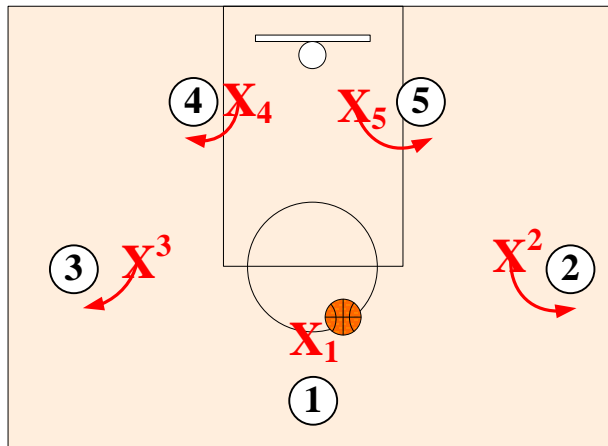


## “Defensive Stops” – *Half Court Scrimmaging*

Require the defense to make a certain number of defensive stops (combination of defensive rebounds, steals and turnovers) in order to go to offense. This will definitely encourage and motivate the defense into playing hard.

By practicing against tough defense it will help the offense better prepare for actual games. Practicing against weak or dummy defense is detrimental to game preparation. To be successful, players must learn to create leads, maintain spacing, move the ball, set and use screens, make cuts, and rebound against strong defense efforts.



Defense switches to offense after making five or six defensive stops. In requiring defensive stops to go to offense, it will not only motivate the defense into playing hard, but will also emphasize the importance of making defensive stops on defense.

Variation: Require the defense to make four consecutive stops instead of just five or six stops. Anytime the offense scores, the defensive consecutive stops counts goes back to 0. This will increase the intensity and motivation especially when they get to three consecutive stops. It will also point out who your competitors are.

### **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!*