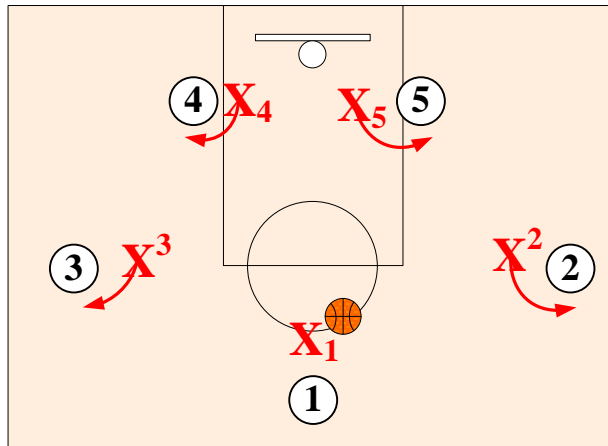


“No Hands Defense” – Half Court Scrimmaging



Players must hold their jerseys with both hands while on defense. The only time they can use their hands is to rebound. This drill will encourage proper foot work and eliminates bad reaching habits and cut down on the number of fouls during a game. You will be amazed at how much better defensively players will play when they are forced to play with just their feet on defense.

CAUTION: Do not have players hold their hands behind their backs. This will force them to lean and throw them off balance.

When introducing a new play it is much better and much wiser to use this “No Hands” rule on defense rule rather than dummy defense. The offense may struggle at first, but will quickly adapt to the defensive pressure.

Check-In Rule

Team Defense: Prior to putting the ball in play, the defensive player must first check to see that all of their teammates are in proper defensive position and stance. Putting the ball into play without first checking to see if teammates are ready results in automatic ten (10) pushups. Enforce!