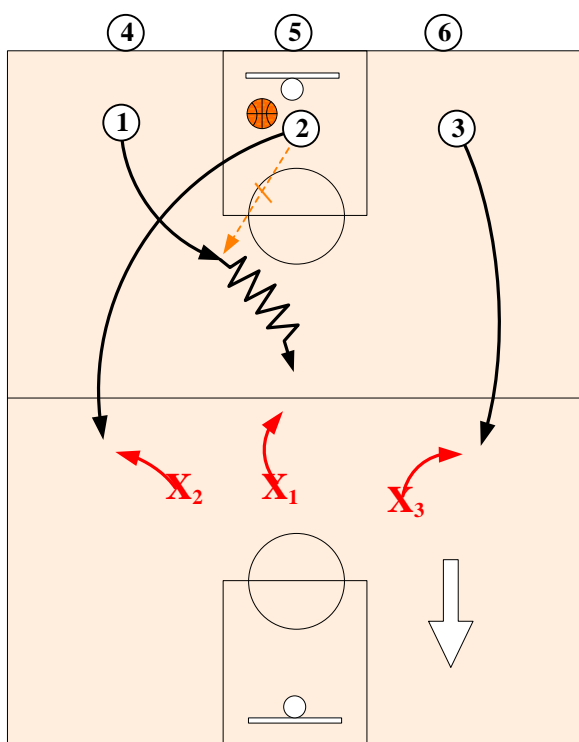


“Gut” – Defensive Stops

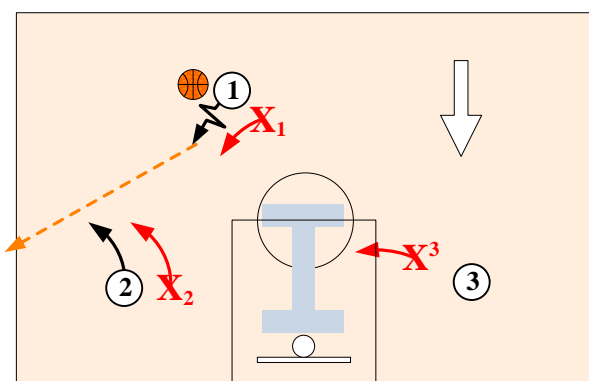
“Gut” is an excellent drill for reviewing and refining team defense fundamentals and teamwork. However, more importantly, it is a drill to teach players how to get through adversity, and the importance of defensive stops. The defense must make four consecutive "Defensive Stops" before going to offense. Defensive Stops include **defensive rebounds, steals** and **turnovers**. If the offense scores or is fouled, the consecutive defensive "STOP" count goes back to zero. Offensive charges counts as four stops. Once the defense makes four consecutive defensive stops they switch to offense and the group that was on offense goes to defense.

Each offense group goes down the court and back, and then is replaced with a new offensive group. The offense “takes no prisoners!” “Gut” will teach coaches a lot about an individual player's attitude and fortitude. At first, when unsuccessful players will try independently to stop the offense, and may even become frustrated. However, this is the real value of the drill. Defenders will quickly learn that it going to take a team effort to make four consecutive defensive stops.



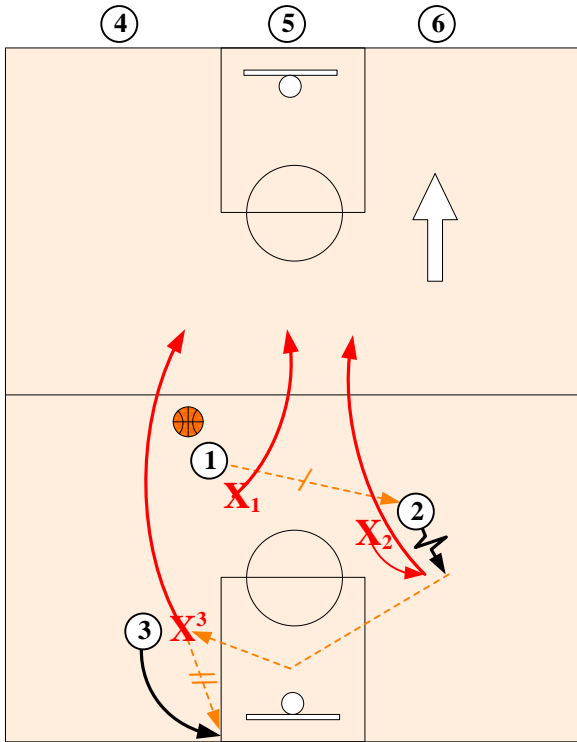
Phase 1: Transition

O1, O2 and O3 bring ball up against X1, X2 & X3. The defenders must play with teamwork, poise, and determination with the goal of making a defensive stop. All basic disruptive pressure fundamentals are in effect.



STAY

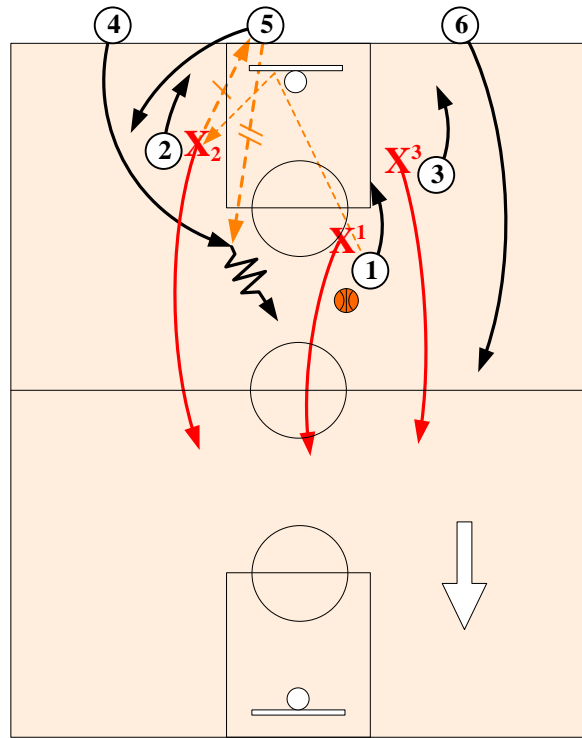
Do not change ends of the court until the ball touches the rim on a missed shot or a shot is made. On all turnovers, steals and out of bounds play continues at that end of the court. Once the defense is set, the defense checks the ball in by handing it to an offensive player and play continues. The offense must inbound the ball on all out of bounds situations.



Phase 2: Switch Directions

Teams reverse directions after a MADE shot or DEFENSIVE REBOUND.

When switching direction, defense stays on defense unless it is their four consecutive stop. Then they switch to offense and offensive group goes to defense.



Phase 3: New Offensive Group

Offense goes down and back, and then is replaced by a new group.

Defense must earn its way to offense by making four consecutive defensive stops.