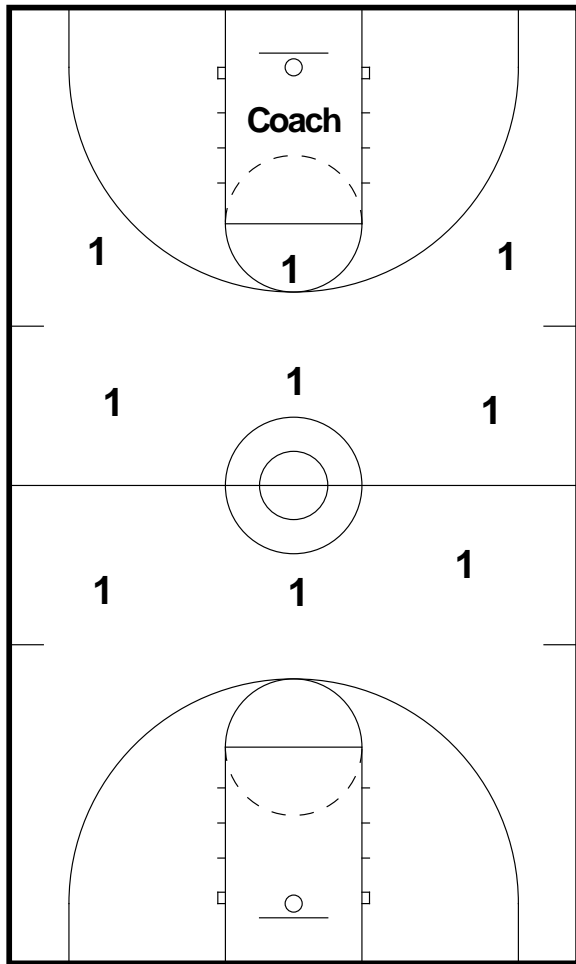
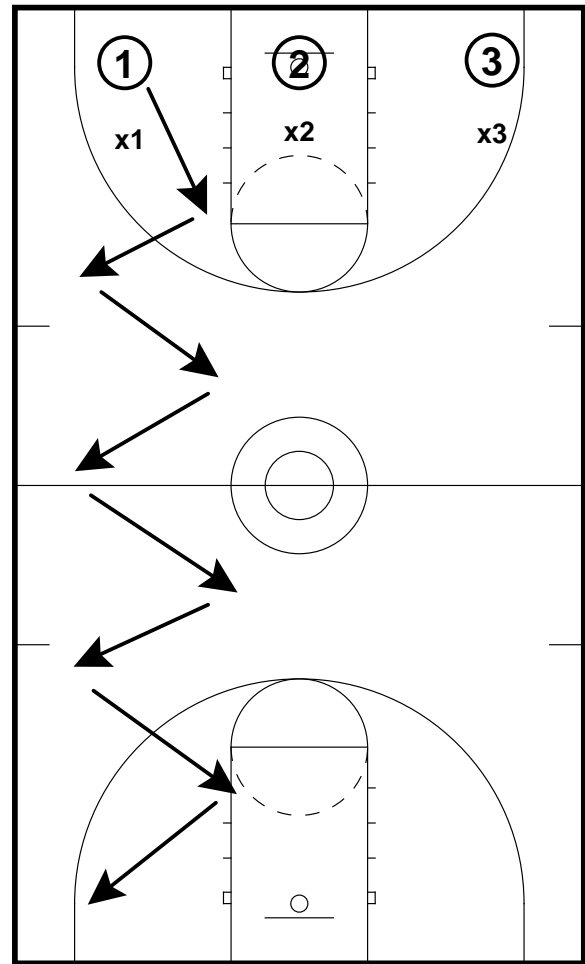


# Defensive Ball Pressure Drills



## Drill #1 - Teams Slide Drill

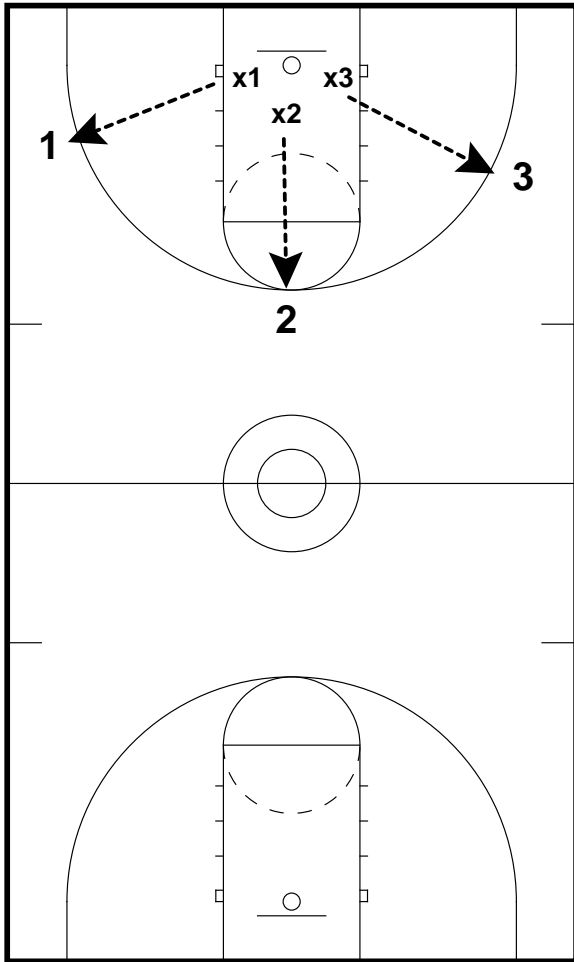
- Scatter formation with the coach in the front.
- Coach calls out stance. Everyone gets in their defensive stance.
- Coach calls slides and points right, left, front, back. Players must slide in the correct direction.



## Drill #2 - Partner Zig Zag Drill

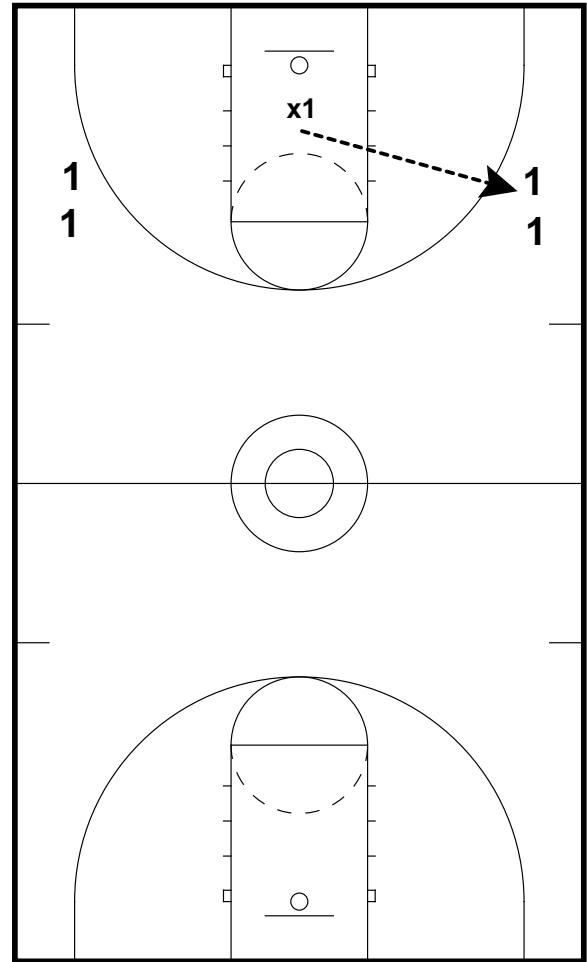
- Progression
- 1st Trip - No offense. 3 slides and dropstep. Continue to other end and come back.
- 2nd Trip - Offense and defense.
  - Defenders hands behind their back. Offense zig zag down the floor half speed.
- 3rd Trip - Defense hands free. Offense half speed.
- 4th Trip - Defense starts at FT line extended. Roll the ball to the offense and close-out. Offense zig zage down the floor half speed.
- 5th Trip - Same as 4th trip but offense will pick the ball up at the FT line, 1/2 court, opposite FT line and end line. Defense will get in their face, mirror the ball and make a dead call. After a few seconds, the offense will dribble to the next spot and pick it up.
- 6th Trip - 1 on 1 line to the other end line. No shots. Offense must stay in their lanes. Defense wants to get the offense to turn as many times as possible. Defense does not want o give up a straight line drive.

# Defensive Ball Pressure Drills



## Drill #3 - 15 Second Ball Pressure Drill

- On the coaches call, roll the ball top the offense and close-out. Close out so that you are forcing the ball to the baseline from the wings. Play straight up at the top. Defense pressures the ball for 15 seconds. Offense will attack, retreat and cross over but will not try to shoot.
- On the coaches call, the offense will pick up the ball. The defense will get up and make a dead call.
- Rotate offense to defense and then out.



## Drill #4 - Wing Close-Outs into 1 on 1

- The defender under the basket will roll the ball out and close-out. The defender does not want to get beat to the middle.
- The play live 1 on 1 with a 3 dribble maximum.
- If the offense scores, the defense must take the ball, roll it to the opposite line and play 1 on 1 again.
- The defense does not get out until they get a stop.
- If the defense gets a stop, the offense is now the new defender.