

One-on-One Full Court

Coach Tim Shea

Purpose

To teach players to never allow the dribbler to get by them.

Organization

Two players and one ball on each side of the court.

Procedure

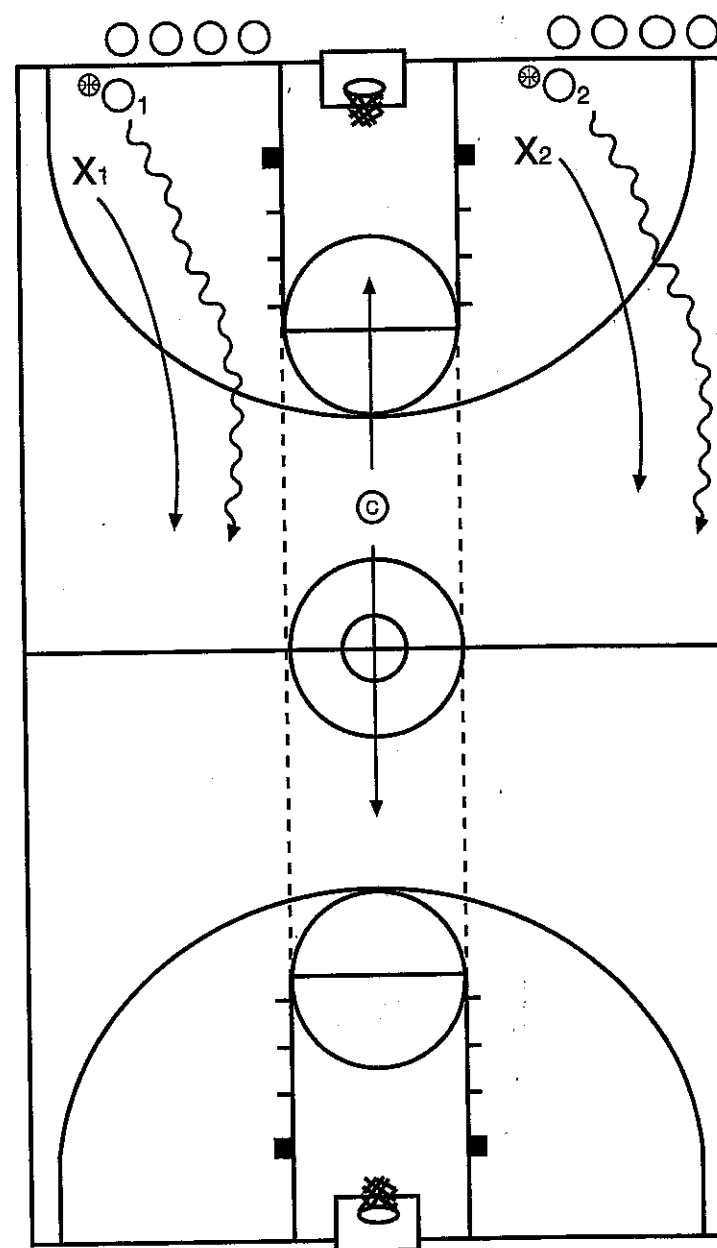
1. One player on offense is defended by a second player.
2. The defender forces the dribbler to use her weak hand at all times.
3. The dribbler *must* try to get by her defender, and if she does, she speed dribbles to the end of the court.
4. Boundary lines are the sideline and the free throw lane line extended. The middle of the court is where the coaches stand.
5. Players switch (offense to defense) at the far end of the court for the return trip.
6. Each player goes three times, and do this drill every other practice.

Coaching Points

- Use these defensive principles on the perimeter only, not in scoring areas.
- A defender is most likely to be beat on a dribbler's initial move. The defender should back off until the dribbler puts the ball on the floor, then tighten up the distance between the defender and the ball.
- Once a defender learns how far off the ball she should be, she must maintain that distance. If the dribbler gets too close, the defender does not have the correct spacing.
- When a dribbler gets going with her weak hand, don't shut her down. This will force her to use her strong hand! Instead, stay in a defensive position and allow the dribbler to keep using her weak hand.
- Players should not go against the same opponent every time.
- This drill serves as an excellent dribbling drill too.

Variation

- Try to force the dribbler to change directions as many times as possible, but do not let the dribbler beat the defense.



Three on Three— Balance and Contain

Coach Carol Hammerle

Purpose

To work on both defensive and offensive skills. Defensively, this drill encourages players to focus on their footwork and teaches them containment. Offensively, it is a great drill to practice controlling the ball and making strong passes off the dribble.

Organization

Six players (three offensive and three defensive), one ball, three lanes.

Procedure

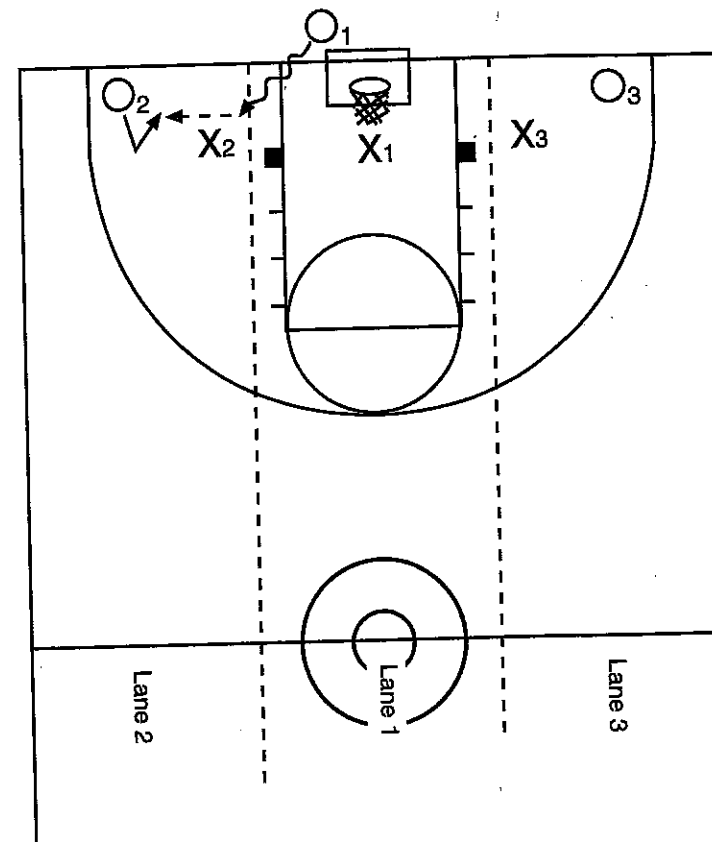
1. Three offensive and three defensive players begin on the baseline and must move the ball full court, within their respective lanes, to the opposite baseline.
2. Allow the offensive players only one dribble before they must pass. The ball should start in the middle and move from side to side. Offensive players remain in their lane.
3. Defensively, players are working for on-the-ball defense, one pass away, and help-side defense footwork and communication.
4. The drill is complete when the offense reaches the opposite baseline. If there is a steal or turnover, reward the defense by making them offense.
5. Rotate offense to defense.

Coaching Points

- Defensively, have players work on staying balanced and not reaching for the ball. Concentrate on vision, containment, and communication.
- Because you are allowing the offensive player only one dribble, this drill is great for teaching players to handle the ball under extreme pressure.
- Offensive players must pass to the hand away from the defense.

Variations

- Allow two dribbles for offensive players when starting with inexperienced players.
- Make no restrictions on the number of dribbles for offensive players.



Block Drill

Coach Yvonne Kauffman

Purpose

To develop conditioning and defensive stance.

Organization

Players in even groups with four blocks of wood (hand size) per group.

Procedure

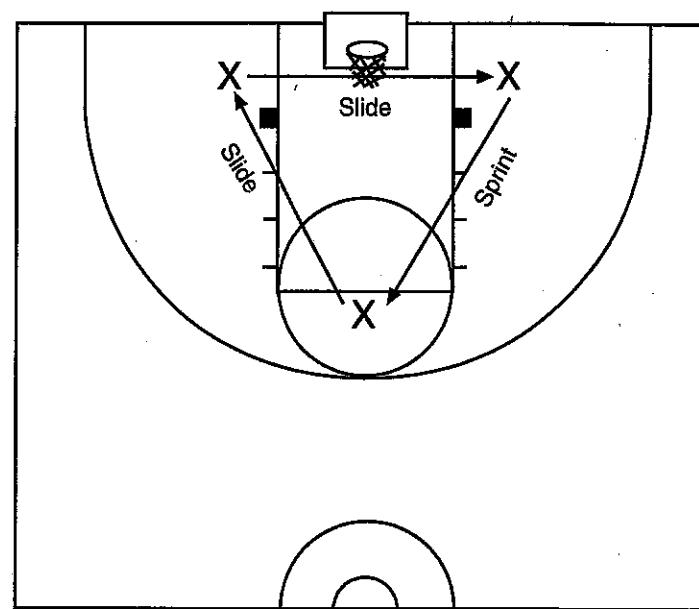
1. Place the wooden blocks on the key, one in the middle of the foul line, one on each of the low blocks.
2. A player holds the fourth wooden block.
3. The coach times 30 seconds or a predetermined time.
4. The player side slides from one block to the opposite block, drops the block in hand, and picks up the block on the floor.
5. The player sprints to the foul line, drops the block, and picks up a new block on the floor.
6. The player slides back to the low block where she began, drops her block, and picks up the other block.
7. Continue this for 30 seconds.

Coaching Points

- Keep the body low.
- Accelerate from block to block.

Variations

- Have contests.



Chase

Coach Jane Albright

Purpose

To develop defensive quickness, balance, and the ability to change directions quickly.

Organization

Four players, four cones.

Procedure

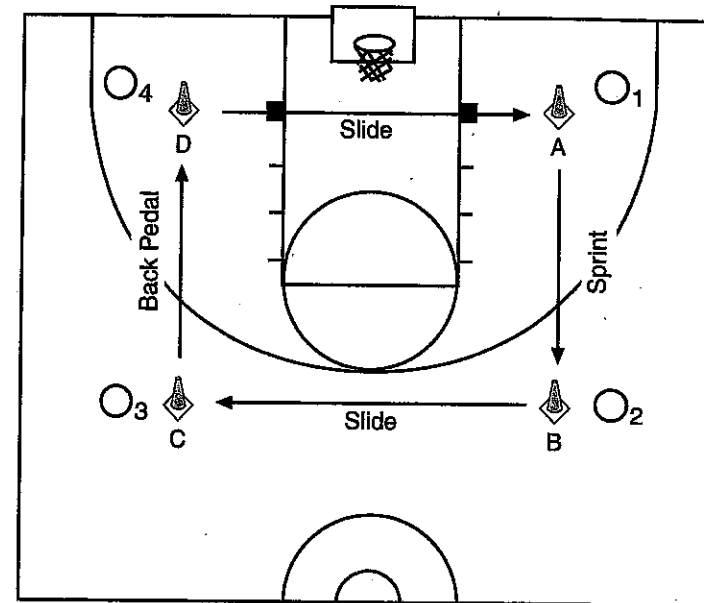
1. Start players at cones A, B, C, and D.
2. Players will sprint from cone A to B.
3. Players will slide from cone B to C.
4. Players will backpedal from cone C to D.
5. Players will slide from cone D to A.
6. Players try to catch the person in front of them; if they are successful the player who was caught drops out. Play until one player is left or for a set time.

Coaching Points

- Stay low on slides, keeping the feet apart.
- Keep the weight forward on the backpedal to avoid falling back.
- Stay on the outside of the cones.

Variations

- Reverse directions. Sprint from cone D to C.
- Slide from cone C to B.
- Backpedal from cone B to A.
- Slide from cone A to D.



Defensive Series

Coach Jody Rajcula

Purpose

To teach defending the wing pop out, backdoor cut, weak-side baseline, strong-side elbow, and high to low post cuts.

Organization

Three or four players per basket.

Procedure

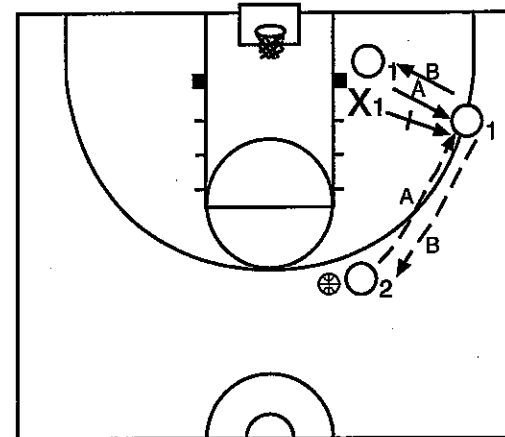
1. Player O_2 has the ball at the high wing. Player X_1 is guarding player O_1 at her strong-side back.
2. Player O_1 pops out to catch a pass, and player X_1 denies her (if open, O_1 gets the pass and squares up, then passes back) (see diagram 1).
3. Player O_1 then cuts through the backdoor to the opposite low baseline.
4. Player X_1 must defend the backdoor by either opening up or turning her head (see diagram 2).
5. Player O_1 then cuts from weak-side baseline to strong-side elbow (see diagram 3).
6. Player X_1 must defend (step up to deny at the high post).
7. Player O_2 dribbles out to the wing. Player O_1 cuts from high to low post. Player X_1 must defend as shown in diagram 4 (open up and slide down to deny on the high side at the block).
8. Player O_2 then dribbles up and the drill repeats.

Coaching Points

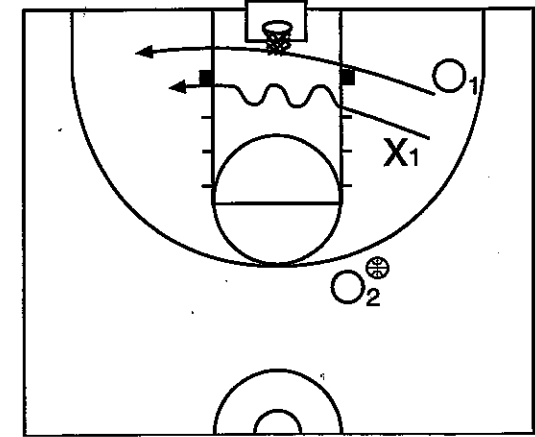
- Teach all the defensive positions as walk-throughs first.
- Go through them three or four times. If an offensive player catches the ball, she passes it back to player O_2 , and the drill continues.

Variations

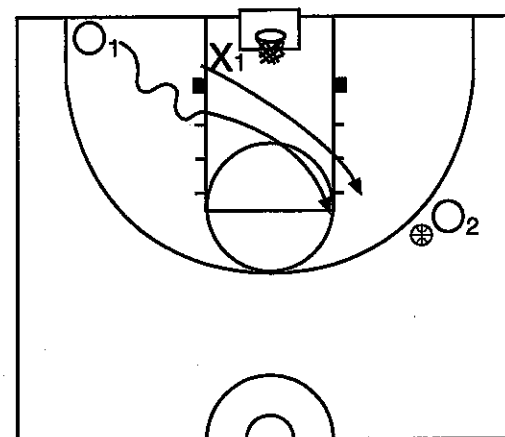
- The defensive player defends until she deflects the ball six times.
- You can also put defense on passer O_2 .
- If you don't have enough baskets, divide the team by the number of baskets. Use four players (two passers). If you have more players, rotate them.
- Start the drill on the opposite side of the floor so players learn to defend the other side of the floor.



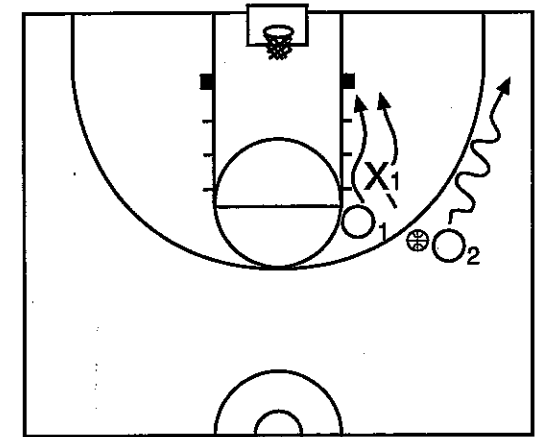
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Doubling On-Ball Screens

Coach Elaine Elliott

Purpose

To improve players' footwork and on-ball screen doubling abilities.

Organization

Four players (two offensive, two defensive), one coach, and one ball.

Procedure

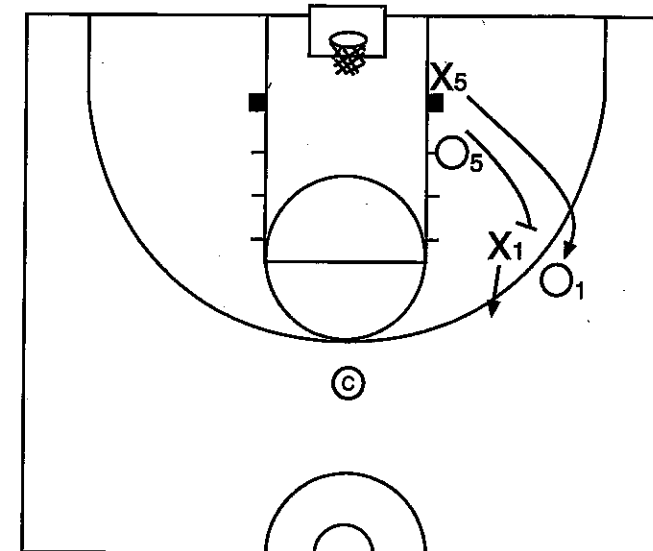
1. O_1 starts with the ball on the right wing. O_5 starts at the block with defense. The coach is at the top of the key.
2. O_5 comes out and sets an on-ball screen on the sideline side of X_1 .
3. When the screen is set, X_1 immediately shifts to force O_1 to her right to use the screen. X_1 should prevent O_1 from dribbling to the middle of the court. X_2 moves above O_5 into a hedge position, to prevent O_1 from coming off O_5 's screen. X_5 should be close enough to O_5 so their feet are either touching or overlapping a little (see diagram 1).
4. O_1 tries to dribble to the basket, either to the left or to the right. X_1 and X_5 should prevent this by closing in on player O_1 , so her only options are to back dribble or to pick up the ball (see diagram 2).
5. The drill ends when player O_1 is able to beat the trap and get to the basket or when player O_1 picks up the ball. When a dead ball occurs, defenders close in and prevent a pass out of double team. Go until there is a pass to the coach or a dead ball five-second count.

Coaching Points

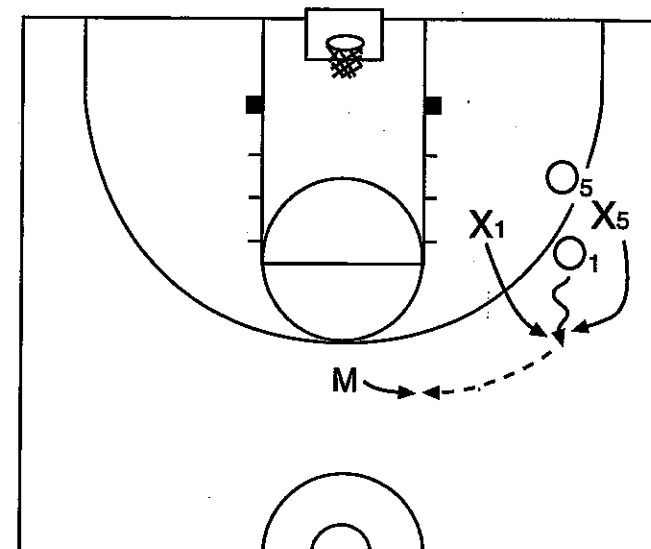
- Defenders must keep their knees bent, seat down, and shuffle their feet when trapping. Do not reach to get the ball.
- The defenders' priority should be to prevent getting split by the offensive player. They should also not let the offensive player get to the middle of the court and instead, force her into the sideline.

Variations

- Do this drill on both sides of the floor and on both ends if you have enough players.
- The offensive player, O_1 , may be a coach so she can control offensive movement. For example, you can have the coach take only four or five back dribbles, then pick up for a dead ball.



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2

Move Your Feet!

Coach Cindy Anderson

Purpose

To help players recover when getting beat off the dribble.

Organization

Four players (two on offense, two on defense), one ball with a coach on the wing.

Procedure

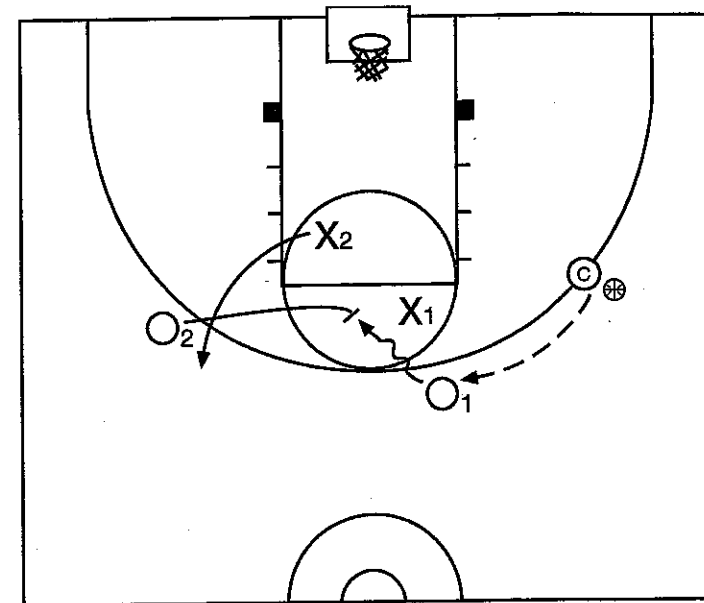
1. The coach passes the ball to O_1 (X_1 denies this but lets offense catch the ball for the sake of the drill).
2. O_1 beats X_1 off the dribble going to her left.
3. X_1 drop steps off her player and slides over to stop ball penetration of O_1 .
4. Once the ball is stopped, X_1 can recover to her player, and X_2 goes back to denying her player O_2 the ball.
5. Repeat from several angles to the basket (i.e., wing to post, post to post, guard to post).

Coaching Points

- Stay low, keep hands active, communicate on screens, and maintain good body balance.
- The defender who lost the ball should communicate that she has recovered so her teammate can go back to her player.
- Communicate!

Variation

- Advance to three on three; help and recover using the same principles.



Shell Drill With Towels

Coach Ceal Barry

Purpose

To help defensive players understand their positioning in relation to the ball and their offensive players as offense is setting screens. Emphasize moving feet and not just reaching with hands.

Organization

Four offensive and four defensive players, one ball. After the series, change offense to defense, with defense out and four new players on offense. Defensive players each have a towel around their necks and are holding the ends of the towels.

Procedure

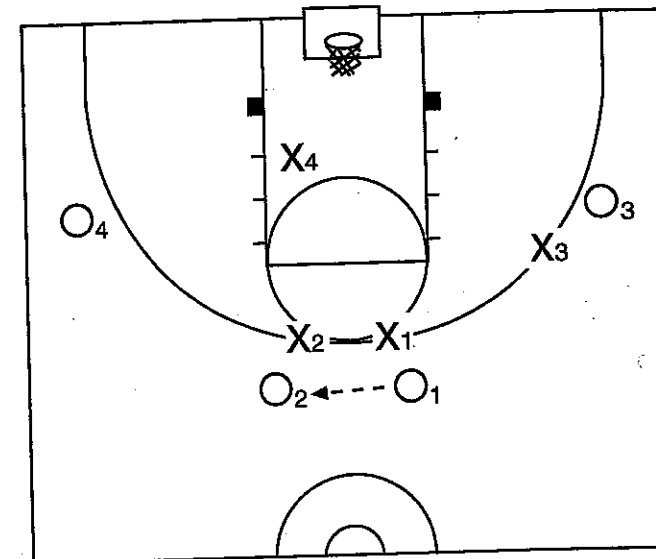
1. Offensive players set up in a shell on the perimeter, two guards and two forwards.
2. Player O_1 passes to player O_2 (see diagram 1).
3. Player O_1 , making the pass, screens down for player O_3 (see diagram 2).
4. X_1 creates space for X_3 to get through the screen.

Coaching Points

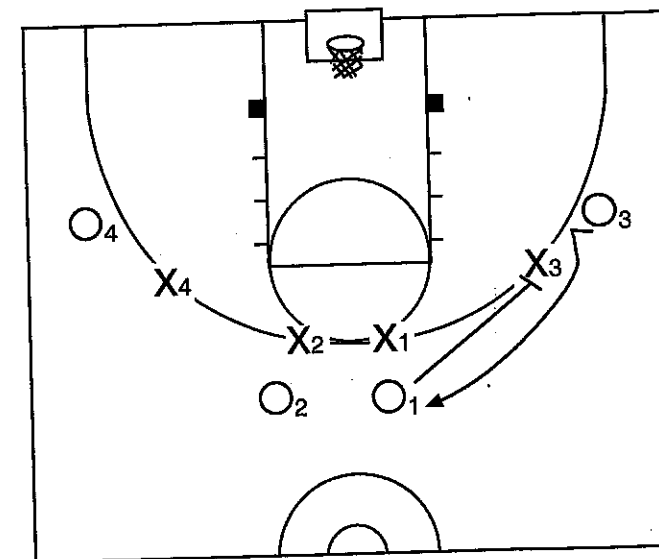
- Teach proper spacing—(1) on ball, (2) the defender one pass away is in the passing lane, and (3) the defender two passes away is in help-side defense.
- The defender of the player setting the screen must call the screen and create space for her teammate to get through.
- Footwork is critical because hands are eliminated from this drill.

Variations

- Add back screens, cross screens, give and go cut.
- Add a post player.



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Super Denial

Coach Muffet McGraw

Purpose

To improve guards' reaction time from denying a pass to the wing to defending the backdoor cut.

Organization

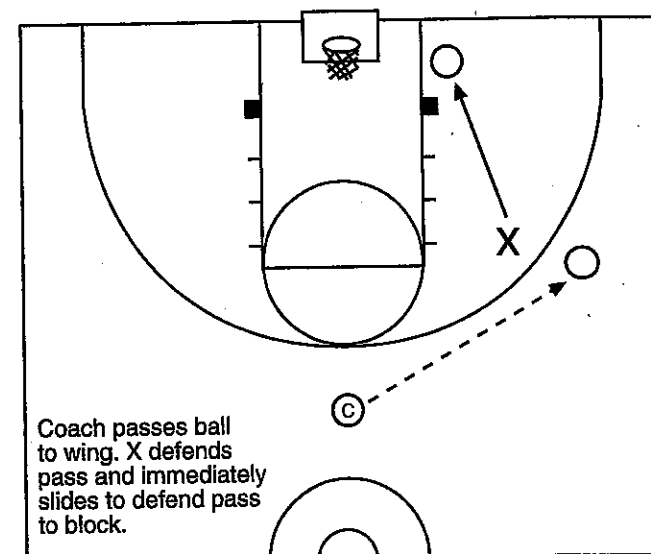
One offensive player on the wing, one offensive player on the block, one defensive player denying on the wing, one coach with a rack of balls at the top of the key.

Procedure

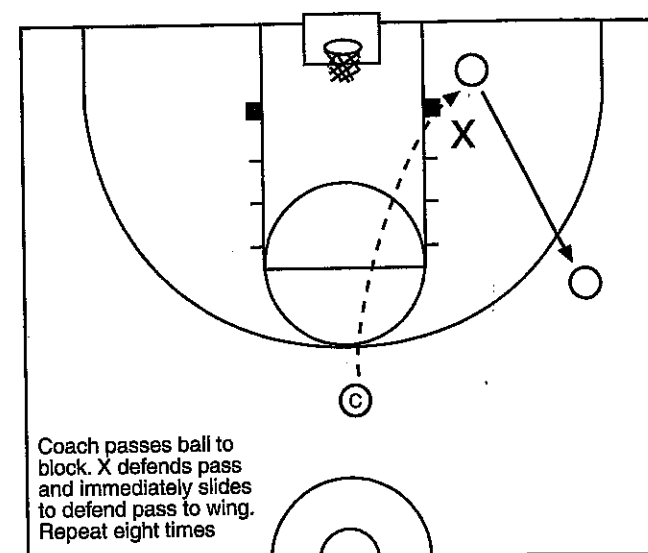
1. The coach makes a pass to the wing. The defender knocks the pass away and immediately slides or shuffles to the block to defend the pass from the coach to the block (see diagram 1).
2. After knocking the pass away to the block, the defender slides or shuffles back to knock away the pass to the wing (see diagram 2).
3. Repeat eight times.

Coaching Points

- Emphasize quickly turning the head, pushing off hard with the outside leg, and keeping the hand out in the passing lane.
- The coach must have a rack of balls to fire the passes quickly.



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2

Turn and Channel

Coach Pat Summitt

Purpose

To teach players how to pick up the ball full court, force the dribbler to turn at least once before the ball gets to half court, then channel the offensive player down the sideline.

Organization

As many players as you like. Each pair of players has a ball and two lines (one on each side of the floor on either baseline).

Procedure

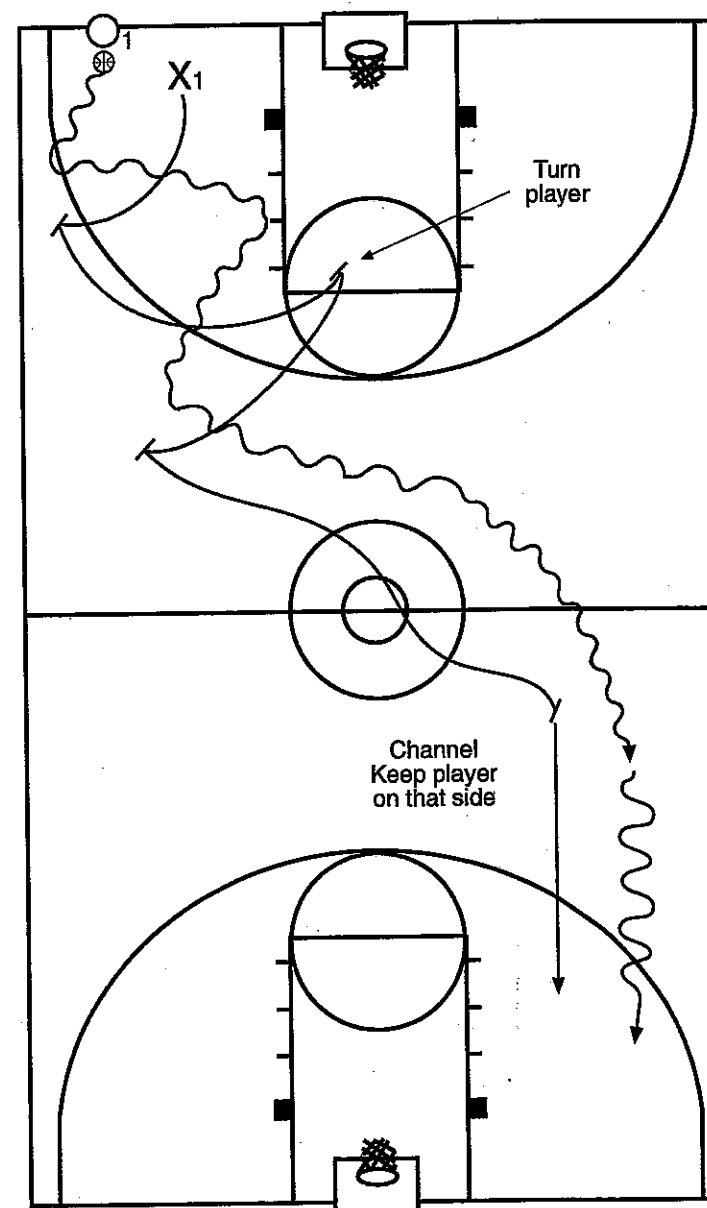
1. Pair up the players with similar physical abilities.
2. The offensive players begin to dribble up the floor.
3. The defensive player gets in the offensive player's way and makes her change direction.
4. The defensive player tries to force two or three turns.
5. Once the ball is across the half-court line, the defender channels the offensive player down the sideline.
6. The offensive player tries to beat the defenders down the middle.

Coaching Points

- Have the dribbler start slow and make turns whether or not she is forced.
- Have the defender get in front of the dribbler with her head on the ball.
- Have the defender not allow the dribbler to go across the floor in the half court.

Variation

- Once the players know how the drill works, have the offensive player go full speed to see if the defender can influence where the ball goes.



X Step

Coach Jane Albright

Purpose

To teach proper footwork for defending low post when fronting or going over the top.

Organization

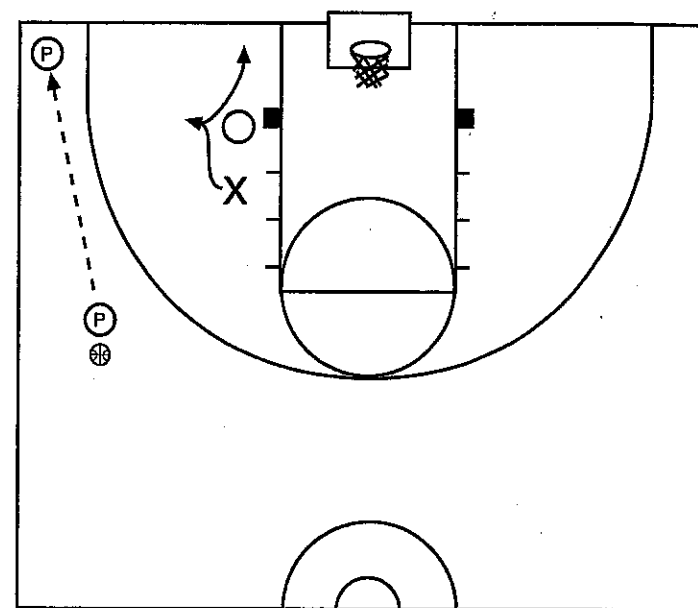
Four players (two passers on the perimeter, an offensive and defensive low-post player), one ball.

Procedure

1. Start with the offensive and defensive players in low post on the left side and two passers on the perimeter at the wing and baseline.
2. Start the ball at the wing. The defender is in 3/4 denial on the high side of the low post.
3. On a pass to the baseline, the defender steps over the offense with her right foot to the front, then the post. She reverse pivots on her right foot and pulls her left foot through to deny on the baseline side.
4. On a pass from the baseline back to the wing, her left foot steps through to the front post; then she pulls her right foot through and back to the original 3/4 denial position.

Coaching Points

- Have the defender keep the space between herself and the offensive player to prevent her from posting the defender up or pinning on a reverse pass.
- Move on the pass—using two quick steps is the most efficient.

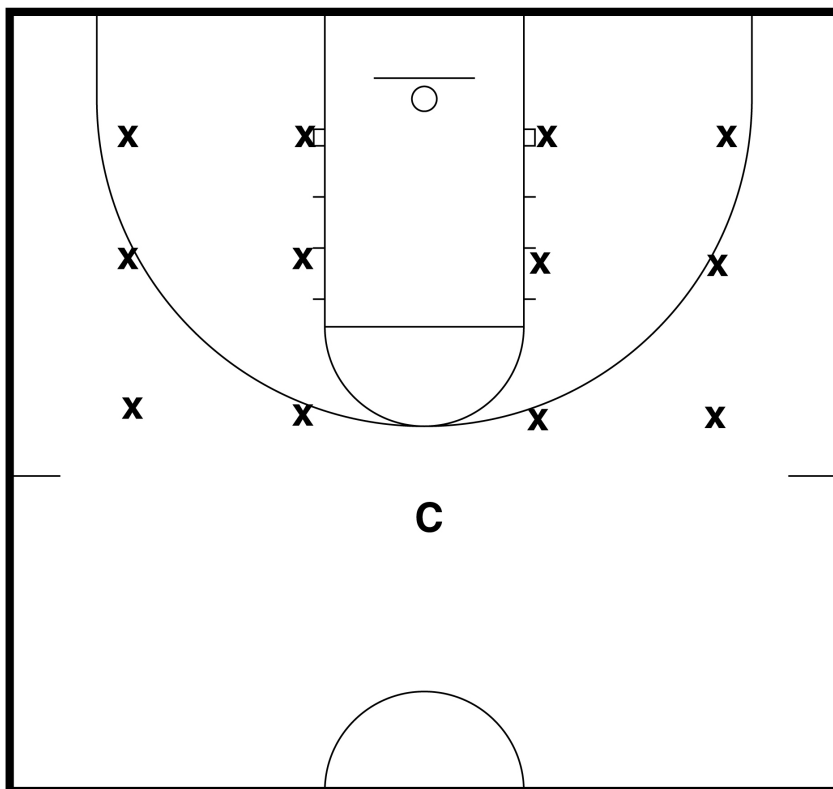


Drill: Pantomime Stance-Slide

Submitted by Stephen McDonald, Fairmont State University

Most coaches will agree that defense wins championships. Quite often it's the first line of defense that sets the tone for the entire possession. We spend a substantial amount of practice time on defensive stance, and in particular our on-ball stance.

Frame 1



Key Coaching Point: "Foot in the direction you want to go moves first."

Coach: Moves ball above head and back to waist

Players: Advance step/Retreat step

Coach: Calls "Step-Slide"

Players: Perform step-slide, one time

Coach: Calls "Swing, Step-Slide"

Players: Throw shoulder; drop step; step-slide

Other Calls: "Loose Ball"; "Charge"; "Rebound"

Coach can use any combination of the calls. When the drill is mastered add "You Talk."

Coach: Makes movements with a ball

Players: Perform action and verbalize, e.g. "Advance, Retreat, Step-Slide, Swing, Step-Slide, Step-Slide, Dead, Dead, Dead."