

"Basic Three"— On Ball Defense Drill

"Ball Pressure is the single most important element of team defense."

This Half court drill is designed to introduce players to the proper footwork and techniques essential to successfully guard a player with the ball. It comprised of three basic skills: "Ball" – Pressuring a Player with the ball, "Push" – Guarding a Dribbler, and "Jam" – Attacking a Picked Up Dribble.

First demonstrate and explain the drill. Next walk the players through drill, and then go live.

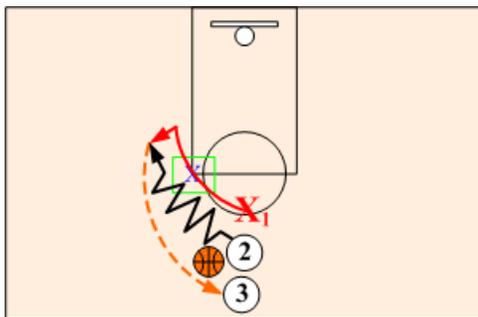
Phase One: Countering Dribble Penetration Basic Three (Ball – Push – Jam)

BALL – Defender X1 assumes a wide, heel-toe-corner pushpoint defensive stance with *"Nose on Chest"* and both hands up taking away the shot and pass options forcing the ball handler O2 into dribbling. O2 fakes shots and passes as the defender pressures with active hands and feet.

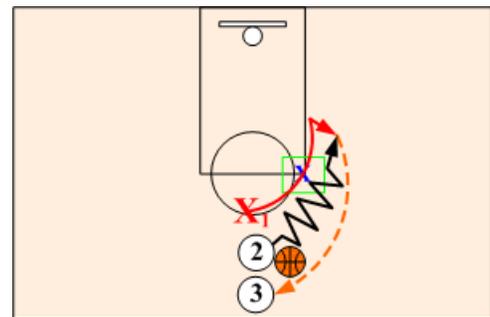
PUSH – Offensive player then takes 3 dribbles toward the basket. Defender X1, with both hands up taking away the shot and pass options and defending with their legs, protects the "Elbow" and forces O2 toward a corner PushPoint.

JAM - When O2 picks up their dribble, defender X1 immediately smothers and *"Traces"* the ball with both hands (apply hard pressure without fouling).

Rotation: O2 passes the ball out to next player in line O3, follows their pass and becomes the defender. X1 goes to the end of the line. Be sure to have defenders change their stance and influence to opposite corner since it requires opposite hand and footwork.



Basic Three – Left Side



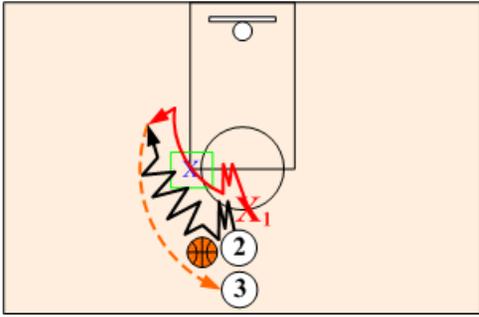
Basic Three – Right Side

Phase Two: Countering Individual Offensive Moves ("Back & Attack")

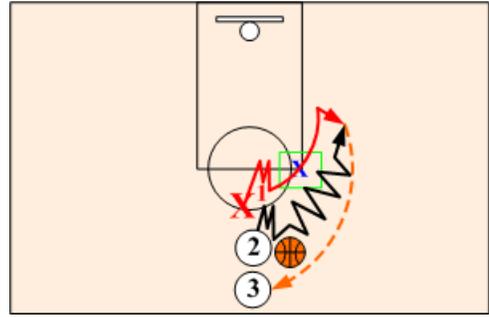
Same as above, except the offensive player takes two or three jab steps prior to dribbling with the defender reacting accordingly ("Back & Attack"). Since almost all offensive moves (jab steps, crossovers, reverse pivots, etc.) are predicated in getting past a defender, rather than trying to counter every offensive move, defenders should simply back off (build cushion) and protect against drives.

"Back": When the ball handler takes a jab step toward the basket, the defender must protect against the drive by countering with a quick, two footed drop (low 12" hop).

"Attack": When the ball handler steps back and reassumes a triple threat position, the defender immediately closes out using a quick, two footed short hop to an on ball position with both hands up.



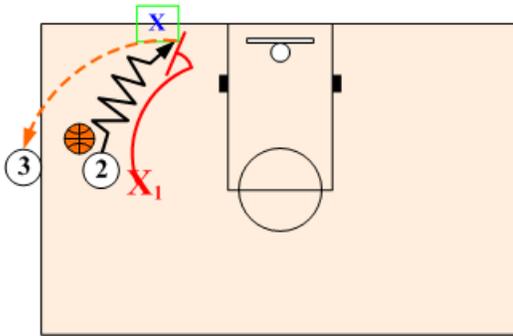
Basic Three with Jab Steps – Left Side



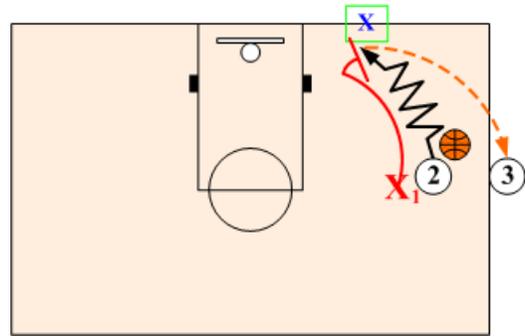
Basic Three with Jab Steps – Right Side

Phase Three: Defending Baseline Penetration

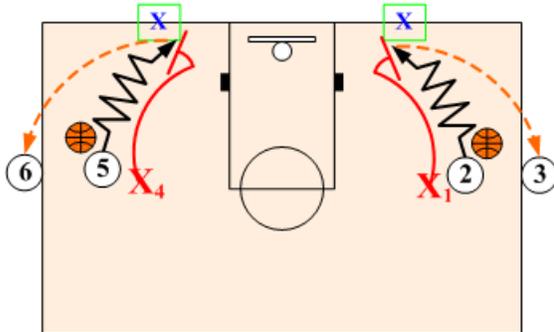
Same as phase one with the exception that the offensive players start off on wing. When the ball handler drives to the basket, the defender protects the “Block” and forces the dribbler outside the baseline push point. Once the ball handler initiates their dribble, the defender must defend with their legs. Both hands must be up to take away the shot and pass options. Build cushion (space) against a quicker ball handler.



Baseline Penetration – Left Side

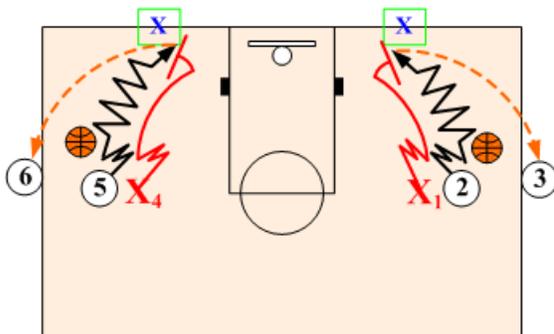


Baseline Penetration – Right Side



Once the players have a understanding of defending against baseline drives, they can be practiced using two lines. Players rotate from offense to defense to the end of the opposite line.

Phase Four: Defending Baseline Penetration with Jab Steps



Once players have a working knowledge of defending baseline dribble penetration add Jab Steps. Players rotate from offense to defense to the end of the opposite line.

Coaching Tips

CAUTION: If you are not spending adequate practice in teaching and improving defensive fundamentals you are setting up your players and team for certain failure.

1. Ball pressure is the single most important element of team defense. Pressuring the ball handler makes dribbling and passing more difficult, and increases the chances of an offensive mistake.
2. With today's emphasis on "Drive & Kick" offenses, the importance of teaching players how to defend against dribble penetration is of the utmost importance.
3. This "Basic Three" defensive drill is important when introducing or reviewing basic On Ball defensive skills and techniques. Once these basic skills have been learned, they become a vital part of every drill and every game.
4. Having the players verbalize their actions ("Shot" "Pass" "Back" "Attack" "Push" "Jam" and "Trace") during this drill is a very important element to the learning process.
5. Mastering defensive skills and techniques requires the same number of repetitions as offensive skills. Review this Basic Three drill during the season as needed.