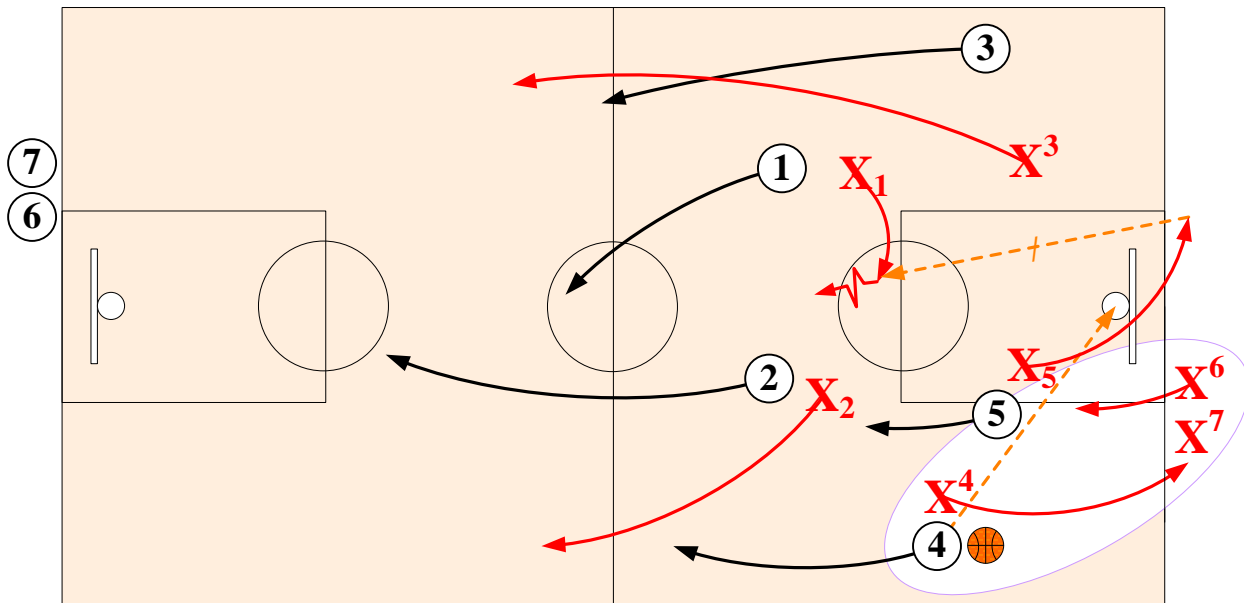


“Substitute Defensively” – Full Court Scrimmage

Substitute for defensive players when their opponent scores. If their opponent does not score, defenders can play entire scrimmage. Have substitutes stand out of bounds under their defensive basket. On made baskets, they automatically enter the scrimmage and guard the player scoring.



Offensively, any time a player scores, they will have a new player to guard. Defenders must recognize any mismatches and adjust accordingly. Recognizing and adjusting to defensive mismatches is an important lesson for actual game play.

Defenders are totally responsible for their assigned opponent. If another defender helps out on a made shot, the assigned defender steps off, not the player helping out.

Coaching Tip:

Substituting defensive is especially effective during the off season and pickup games.