

Diamond Drill (Four on Five)

Coach Yvonne Kauffman

Purpose

To practice playing defense when offense outnumbers defense.

Organization

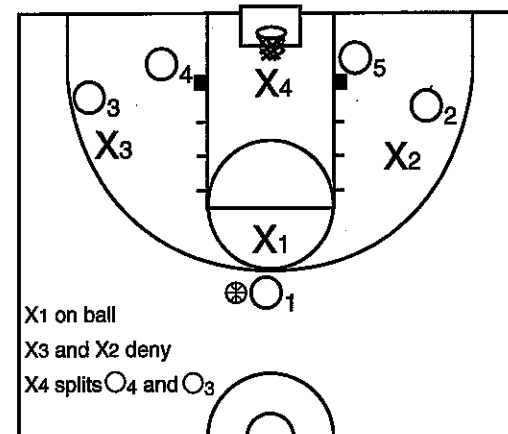
Four defensive players (X), five offensive players (O), one ball.

Procedure

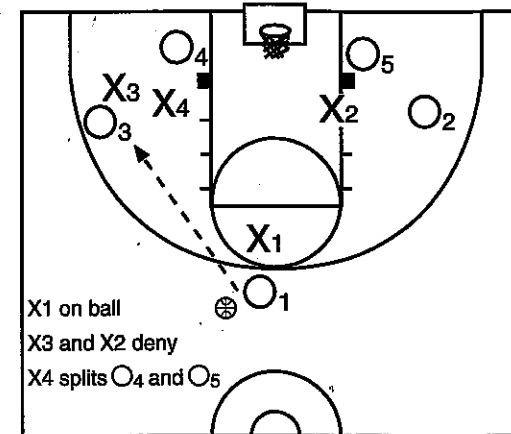
1. Defense sets up in a diamond. Offense sets up point guard, two wings, and two low posts (see diagram 1).
2. Put pressure on the ball. X_2 and X_3 are in denial on the wings; X_4 has two players.
3. Offense passes to the wing. X_1 is now in denial; X_3 is on the ball. X_4 is in denial on the ball-side post; X_2 slips down to split the weak-side post and weak-side wing (see diagram 2).
4. Pass to the post. X_4 is on the ball, and X_3 on ball side plays denial. X_2 slides down and plays denial on the post, and X_1 splits the wing and point guard (see diagrams 3 and 4).

Coaching Points

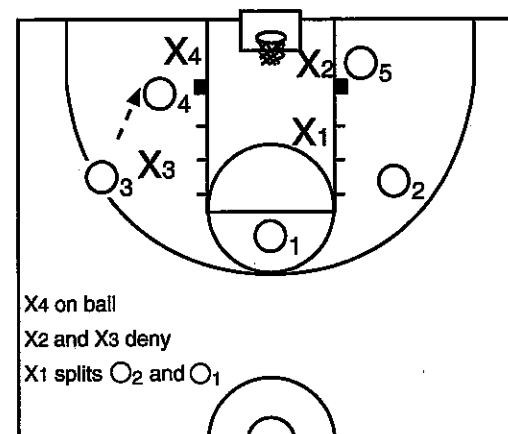
- To start the drill, offense may not move.
- After defense understands the movement, offense may move.
- Post players may not cut to high post.
- No one may double team.
- Always put pressure on the ball. Denial is one pass away. The player who is two passes away has two players.



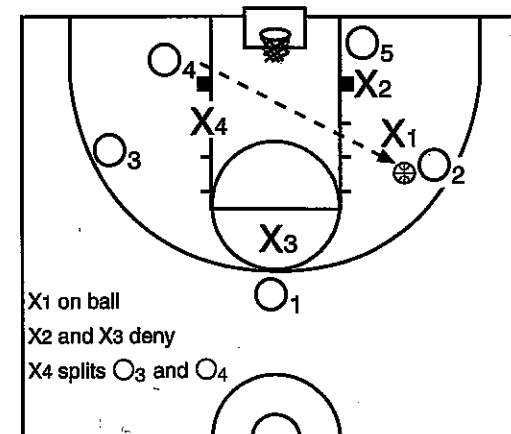
1



2



3



4