

Basketball Drills - Defense Shell Drill, Half-Court Drills

From the Coach's Clipboard [Basketball Playbook](http://www.coachesclipboard.net), @ <http://www.coachesclipboard.net>

Shell Drill

This drill focuses on the basic concepts of "on-ball", "deny", and "help-side" (see [Basic Defense](#)).

Set-up:

Use a half court setup with 4-on-4. Four offensive players are positioned around the three point arc. Start with two wings and two players in the corners. Match-up four defensive players with each of the offensive players. You could also use five on each team with a point guard, two wings and two corners. Additional players can sub in and out at your discretion.

The Drill:

The offensive players are initially stationary, with no cuts or dribbling. This is a defensive drill and the offensive players simply pass the ball around the arc. Make sure they make good passes (use this as a passing drill also), make sure they receive the ball in "triple threat" position, and have them make some skip passes too. The defensive players are not to steal or intercept the ball, since this is drill designed to emphasize proper positioning on the floor. The defensive players must work on proper relationships in positioning with the offensive player they are guarding. After drilling the basics, you can go to the "live shell" drill, or the "4-on-4-on-4 three stops drill" (below), and make it competitive.

On-Ball Defense

If the defender's man has the ball, he/she should be applying "on-ball" pressure, and force the offensive player toward the sideline or baseline.

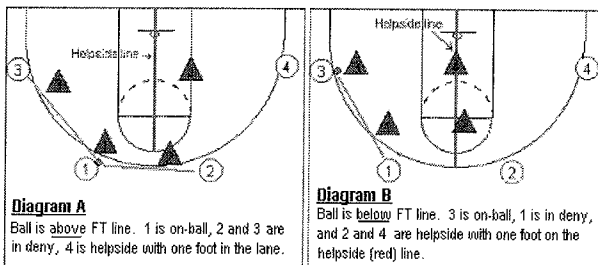
Deny Defense

If your man is one pass away, you should be in "deny", but not a complete dead-ball denial as seen at the bottom of this page. You should be a little up the line and a step or two toward the ball (see Diagrams A and B). This way, you are in position to steal the pass, and yet still be able to give help to the on-ball defender if the ball-handler tries to dribble-penetrate.

Helpside Defense

If your man is two passes away, you should be in "help-side". If the ball is above the free-throw line (Diagram A), the help-side defender should have one foot in the lane. If the ball is below the free throw line (Diagram B), the help-side defenders should be straddling the "help-side line". Importantly, players must quickly rotate and sprint in and out of helpside. Sometimes players are lazy in their rotations and you must impress upon them the importance of rotating quickly. For more of an explanation, see [Basic Defense](#).

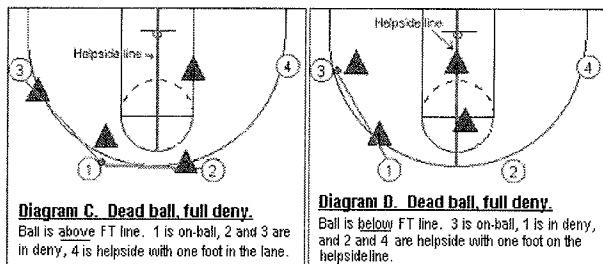
Once you feel your team has an understanding of these basic relationships, and all players have been on offense and defense, you can let them play half court all out with cutting, screens, shooting, etc. Watch the defenders carefully for proper defensive positioning. Blow your whistle when you need to make points with the players... somebody messed up, or somebody did something really well.



Full Denial

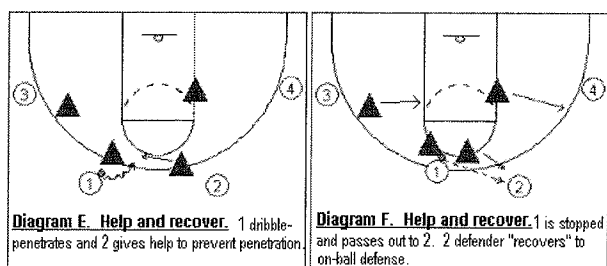
Diagrams C and D below.

Now let's assume that the ball-handler has given up the dribble. He/she no longer has the option of dribble-penetration, so defenders whose man is one pass away can now be in complete denial, on the line.



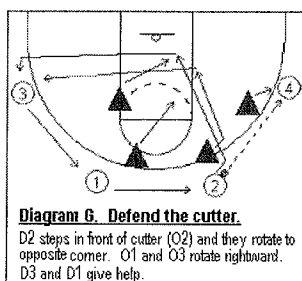
Help and Recover

Diagrams E and F below teach how to give help and recover on the perimeter. O1 tries to dribble-penetrate. The X2 defender gives help and O1 is prevented from penetrating, and has to dish back out to O2 (Diagram F). The X2 defender then has to rotate quickly out to on-ball defense on O2, and the X1 and X4 defenders are now in deny, a little up the line and a step or two toward the ball, while the X3 defender moves into help-side (Diagram F).



Defending the Cutter

Diagram G teaches how to defend the cutter after the ball is passed to the corner. The X2 defender steps in front of the cutter and stays between the man and the ball throughout the cut, and then these two rotate over to the opposite corner. O3 and O1 offensive players rotate to the right. Notice how the X3 and X1 defenders give help on the cut inside.



4-on-4, 5-on-5 live shell

After teaching the basic rotations and principles above, you can "go live" and make the drill competitive. Play until one team scores five baskets. Switch defense to offense whenever there is a defensive stop. Losers do push-ups (or run). We often go 5-on-5 (with a post player) when drilling against baseline dribble-penetration and double-teaming the low post.

4-on-4-on-4 (5-on-5-on-5) live shell

With this drill, we have three teams. If we have 15 players on the squad, we will play 5-on-5-on-5. This is a quick moving half-court drill. We start with one team on offense, one on defense, and one waiting on the sideline. The first team to score five baskets wins, and the losers do push-ups or run. The offense stays on the court until they are stopped. If the defense fails to stop them, the team waiting on the side becomes the defense. If the defense stops the offense, they now become the offense, the offense goes to the sideline, and the sideline team becomes the defense. We may play two or three "games" depending on how much time we have. Keep the drill moving and make sure the sideline team steps quickly onto the floor. In fact, we even allow the offense to get a quick basket even if the defense is not yet "ready"... this teaches them to get ready and "transition" very quickly.

4-on-4-on-4 (5-on-5-on-5), three stops

We like this competitive, tough, half-court drill. We have three 4-player teams. A team can only win when it is on defense. One team starts on offense 4-on-4, while the other is on defense, man-to-man. The offense tries to score. If the offense scores, the defense is "out" and steps off the court, the offense becomes the defense, and the sidelined 4-player team becomes the new offense. The defensive team tries to get 3-consecutive defensive stops... it has to be three in a row. Once a defensive team accomplishes this, the drill is over and the other two teams do push-ups (or run). We may repeat this drill for two or three "games". If you have 15 players, you can also run this drill 5-on-5-on-5.

Also, see "[Pass into the Low Post, Double-Team](#)" and "[Defending Baseline Dribble Penetration](#)" and other helpful drills in [Man-to-Man Breakdown Drills](#)

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Basketball Drills - 11-Man Drill (Full-Court) and 7-Man Drill (Half-Court)

From the Coach's Clipboard [Basketball Playbook](http://www.coachesclipboard.net), @ <http://www.coachesclipboard.net>

Contributed by Sherry Gels.

11-Man Drill

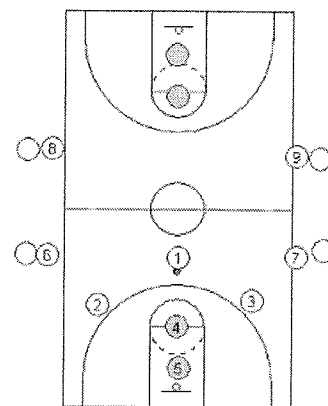
This is a good full-court drill that emphasizes 3-on-2 offense vs. defense, rebounding, outlet pass, transition and conditioning. And the players like running this drill. You need a minimum of eleven players to do this drill. In the diagram below, I have actually used 15 players. There is also a half-court version that you can use as a pre-game warm-up, and this only requires a minimum of seven players.

Set-up:

Refer to the diagram at the left. You will start with a 3-on-2 situation with 1, 2 and 3 on offense vs. 4 and 5. Two defensive players are waiting on the opposite end of the floor, and there are four lines, two along each sideline.

The drill:

1, 2 and 3 try to score against 4 and 5. When a shot is taken (even if it is made), the rebounder makes the quick outlet pass to either 6 or 7 who step inbounds from the sidelines for the outlet pass. Now the rebounder, 6 and 7 break down the floor where the other two defenders are waiting for them. After the shot, the 8 and 9 come in for the outlet pass.



Rules

Let's back up to the initial 3-on-2 with 1, 2 and 3 vs. 4 and 5. Here are some more rules.

1. Only one shot is allowed.
2. No matter who rebounds, whether offense or defense, that person outlets to the sidelines and is part of the next offense transitioning down court. If a defender makes a steal, that person is the new offensive person along with the two outlet players.
3. Of the 5 players involved in the initial 3-on-2, the four that do not get the rebound or steal, immediately yell "defense". The first two to yell it become the next two defenders and the other two go to the ends of the two lines on opposite sides.
4. From a defensive standpoint, this is a great drill for working on your transition defense. The two defenders should be stacked. The top defender stops the ball and the second defender closes-out on the first person to receive a pass, as the top defender then immediately sprints back as low as the lowest offensive player (see [Transition Defense - 3-on-2 defense](#)).

7-Man Half Court Drill

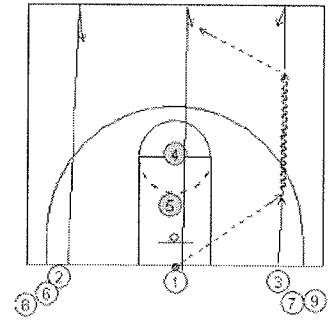
Here is the half-court version that can be used if you only have seven players. You can also use this as a pre-game warm-up drill.

Set-up:

Again, the players will be going 3-on-2. You can either start this with three lines near half-court, or you can start on the baseline with just one player in the middle, and two lines on opposite sides... the diagram shows the later. Defenders 4 and 5 are in a stacked position. 1 outlet passes to 3 (or 2). All three offensive players sprint or speed dribble to the half-court line, touch the line and then turn around and go 3-on-2 vs. the two defensive players.

The same rules apply as in the full-court drill above, except that the player who gets the rebound or steal, instead of making the outlet to the side, runs quickly out-of-bounds in the center under the basket (where 1 started initially) and then passes inbounds to either of the next two players in line (either 6 or 7).

Again, the four who did not get the rebound immediately yell "defense". The first two to yell it become the next two defenders on that end and the other two go to the ends of the two lines on opposite sides.



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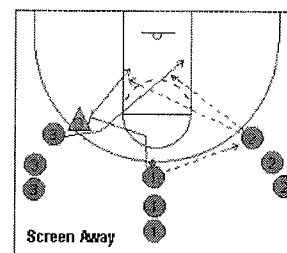
Basketball Drills - Pick (Screen) Drills

From the Coach's Clipboard [Basketball Playbook](http://www.coachesclipboard.net), @ <http://www.coachesclipboard.net>

It is important that your players know how to set correct screens. The first drill is a pass and "screen away" drill that helps stress all the ingredients of setting good screens, and teaches the pick and roll move. The second drill is a screen set for the ball-handler, with execution of the pick and roll move. For the important basics of setting screens, see "[Setting Screens](#)".

Drill #1. Pass and Screen-Away.

Create three lines out along the 3-point arc corresponding to a point guard, and both wing positions (see diagram). Have an assistant or manager be the token defender on the left wing. The point guard starts by passing to the right wing. He/she then "screens away" for the left wing, setting the pick on the defender. The wing player cuts around the screen and gets the pass from the right wing, and takes it to the hoop. The screener should "roll" off the pick after cutter comes around.



See "[Setting Screens](#)" for correct screening techniques, and the pick and roll technique. Have the players rotate right wing, to point, to left wing.

Make sure that the screeners make contact, get wide and strong and stationary with arms in, and make sure they have the correct angle on the screen. Make sure the player cutting around the screen waits for the screen to develop, and "rubs off" the screen correctly. Make sure the pivot on the roll move is toward the cutter, not away... a player should not turn his back to his teammate.

Make sure as always that players hustle, and the passes are sharp. Once you feel that your team is making good screens, "go live". Break up into groups of three, and put a defender on each offensive player. Tell the defenders to allow the first pass to the right wing, but then play tough "D". You can now also teach your defense how to fight through, and slide behind a screen, and how to call a "switch" on defense. You can also start with a pass to the left wing, and screen right, or let the point guard go either way.

Look at the diagrams below for common screening errors.

Common Screening Errors

○ = Offensive teammate ● = defender ● = screener

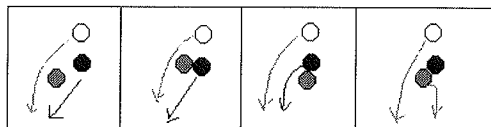


Diagram A

"Too wide"

Diagram B

"Too high"

Diagram C

"too low"

Diagram D

Perfect pick & roll

Drill #2. On-Ball Front Screen with Pick and Roll.

O1 and O2 have defenders on them. O2 sets a front screen for O1 (Diagram A). O1 dribbles around the screen, "brushing off" the screener. If the defense does not switch, O1 takes it in for the lay-up (Diagram B), and O2 will roll as the trailer for the rebound.

Now see Diagram C for the next option. If the defenders switch the screen, O2 (after screening and pinning the defender) should "roll" to the hoop, and expect the bounce pass from O1.

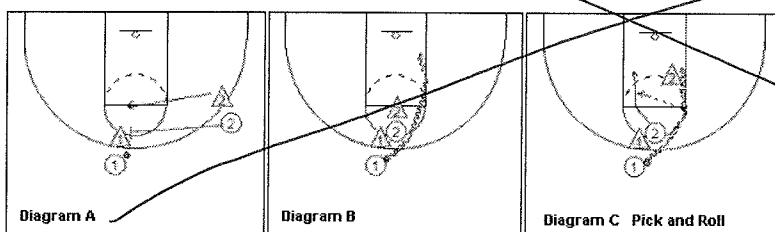


Diagram A

Diagram B

Diagram C Pick and Roll