

# NC State Basketball



## Defensive Drills

# Individual Defense

The most important aspect in becoming a great defensive player is **MENTAL TOUGHNESS!!** Great defensive players are aggressive and determined. It takes courage and heart to shut down a good offensive player. It is also important to remember that you must also play good **TEAM DEFENSE**. You must be ready to help a teammate and your teammates must be ready to help you. With the proper attitude and unselfishness, the following information will help you become a **BIG TIME DEFENDER** that your coach can count on!!

## Coaching Points: Man to Man Defense

### Guarding the ball - "BALL"

1. Good defense starts with the proper defensive **STANCE** and **PRESSURE** on the ball.
2. Knees should be bent, body should be low and feet ready to move.
3. Feet should be shoulder width apart, with weight on the balls of your feet and heels slightly off the ground. The foot closest the middle of the floor should be slightly ahead to force the ball out of the middle of the floor. This will be reversed if your coach decides to force the ball to the middle of the floor.
4. Head should be up, with one hand pressuring the ball and one hand in the passing lane.

### One pass away - "DENY"

1. Ball side hand in the passing lane with thumb down.
2. Position "up the line, off the line," seeing the ball and your man.
3. You must be ready to react to the offensive player's movement.

### Two pass away - "HELP"

1. Get off your man with at least one foot in the lane.
2. Talk and let your teammate know that you are ready to help.
3. When you help, you must be ready to quickly recover to your man.

### Close Outs

1. Close outs occur when you move from a help position back to guarding the man with the ball.
2. The player must recover in a defensive position that will allow the defender to contain the dribbler and contest the shot.

### Close out fundamentals

- a. As the defensive player runs toward the man with the ball, he must lower his body.
- b. When the defensive player gets to his man he should be in a good defensive stance with hands thrown back.
- c. Stay low and do not go for the shot fake.

### Defending the Screen and Roll

1. The Jump Switch
  - a. The defender guarding the screener must talk and let his teammate know there is a screen coming.
  - b. As the dribbler comes off the screen the defender will jump in front of the dribbler to slow his dribble.
  - c. The other defender now quickly works behind the screen and picks up the new man before he can roll to the basket.

# DRILLS FOR IMPROVEMENT

## Individual Defense

The following drills are designed to make you a better defensive player. Great defenders play with great intensity and desire and that is how these drills must be done. Improving foot speed and lateral movement is very difficult. It can only be accomplished with hard work and determination.

### Agility Drills

1. Jump Rope
2. Dot Drills
3. Line Drills
4. Complete the Square
5. Star Run
6. Ricochet Pickups
7. Rim Jumps
8. Barrier Jumps

NOTE: These drills are described separately in your handbook. Use them as warm-up drills.

### Stance Drills

1. Start by slapping the floor and assuming a good defensive stance. Knees should be bent, hands active, back straight, with heels off the ground.
2. Begin by holding this position for 30 seconds. Gradually increase the time until you can hold your stance for two minutes.

NOTE: Exaggerate your stance and stay as low as possible. Late in games you will be able to stay in your stance and shut down your man.

### Foot fire Drill

1. Begin by slapping the floor and assuming a good defensive stance.
2. Quickly move feet up and down while staying in your stance.
3. Begin by continuing the drill for 30 seconds. Slowly build up until you can go for two minutes.

NOTE: Break up the drill by adding quarter turns left and right. These turns should be done as quickly as possible with the feet just touching down and then returning to the original position.

### Lateral Slides

1. Begin in a good defensive stance with both feet outside the lane.
2. Slide across the lane as quickly as possible while maintaining good defensive position
3. When moving to the left, point the left toe and push off with the right foot. Reverse as you move to the right.
4. You should push and slide, not letting your feet come together. Slide until both feet are outside the lane and then return, working to keep your head level. Do not bob up and down as you slide.
5. Go for 30 seconds and look to improve that total with each workout.

NOTE: You may do this drill while holding bricks or plastic milk bottles filled with sand to increase the challenge.