



CYA BASKETBALL - PRACTICE RESOURCES



Defense MANUAL





CYA Basketball Practice Drills Manual - Defense

Included in This Manual

- *Introduction to Defense*
- *Points of Emphasis for Defensive Drills*
- *3 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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Introduction

Defense is hard work! Sadly enough, most players and coaches aren't willing to put in the time and effort needed to become successful on the defensive end of the court. The other reason most players and coaches aren't dedicated to improving their defensive game is that it isn't as fun as other aspects of the game.

Yes - shooting, dribbling, passing and the other aspects of offense are often more enjoyable to teach, learn and practice so that's where most players and coaches focus their time and effort. But in order to become complete and well-rounded in all aspects of the game, players and coaches must dedicate a portion of their time into learning how to play defense. Listed below are some of the major areas of importance.

Complete defensive player:

1. Quick hands and quick feet.
2. Able to jump quickly and repetitively.
3. Good instincts and ability to react quickly to the action on the court.
4. Able to make quick transitions from the offensive end of the floor to your defensive position.
5. Communicate with your teammates
6. Proper defensive stance, footwork and positioning

Cues & Key Points:

1. Bend the legs
2. Sit the butt down low
3. Stay on the balls of the feet
4. Keep the head up and chest up
5. See everything around you
6. Communicate with your teammates

Shuffling

Recommended Sets and Reps:

- Perform 5 sets of 15 seconds through the drill, alternating 2 groups of athletes to allow for rest period

Description:

- 1). Line up half the team facing the same sideline in a defensive stance.
- 2). Coach blows whistle or yells out go to the players.
- 3). Players then shuffle to the free throw line and back to the baseline.
- 4). Repeat the drill for 15 seconds then repeat with the other half of the team.
- 5). Follow your key points.

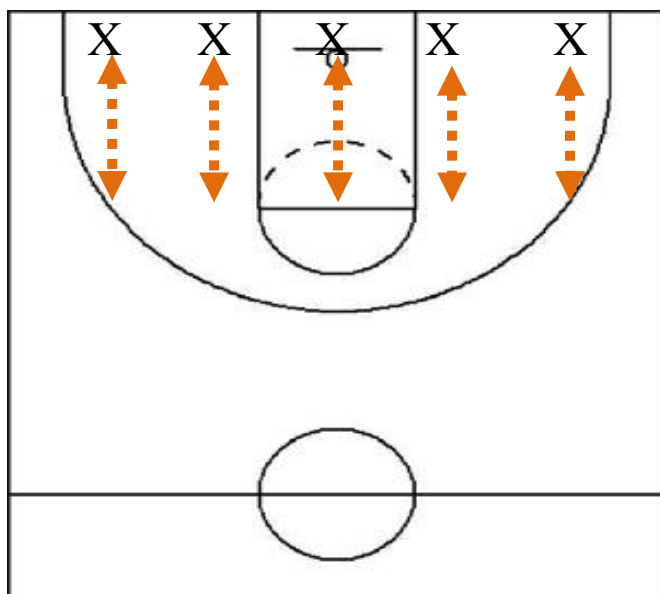
Drill Set-Up:

-Half of the team lines up on the baseline facing 1 sideline in a defensive stance.

-Players shuffle to the free throw line and then back to their starting position.

X = Athlete

*** = Basketball**



DYNAMIC: DEFENSE



PROGRESSIONS:

1. **Slow Shuffle (focus on form)**
2. **Full Speed Shuffle**
3. **Reaction Shuffle (Coach's Signal)**
 - a) Athletes shuffle until coach yells "Go!" or another command of coach's choice
 - b) On coach's command, athletes change directions immediately
4. **Reaction Shuffle (Partner)**
 - a) 2 Partners face each other and shuffle within the distance given
 - b) One player is the "leader" and another is the "follower" – "leader" dictates change of direction

Force to a Side

Recommended Sets and Reps:

- Perform 10 repetitions through this drill

Description:

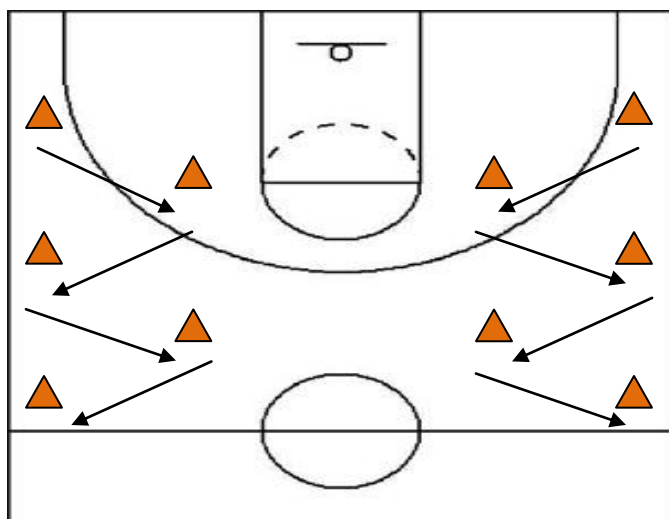
- 1). Begin with the first athlete in line at the first cone.
- 2). Moving backward at an angle, shuffle to the next cone.
- 3). Once at the next cone, make a sharp cut with the outside leg and push toward the next cone.
- 4). Once the previous player reaches the 3rd cone, the next player can begin the drill.

Drill Set-Up:

-Place 5 cones in a zig-zag pattern, each about 5-7 yards apart.

-For 10+ players, set up 2 drill stations as shown below.

→ = Path of Athlete (in shuffle)
▲ = Cone



DYNAMIC: DEFENSE



PROGRESSIONS:

1. **Slow Shuffle (focus on form)**
2. **Full Speed Shuffle**
3. **Add Opponent**
*Partner runs through cones – player shuffle
4. **Reaction (Coach's Signal)**
*No Cones – Players Shuffle back at an angle and change directions on coach's cue
5. **Reaction (Partner)**
*No Cones – 1 Player shuffles while the other jogs/runs to try and get past defender
6. **Reaction (Partner w/ ball)**
*Same as #5 but offensive player dribbles ball

Moving through screens

Recommended Sets and Reps:

- Perform 4 sets through each position (approx. 2 minutes)

Description:

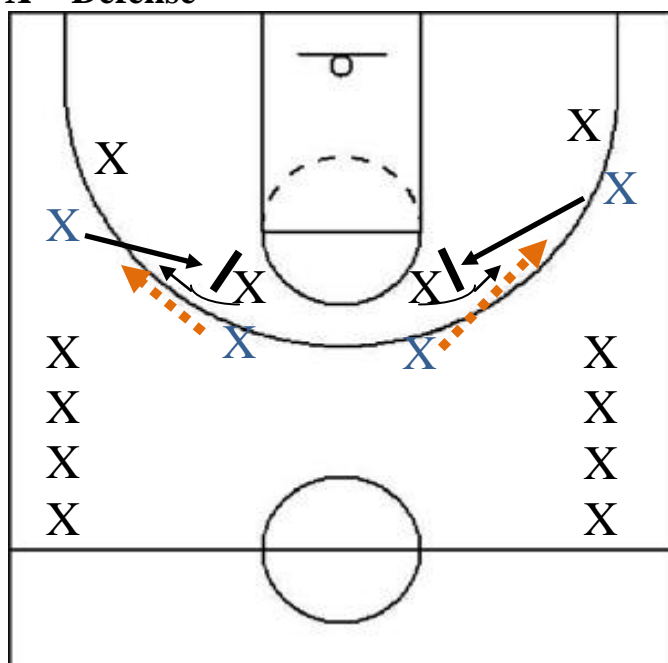
- 1). Begin with 1 ball-handler and 1 wing player on each side of the court (as shown in the diagram below) with a defender guarding each person.
- 2). Wing player runs over to set a ball screen.
- 3). Wing defender should yell "Screen!" and ball defender fights through the screen to stay with ball-handler.
- 4). Wing defender can also yell "Switch!" and players adjust to guard their new man.

Drill Set-Up:

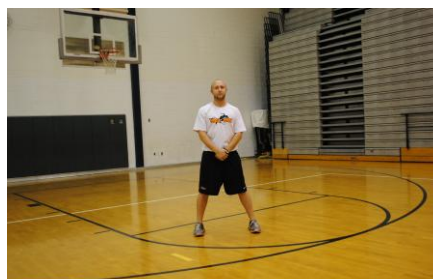
- Begin with 2 offensive and 2 defensive players on each side.
- Once offense players have performed drill from wing and ball handler position, switch players from offense to defense.
- Once all 4 players on each side have completed the drill as both offensive and defensive players, rotate with another group or add in additional players if necessary.

X = Offense

X = Defense



DYNAMIC: DEFENSE



PROGRESSIONS:

1. **Slow w/out Ball** (work through screen)
2. **Slow w/out Ball** (switch on screen)
3. **Fast w/out Ball** (work through screen)
4. **Fast w/out Ball** (switch on screen)
5. **Fast w/out Ball** (defenders' decision)
6. **Fast WITH Ball** (defenders' decision)