

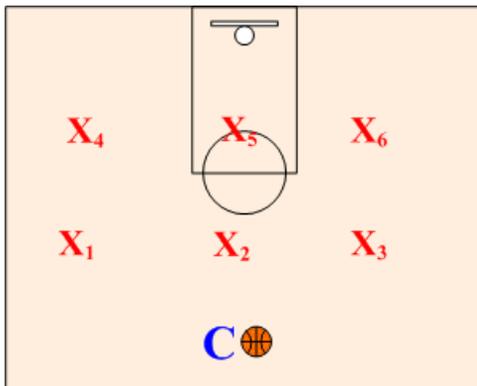
"Basic Three" Mass Sliding — Defense Drill

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

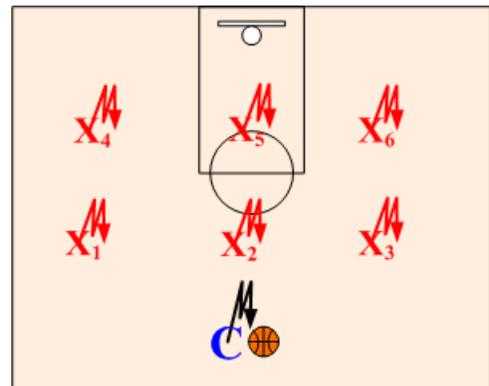
This mass defensive sliding drill is an excellent way to review and reinforce the proper footwork and techniques required to successfully guard a player with the ball. It consists of three "On Ball" basics: Guarding a Player with the Ball, Guarding a Dribbler, and Attacking the Picked Up Dribble.

Players are spaced out at half court and the coach with a ball. Players assume a low, bent knee "Nose on Chest" heel-toe-sideline pushpoint defensive stance with both hands up taking away the shot and pass options.

Phase One: On Ball



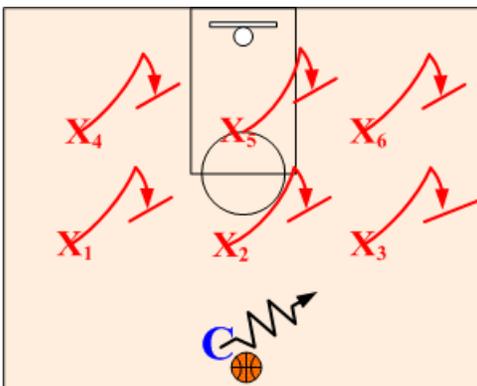
On Ball Defense- "Shot" – "Pass"



On Ball Defense- "Back" & "Attack"

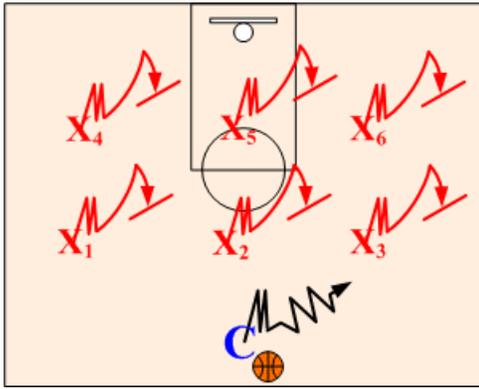
Coach leads the drill with the command to "Heat them up" and players executing quick chatter steps. The coach then fakes quick shots and passes with the players responding with the proper hand and calling out "Shot" or "Pass." Repeat several times. Be sure to have players change their stance and influence to opposite sideline since it requires opposite hand and footwork. After several repetitions, add jab steps with the players reacting accordingly ("Back & Attack").

Phase Two: Guarding a Dribbler

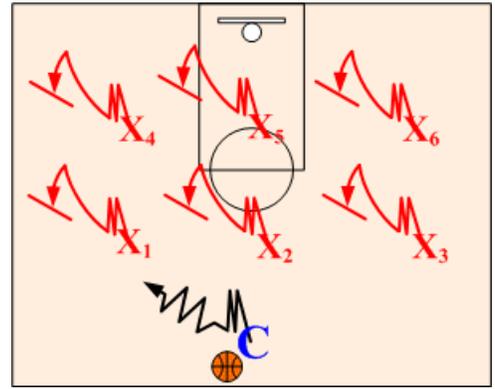


Adding three dribbles. Start with On Ball defense (same as above), but add three dribbles toward the sideline. Players respond with guarding a dribbler technique "Push" with the players maintaining their low "Nose on Chest" stance with the lead hand tracing the bouncing ball and their inside trail hand digging. Note: Players should always use the trail hand to deflect or steal the ball.

When coach picks up the dribble, players react immediately with "Jam" stepping forward and tracing the ball with both hands as the coach moves the ball around. Defenders verbalize their actions by calling out "Push," "Push," "Trace," "Trace." Repeat to opposite sideline.

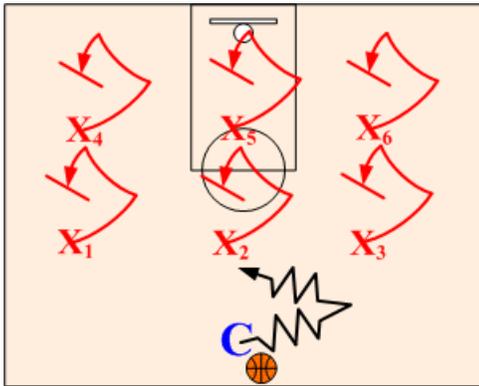


Same as above, except add jab steps to the On Ball defense.

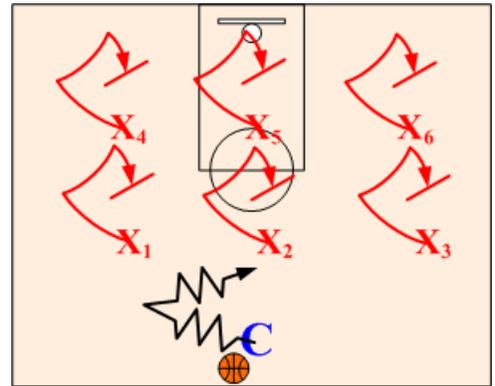


Jab Steps – Left

Phase Three: Drops Steps (Change of Direction)

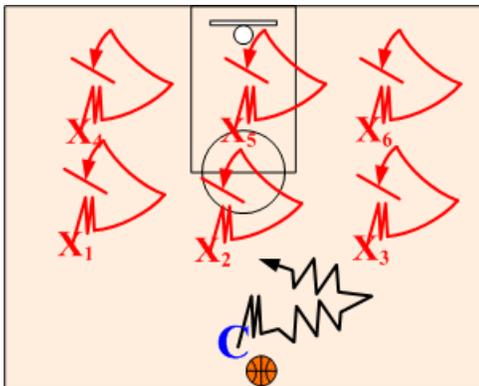


Drop Steps – Right

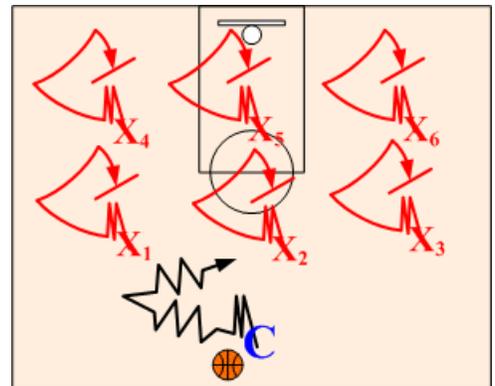


Drop Steps – Left

Changing direction drop step starts with On Ball Defense (Shot & Pass) with the coach taking three dribbles. However, instead of picking up the dribble, the coach changes direction and takes three additional dribbles prior to picking up the ball. Players react to the change of direction by executing drop steps.



Same as above, except add jab steps to the On Ball defense portion.



Drop Steps – Left

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. Mastering defensive skills and techniques requires the same number of repetitions as offensive skills. This mass On Ball defensive skills and techniques drill provides for a large number of repetitions in a short period of time.
3. 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.
4. This mass drill can be used as a physical conditioner by maintain a bent knee defensive stance and repeating the Guarding the Player with the Ball techniques (Phase 1 Shot & Pass with active feet) for several minutes at a time.

CAUTION: Since players tend to stand upright when fatigued, they must be well condition to stay down for long periods of time.

5. End drill with a loose ball dive.

CAUTION: Be sure to teach players the proper technique in diving for a loose ball. Not teaching the proper techniques, on all levels of the game, can not only result in injuries, but in lawsuits as well.

6. Use this mass sliding drill as a quick prelude to your defensive part of practice. It is not only a quick review of the proper “On Ball” defensive techniques, but just as important, it mentally prepares and motivates the players defensively.