

Deny-Open-Deny

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Purpose

To teach defenders wing denial and to open in the lane to see the ball and their player.

Organization

Two players (a defensive player and offensive player on the wing); two coaches, each with a ball, one on the right wing and one on the left wing.

Procedure

1. Start with an offensive and defensive player on the left wing.
2. The coach slaps the ball to begin the drill; the defender denies.
3. The offensive player tries to receive the ball at least twice by breaking out to the wing.
4. Then the offensive player goes to the basket, across the lane, and up to the right wing. The defender opens up her stance, fronts the offensive player across the lane, then closes stance and denies the offense cutting to the right wing.

Coaching Points

- Have experienced coaches attempting to pass to the wing.
- Emphasize that the defender should play up the ball line.
- Have defenders react quickly when the offensive player makes her second cut up the wing to receive the ball.

Variation

- On the second attempt to receive the ball on the right wing, the coach attempts a pass that the defender can steal or knock down.

