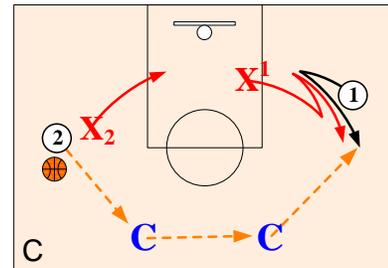
Defenders X1 and X2 assume either a pass denial or helpside position according to the location of the ball. Ball side defender “Dances” with their opponent trying to deny them the ball for 3-5 seconds at which time the ball is passed to the other coach and defenders switch roles.



If the coach passes to O1, X1 assumes an On Ball position with very active hands and feet influencing O1 to the corner or baseline pushpoint. X2 sags off into a Helpside I position.



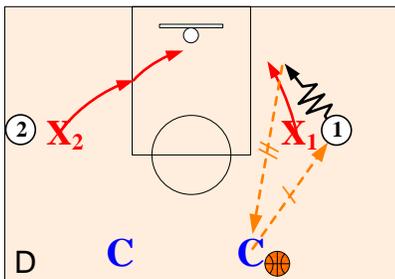
Ball Reversal. When O1 passes out to coach who in turn passes to O2, X2 quickly closes out to O2. X2 pressures O2 with active hands and feet forcing O2 to corner pushpoint. X1 drops to a Helpside I position.



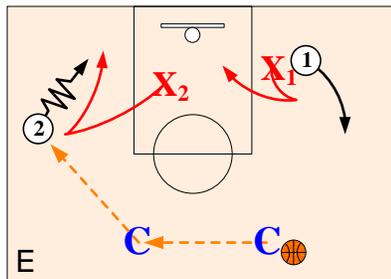
Continuity. O2 makes a return pass out to the coach who then passes to O1. Defender X1 closes out and X2 drops to a Helpside position. Repeat.

Phase 2. Dribble Penetration Shifting

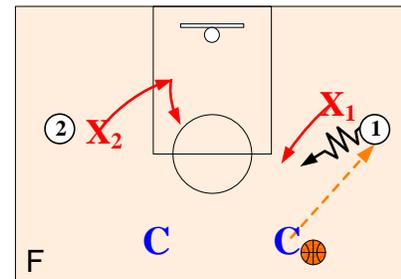
Once basic shifting has been mastered add baseline drive. O1 and O2 are allowed to take one or two dribbles toward baseline before passing out to coach. Once the explosion steps to deny dribble penetration are mastered, then go live (game speed).



Base Drive. X1 pushes O1 to the baseline pushpoint protecting the “Block.” X1 jams O1 on the picked up dribble. X2 assumes a Helpside I position.



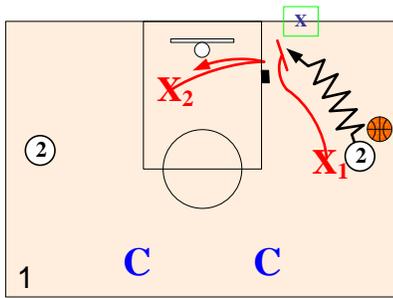
Ball Reversal. X2 forces O2 to the corner or baseline pushpoint. Defender X1 assumes a Helpside I position.



If O1 tries to drive into middle, defender X1 forces O1 above the “Elbow” to the top of the circle pushpoint.

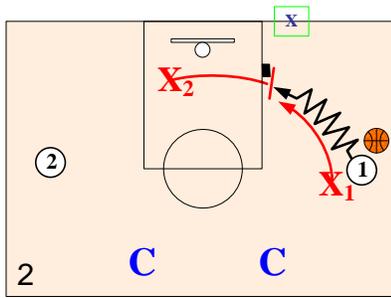
Baseline Penetration Reads & Counter Options

Fake Trap



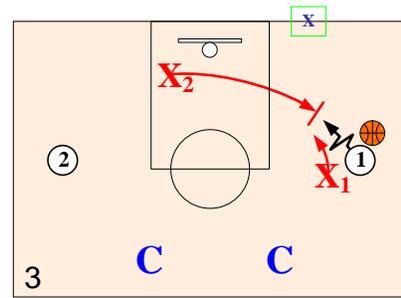
Read: When O1 drives along the baseline, defender X1 forces O1 to corner or baseline pushpoint. Helpside defender X2, shows to help discourage baseline drive and then recovers when O1 picks up dribble or turns back.

Trap



Read: If O1 beats X1 or penetrates above the "Block" low Helpside defender X2 steps out and takes a charge.

Trap Early



Read: If/when defender X1 is mismatched against O1, Helpside defender X2 leaves early (on first bounce) and traps O1 with X1.