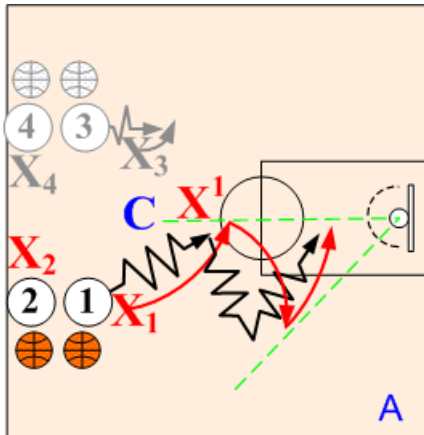


“Defending the Dribbler – Special Situations”

Following is a series of proven teaching drills to vastly improve individual players’ On Ball defensive skills and techniques used in special game situations. Special situations to address include: Preventing Dribble Penetration, Establishing a 5 Second Count, Taking a Charge, and Giving a Foul. 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 players’ defensive attitudes and confidence.

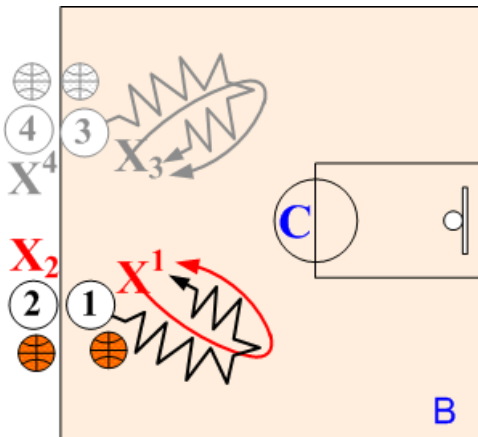
Stay



When defending against dribble penetration, defenders must learn to play with their legs. On Coach’s signal ballhandler O1 dribbles around in an attempt to shake the defender and touch their foot inside the Charge/Block semi-circle. The defender X1, holding their jersey with both hands, must stay between the dribbler and the basket preventing all dribble penetration to the basket.

1-on-1 Live: Dribbler tries to see how many times they can touch their foot inside the Charge/Block circle in 30/60 seconds. After each time the dribbler touches inside the Charge/Block semi-circle, they must back their dribble outside the three point line before starting anew.

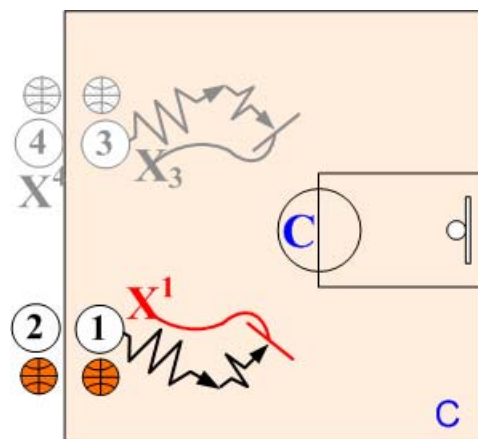
Note: In relying on legs to defend dribble penetration will eliminate most reaching fouls!



5 Second Count

1-on-1 Live: On Coach’s signal ballhandler O1 dribbles around in an attempt to avoid a five (5) second count. The defender X1, pressures the ballhandler hard in an attempt to create the five (5) second call. Drill continues until a five second count is achieved.

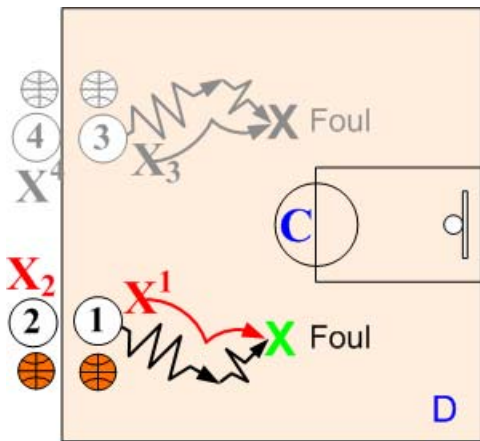
Note: this is an excellent drill to practice, even, if the closely guarded rule does not apply.



Take a Charge

On Coach’s signal ballhandler O1 dribble penetrates to the basket. The defender X1, using the proper technique draws a charge.

CAUTION: In taking the charge, to prevent head from hitting the floor and injuries, the defender must first lower their center of gravity by sitting down and tucking in their chin prior to landing on their bottoms and sliding backward.

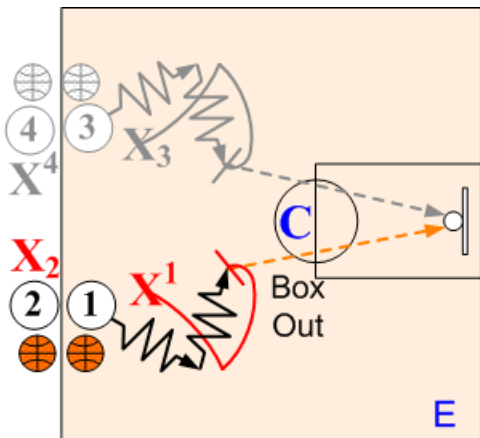


Give A Foul

1-on-1 Live: On Coach's signal ballhandler O1 dribbles around in an attempt to avoid being fouled. The defender X1, using the proper technique to avoid an intentional foul, fouls the dribbler as quickly as possible in order to stop the clock.

Note: In taking the foul, the defender should make an attempt to steal the ball.

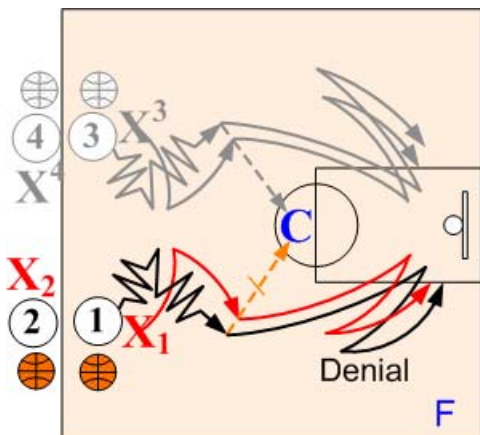
Related Options:



Boxing Out the Shooter

On Coach's signal ballhandler O1 dribbles around in an attempt to avoid being fouled. The defender X1, allows the shot and then boxes out using the proper technique.

Caution: Never foul a shooter in the act of shooting. If you are going to foul before the shot.



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.

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.