

Two-on-Two Full: Basket Positional

Coach Beth Burns

Purpose

To teach transition defense, rebounding, defensive positioning, switching on screens.

Organization

Two offense, two defense, one ball for each group of four. Pairs are of similar size, speed, and ability; use a rebound ring to create rebound opportunities.

Procedure

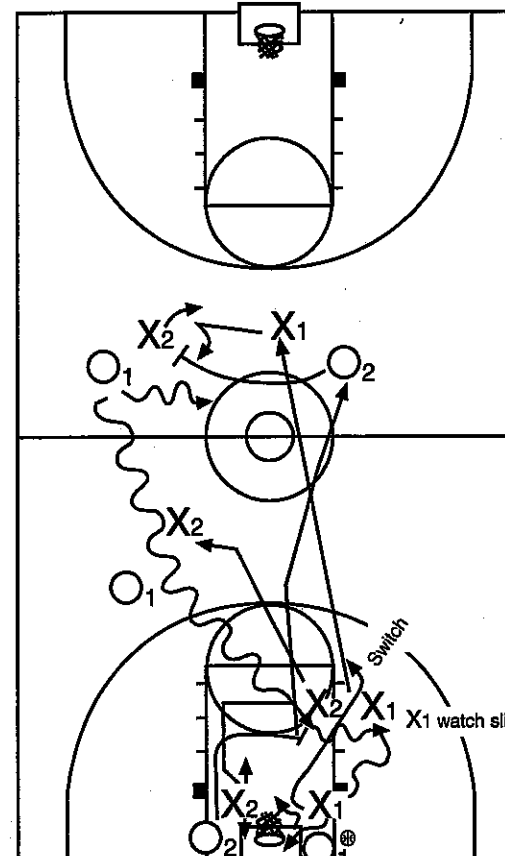
1. X_1 starts with the ball near the baseline and gives it to O_1 . Her partner X_2 is in help position (she may or may not be in denial) (see diagram 1).
2. O_1 will penetrate in straight lines; O_2 can sprint out to spread over the floor.
3. As X_1 pressures, O_2 will set the on-ball screen. X_2 must react and call "Switch."
4. The offense takes a shot, but can only get the point by getting the offensive rebound (see diagram 2).
5. When X_1 or X_2 gets possession, she transitions to the other end. O_1 and O_2 must immediately stop the ball and match up. X_1 and X_2 must score (no rebound ring on this basket) to get points.

Coaching Points

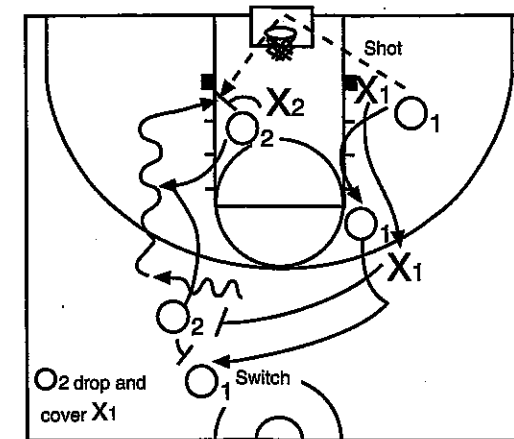
- Don't be surprised if the defense gets beat early. This drill forces two players to communicate to be successful.
- Do foot on foot on all switches. Encourage offense to split the screen (ball handler) or slip the screen (screener).
- By having a basket cover up, offense goes hard to glass to score; this makes stopping the transition a challenge.
- Emphasize communication and conditioning.
- Take turns with who gets the ball first.
- Go four to six minutes for 12 players; the winners are those who get the most points.

Variation

- Depending on your goal, you can have at least two on-ball screens or just one screen if pressure dictates it.



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Three on Two Plus One

Coach Bonnie Henrickson

Purpose

To learn the concept of a tandem defensive set; to learn how to stop penetration and protect the basket on defense, even when outnumbered.

Organization

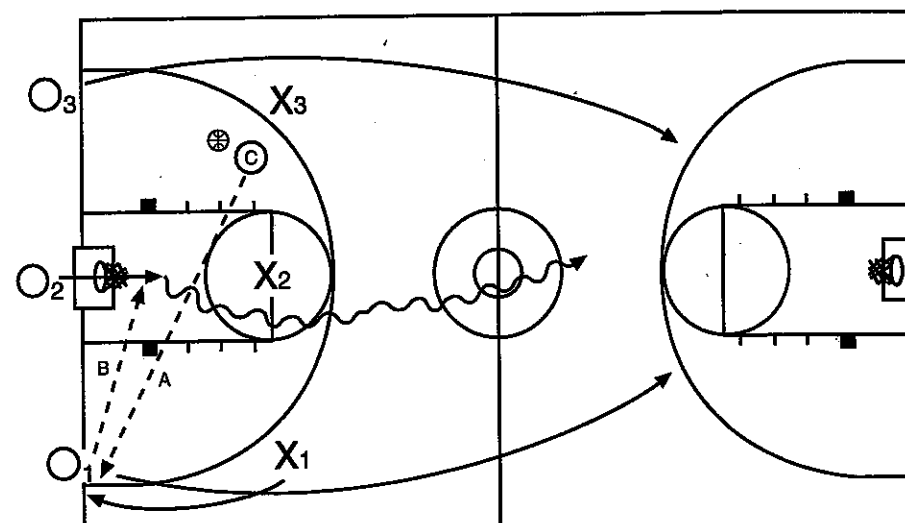
Three offensive players, three defensive players, one coach, and one ball.

Procedure

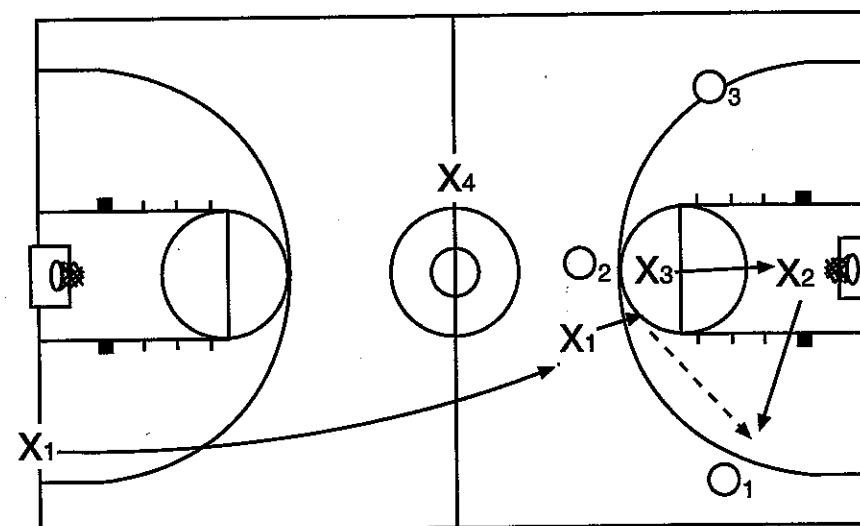
1. Three offensive players line up on the baseline; three defensive players are on the free throw line (see diagram 1).
2. The coach throws the ball to any offensive player.
3. The defensive player standing across from the receiver sprints to touch the baseline she's facing.
4. X_2 and X_3 sprint back and get into a tandem defensive position. In diagram 2, X_2 takes the first pass and X_3 drops to the baseline. X_1 sprints back to guard O_2 .

Coaching Points

- Make sure X_3 drops below O_3 and is at basket level for help.
- Emphasize communication.



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Three-on-Three Defensive Transition

Coach Wendy Larry

Purpose

To improve defensive communication and teamwork against a fast break. This is also an excellent conditioning drill.

Organization

Two teams, one ball. One team lines up on a hash mark. The other team lines up at the hash mark on the opposite side and opposite half of the court. Run the clock for five to seven minutes.

Procedure

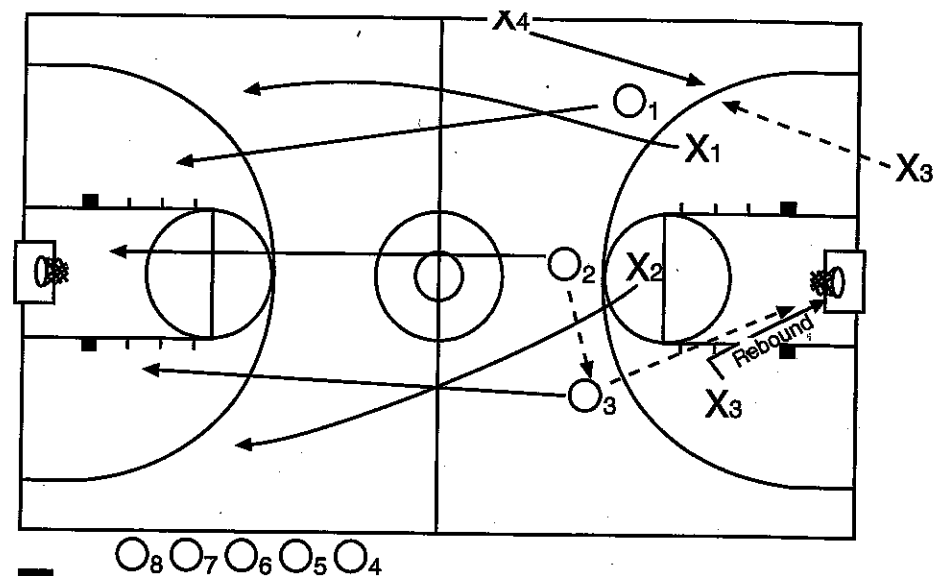
1. Three players from each team step onto the court. The three that are on their own side of the floor are on defense.
2. These players play three on three until offense scores or defense gets the ball (rebound or steal).
3. If offense scores or defense gets the ball, defense now becomes offense.
4. The defender who steals or rebounds (on a make or a miss) outlets the ball to her teammate who is next in line, then goes to the end of the line (see diagram 1).
5. The outlet and two other defenders now attack the three offensive players on a three-on-three fast break (see diagram 2).
6. Repeat steps two through five until time runs out.

Coaching Points

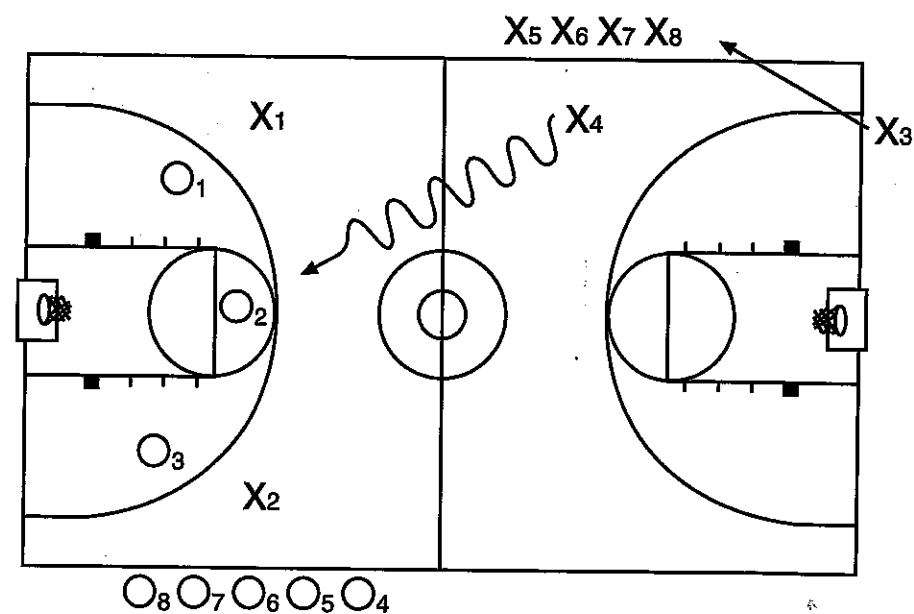
- Players will get tired quickly; don't let them get lazy and stop doing the little things!
- The outlet must receive the ball below the foul line extended. You'll have one-on-none breaks if you allow them to receive farther up the court.
- Keep score. The losing team runs sprints after the drill is over.
- Out of bounds—give the ball to the team who hustles to get the ball.

Variations

- The time may vary.
- How you keep score may vary. You can give points for things other than a score, for example, an offensive rebound, a good box out, a steal, hustle.



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Five on Four Plus One

Coach Bonnie Henrickson

Purpose

To learn how to stop the ball in transition and communicate rotations once the ball gets to half court.

Organization

Five offensive players, five defensive players, one ball.

Procedure

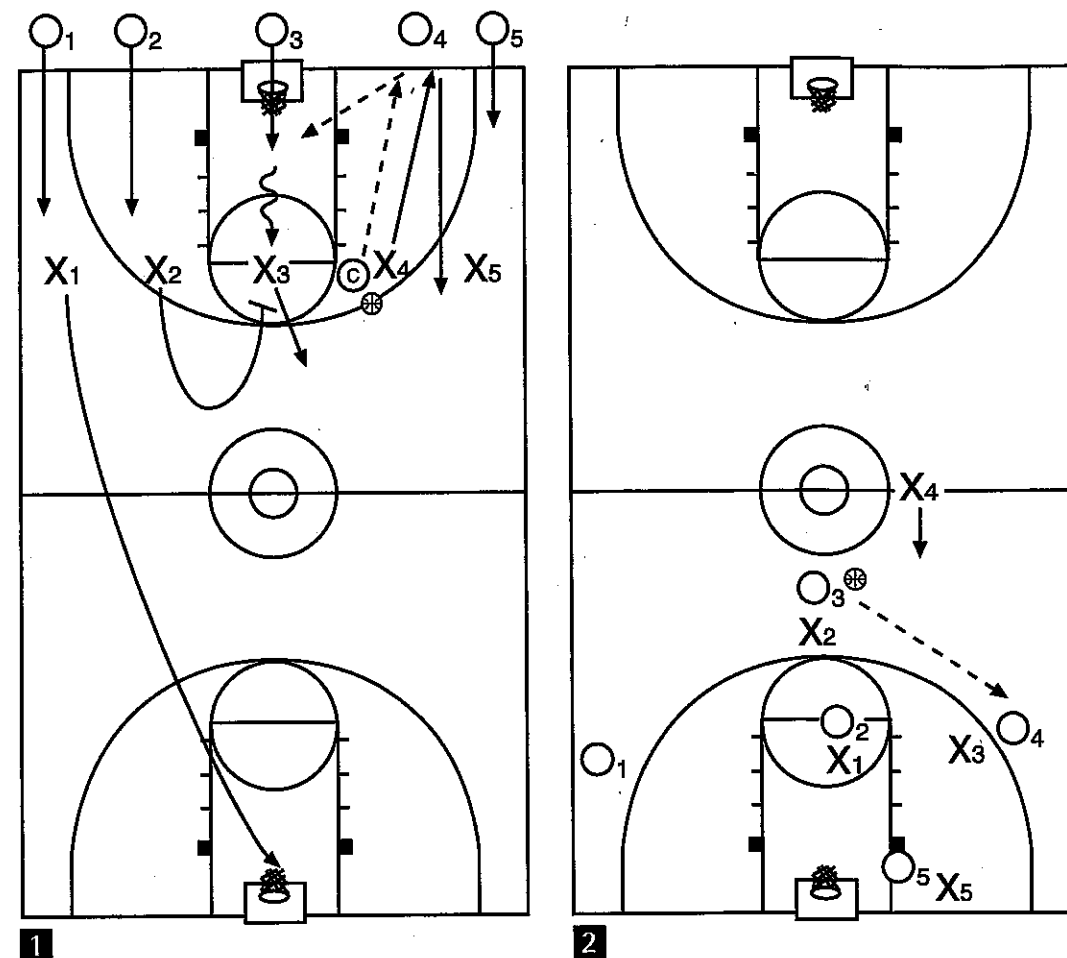
1. The five offensive players line up on the baseline; the five defensive players line up on the free throw line (see diagram 1).
2. The coach throws the ball to an offensive player. The defensive player standing across from the receiver runs to touch the baseline she's facing.
3. Ahead of time, the coach dictates which defender stops the ball and which defender gets back to protect the basket.
4. In diagram 2, X_1 is protecting the basket; X_2 is stopping the ball.
5. X_4 sprints the full length of the floor to make it five on five.
6. The offense tries to get a high-percentage shot before it becomes five on five.

Coaching Points

- Stop play opposite the three-point line to check the defensive position.
- Emphasize communication—players must talk and find their matchups.
- Have the defense line up in different positions, not always posts across from posts and guards across from guards. This will give you some mismatches.

Variation

- Give a time limit to score (e.g., the offense has to take a shot in 12 seconds).



Four Out Front (Transition Defense)

Coach Amy Ruley

Purpose

To communicate with teammates in transition, with defense focusing on positioning and player matchups (rotation).

Organization

One ball, four lines at the end line offensive, four defensive players at the free throw line extended facing the end line, two managers as outlets.

Procedure

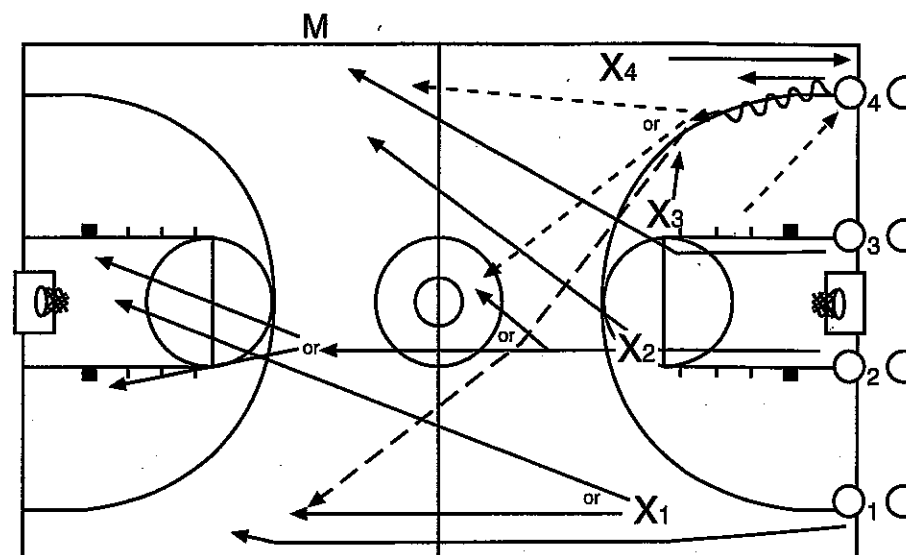
1. O₄ begins dribbling upcourt, looking to pass ahead to teammates filling respective lanes in fast break.
2. X₄ must sprint and touch the end line before joining teammates in a transition defense.
3. The three other defensive players rotate and match up according to ball position and offensive player movement.
4. The drill is finished when the offensive team scores, or defense creates a turnover or rebounds a missed shot (outlets to the managers on the sideline). Rotation is offense to defense, defense out, and a new set of offensive players comes in from the end line.

Coaching Points

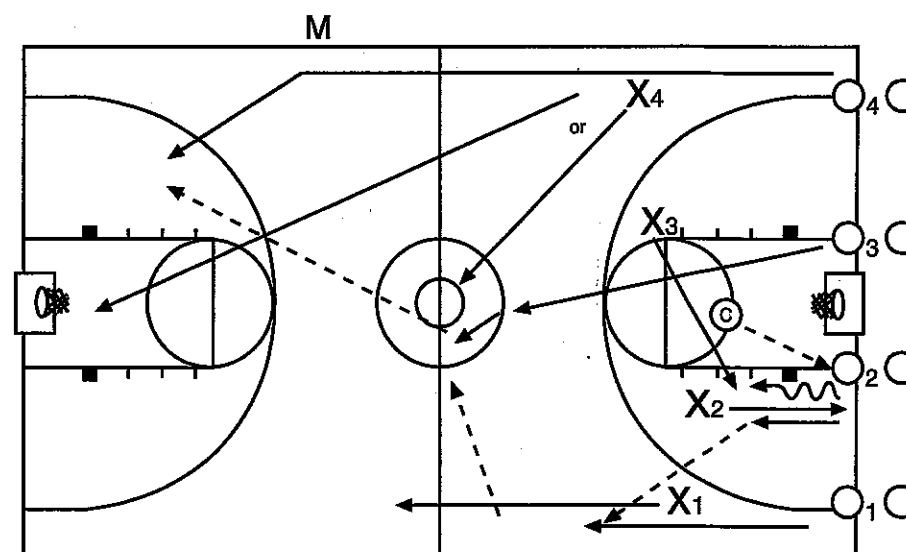
- Stop the ball. The defensive players closest to the ball adjust to the offensive player.
- Communicate. Talk and point to locate the ball while sprinting and backpedaling to match up.
- The offensive team spreads across the floor to challenge defensive spacing.

Variations

- Defense faces the opposite end line and must sprint three hard steps, pivot, and locate the ball.
- Follow fast-break principles or do a patterned break.
- Both offensive and defensive teams circle around the coach, who shoots at the basket. A matchup and rebound outlet sequence fulfills the progression of this drill.



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Full-Court Turn and Cut

Coach Beth Burns

Purpose

To play full-court player on-ball defense; to focus on conditioning.

Organization

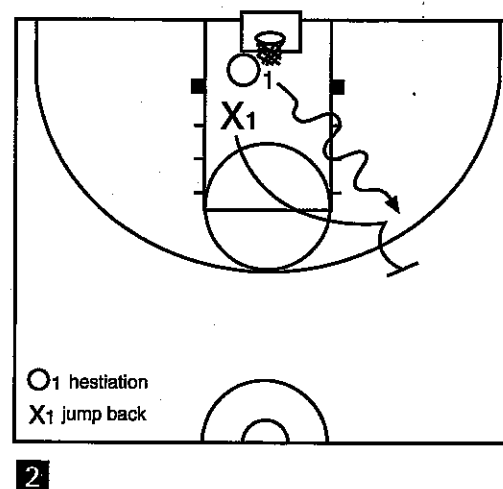
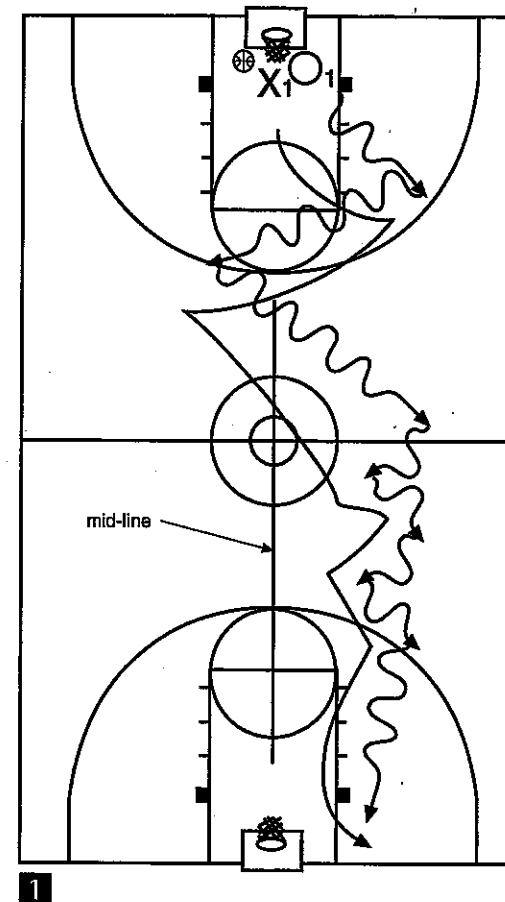
Players in pairs, one ball for each pair, 30-second shot clock.

Procedure

1. X_1 starts with the ball and starts with her head under the net; she should have her feet set to force the drive to the weak hand. She hands the ball to the offense.
2. Offense tries to attack in straight lines; in the backcourt, X_1 turns the offensive player as many times as possible.
3. As the ball approaches half court, cut the floor and keep the ball on one side.
4. Contest the shot and box out. Partners jog back; pairs are going continuously. The coach calls the shot clock.

Coaching Points

- Use aggression with intelligence (i.e., speed, size of offense).
- Always have one hand in the eye area to distract vision and prevent a full-court pass (see diagram 1).
- Force as many turns as possible in the backcourt.
- Make constant chatter, "ball, ball, ball."
- "Jump back," is what X will say and do if the offense hesitates. The distance is at least the length of the offensive player's first step. Keep the hands up to block a full-court pass (see diagram 1).
- Cut the floor in half; allow no middle penetration (see diagram 2).
- Contest the shot, box out, and play to finish.
- Reward 21 seconds or less left on the clock—defense forced many turns and applied good pressure. If there are 26 or 27 seconds remaining, the ball came up the court too quickly.



HOB (Head on Ball)

Coach Jody Rajcula

Purpose

To put full-court pressure on the ball and force the offense to change directions as much as possible.

Organization

Two groups of perimeter players on the baseline (baseline divided in half). The drill only goes to half court.

Procedure

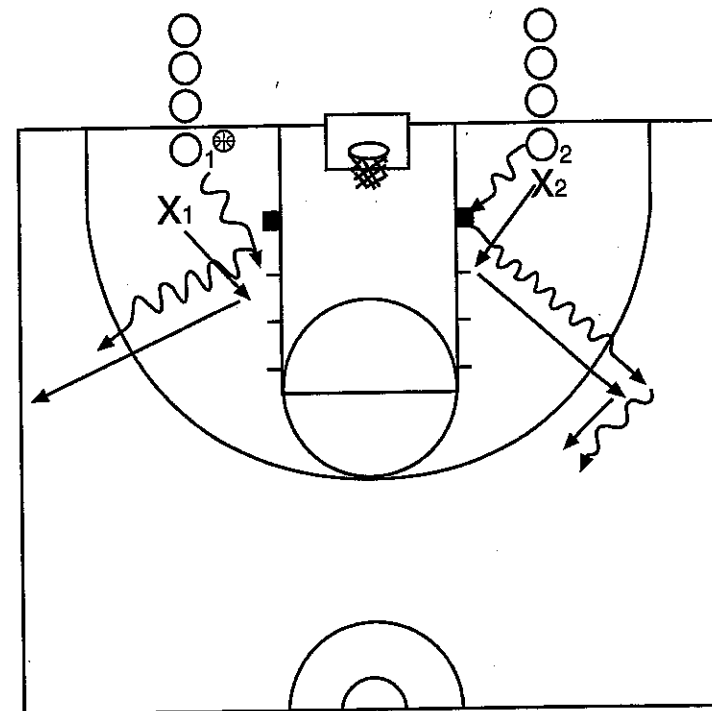
1. X_1 is defense and faces O_1 with the ball on the baseline.
2. O_1 has only half the court and tries to dribble to the midcourt line.
3. X_1 concentrates on keeping her head on the ball and tries to turn O_1 as many times as possible before midcourt.
4. If the ball is loose, both players must hustle after it.
5. Offense and defense switch as they come back to the end of the line on baseline.

Coaching Points

- Must stress low defensive position. X_1 positions her head on the ball.
- Her inside hand tries to make steals on all crossovers and spins—no hand checking.
- Her feet must slide, not cross. Keep the hands outside the knees, and don't lunge!

Variations

- See how many turns the defense can force before half court.
- Add two defensive players to work on trapping.



Olympic Drill

Coach Tim Shea

Purpose

To teach communication, to learn how to play help defense, and to learn how to recover on defense.

Organization

Three offensive players on the end line, facing the coach and three defensive players at the free throw line, facing the offensive players. The coach has the ball at the free throw line. (diagram 1)

Procedure

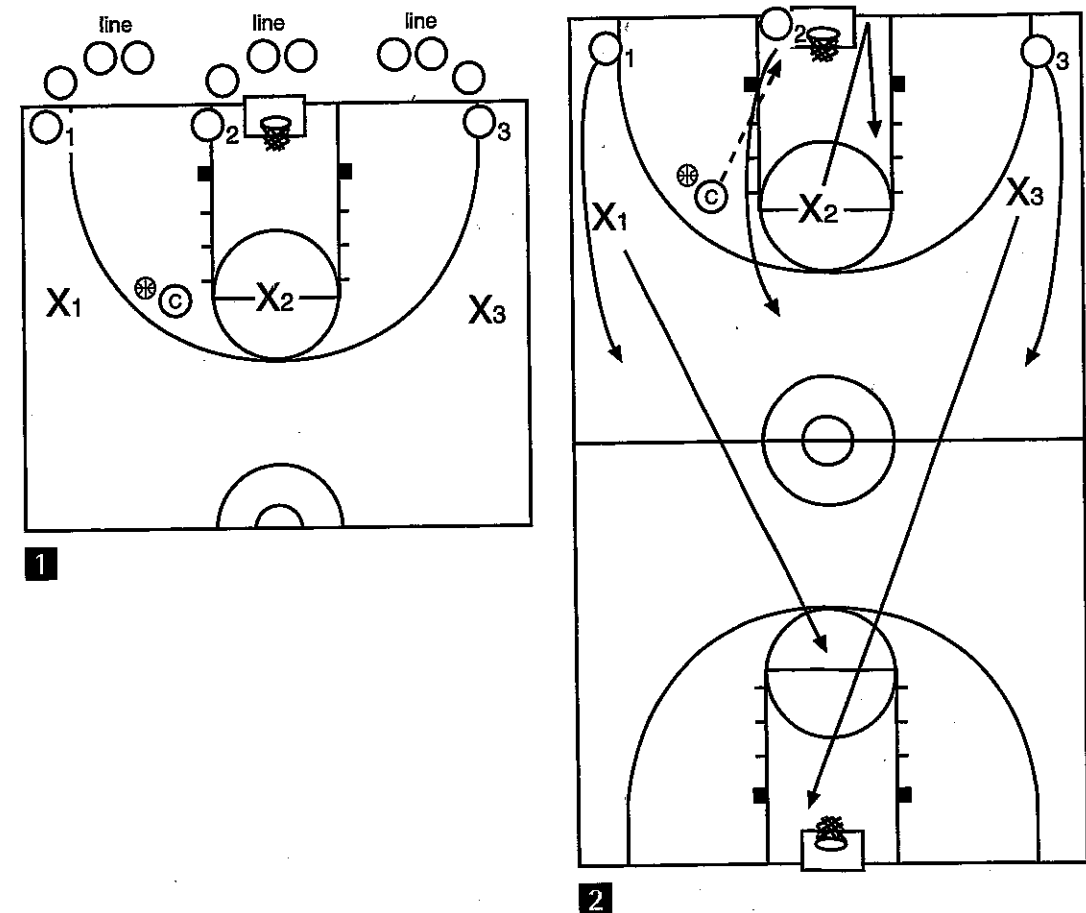
1. The coach passes the ball to any offensive player on the end line. The three offensive players break down the court.
2. The defender facing the player who received the pass must sprint to and touch the end line while her two teammates are getting back into the paint (see diagram 2).
3. After touching the end line, X_1 must determine where she is most needed while sprinting back.
4. X_2 and X_3 try to force as many passes as possible while protecting the basket and awaiting the help of X_1 .
5. Play continues until the offense scores or is stopped.
6. Teams switch (offense to defense) to return down the court to repeat the same setup.

Coaching Points

- The coach may throw the pass to any offensive player.
- Play continues if the offensive team rebounds the ball.
- The coach needs to avoid collision with the ball and players.
- One of the two retreating defenders (X_1) calls, "Ball," while getting back to within 15 feet of the basket. The other defender (X_3) positions herself in the low post area.
- The defenders try to force the offense into making the extra pass, enabling the third defender (X_2) to recover.

Variation

- Allow one of the two retreating defenders to gamble by not going all the way back immediately.



Transition D (One on One)

Coach Jane Albright

Purpose

To make the offensive player turn or change directions and work on full-court one-on-one defense.

Organization

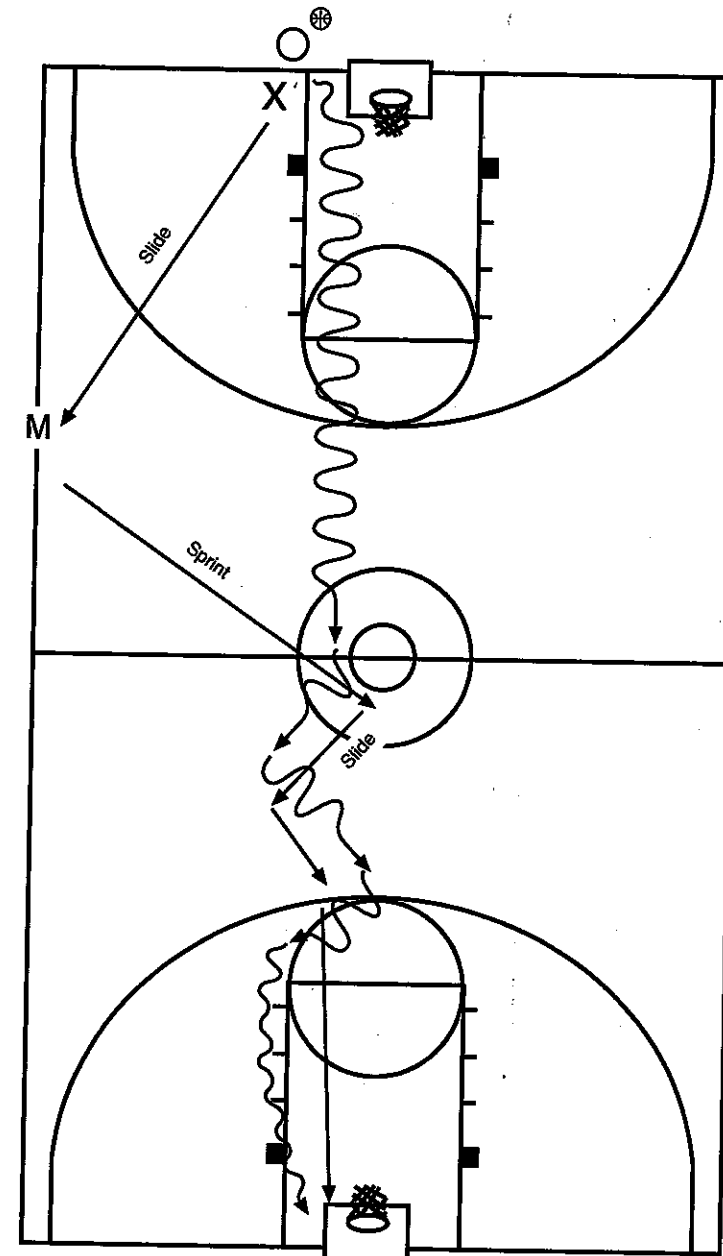
Players paired up by size and speed, then lined up on the baseline, each pair with a ball.

Procedure

1. Both players start at baseline.
2. Defender (X) slides to the manager at the hash mark and slaps the manager's hand.
3. Offense waits until the defender gets to the manager before starting to dribble.
4. The defender is trying to sprint to half court to meet offense.
5. Offense is trying to score at the opposite end of the court.
6. Defense is trying to slow offense by forcing her to change the direction on her dribble.
7. Play out one on one on the opposite end until offense scores or defense gets a rebound or steal.

Coaching Point

- Emphasize staying low on the slide, sprinting hard, and working to make offense change directions with her dribble. This will slow her down and make her easier to defend.



VT Release

Coach Bonnie Henrickson

Purpose

Purpose
To emphasize the fullback position (the player assigned to protect the basket) in defensive transition.

Organization

Organization: Six offensive players, five defensive players, one ball.

Procedure

1. Five players execute your offense or freelance (depending on what you want).
2. On your command, a player takes a shot.
3. The rebounder outlets to the point guard and goes out of the drill to make it five on five on the other end.
4. The sixth offensive player at half court releases (flies) on your command to force the fullback to get back on the shot.
5. In the diagram, O_1 is now the fullback, and O_2 stops the ball.

Coaching Points

- Let the outlet throw the ball to the players flying if they are open.
- Stop to check the defensive position of all five players.

Variations

- You can start this drill initially with four on four and build to five on five.
- Add a bubble on the basket of five on five to work on rebounding.
- Put a time limit on the shot attempt.

