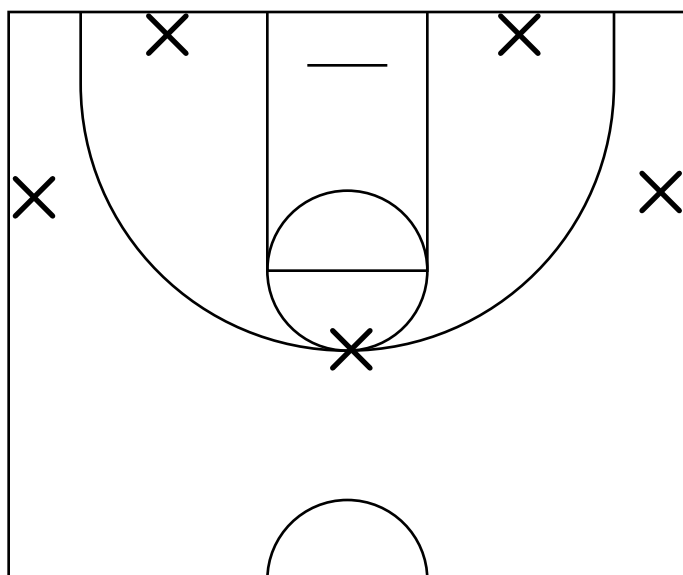
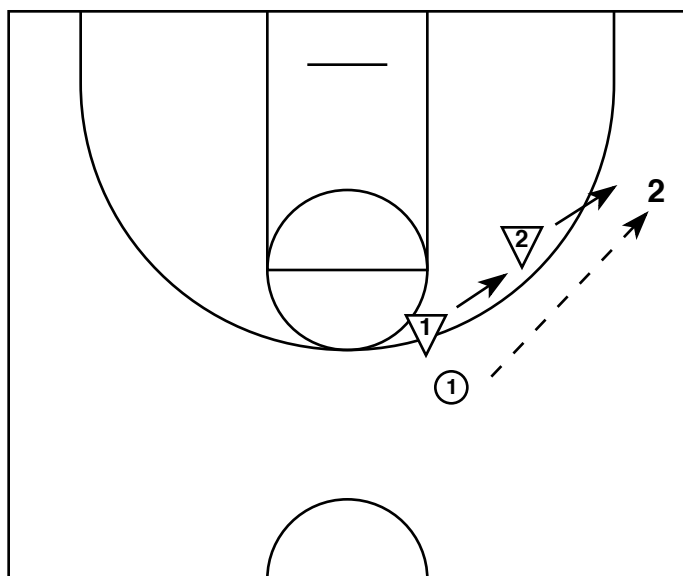


"Red" Defense



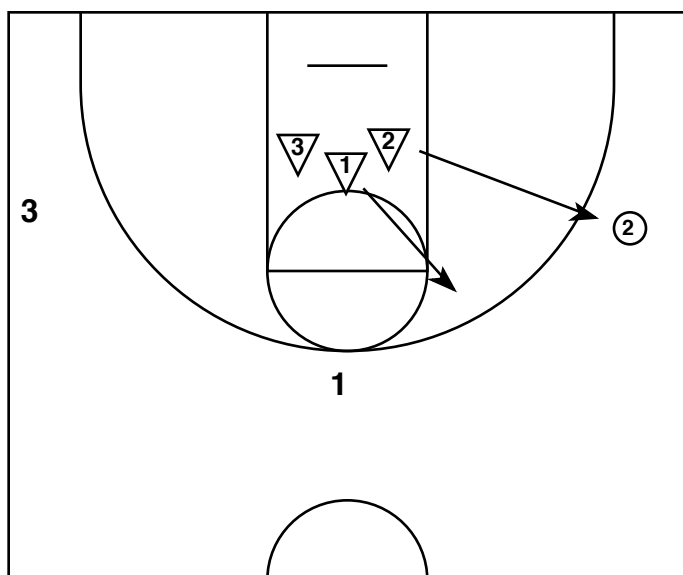
Force To Tape

- Wherever your man is, you want to force them to the nearest piece of tape
- *Note: The top of key tape is for the wing drive toward the middle; when the ball is above the top, force to the sideline tape**
- 1 On 1 On 1 Drills:
 - A) From 1/2 Court, Live Dribble
 - B) Wing Check, 3 Dribbles



Jump To Help

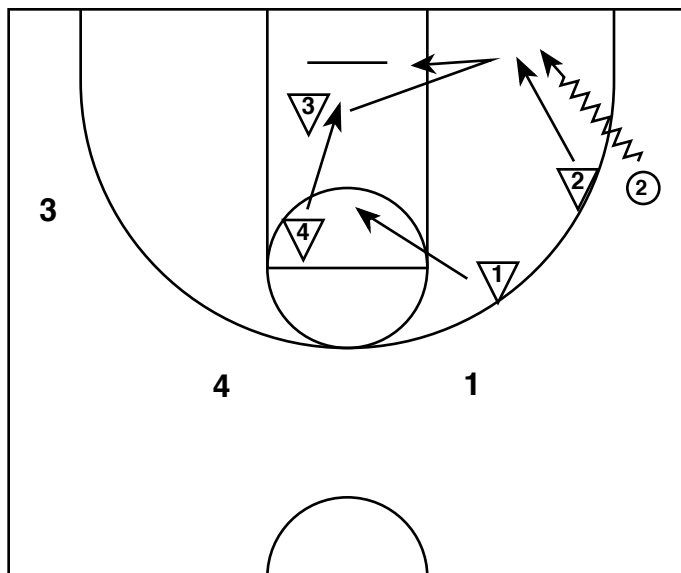
- 30 Second Drill
- On Ball:
 - A) "Ball"
 - B) Tracing
 - C) Force To Tape
 - D) On Pass: Step w/ Foot Closest to Ball
- Off Ball:
 - A) "Help"
 - B) Bottom/Top Shoulder & Bounce
 - C) On Pass: Pitter Patter Close Out
- *Be There Before The Catch**



Close To Help

- Begin w/ Close Out, then 3 person shell
- Emphasis: Close Out To Help ***Elbow & Block Protection**
- 2 Passes Away:
 - A) "Help"
 - B) 2 Feet In The Lane
- Phase 1: Pass & Position
- Phase 2: Defending Cuts
 - A) PG Basket Cut = Open To Ball
 - B) Wing Face Cut = Block w/ Shoulder

"Red" Defense



Baseline Penetration

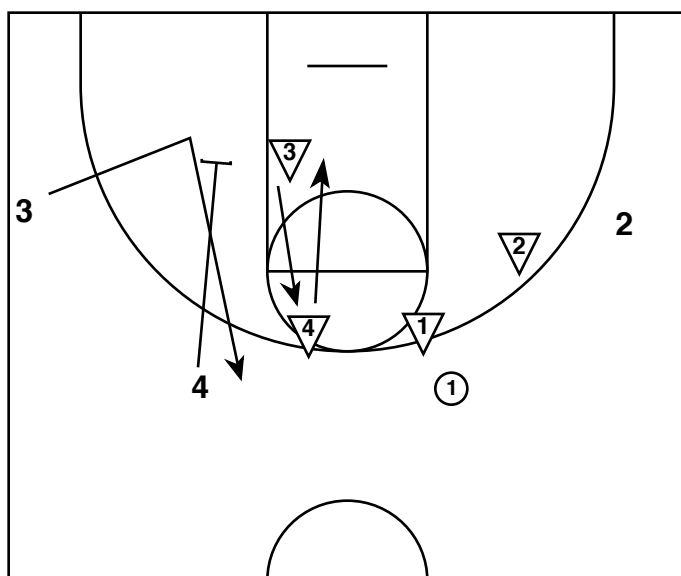
- 4 on 4 shell drill ***Note: Begin w/ Close To Help**

- Teach:

A) Temporary Double Team

***Rotate Over & Down**

B) Recover To Your Own



Off-Ball Screens

- 4 on 4 shell drill; screen on every guard-to-guard pass

- Drill:

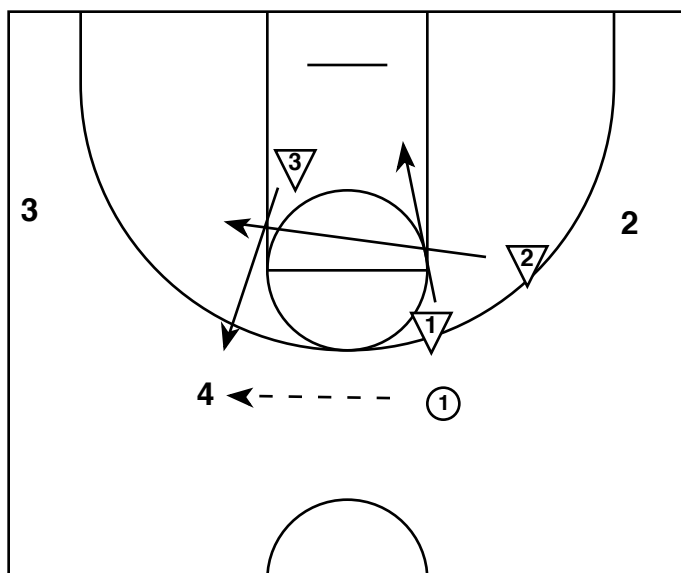
A) Down Screens (Pictured)

B) Flare Screens

- Teaching Point: Don't get screened!

- Phase 2: Combine w/ Baseline Penetration

- Phase 3: 44 Red Drill (Full Court Up & Back)



4 Vs. 3 Shell

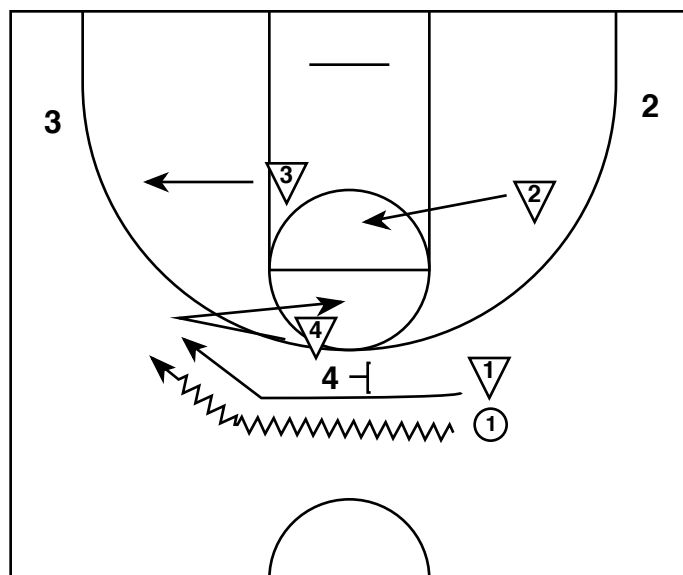
- 3 vs. 4 shell drill; begins w/ Close To Help

- Teach: "I Got 2" (That player takes the ball on the pass, others adjust)

- Emphasize: Maintaining Ball Pressure & Close To Help ***Use More Skip Passes**

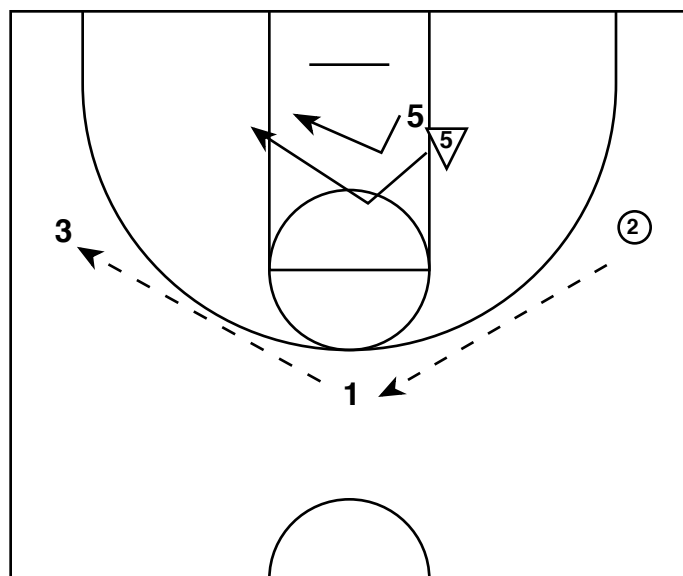
- Phase 2: 43 Red Drill (Full Court, Continuous Defense)

"Red" Defense



Pick & Roll Shell: "Shrink"

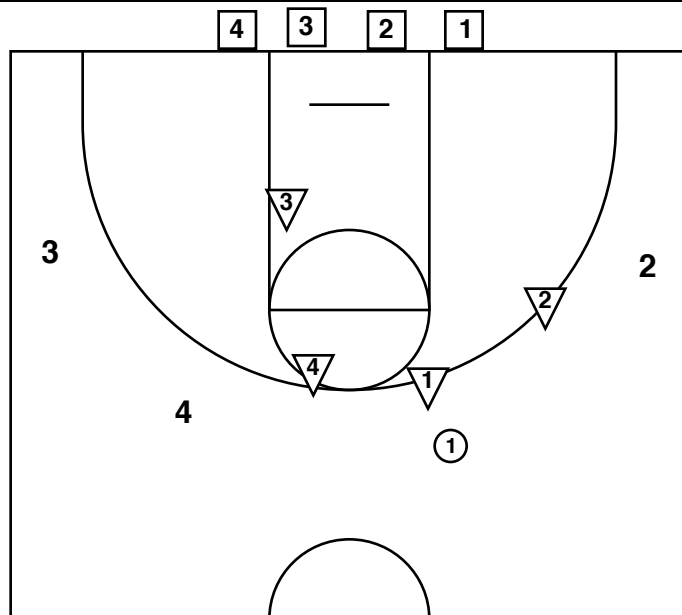
- Coach and teammates call "Shrink"
- Hedger calls "Screen Right/Left". Hedger guards the player coming off the screen.
- On-ball defender goes over the screen. When they recover to the ball they call "I got ball". ***Acion = Temporary Double Team**
- Help defenders SHRINK on the dribble to take care of the roll. Everyone recovers when the on-ball defender recovers.
KEY = Ball pressure. That way, they can't throw any direct passes.



Post Defense

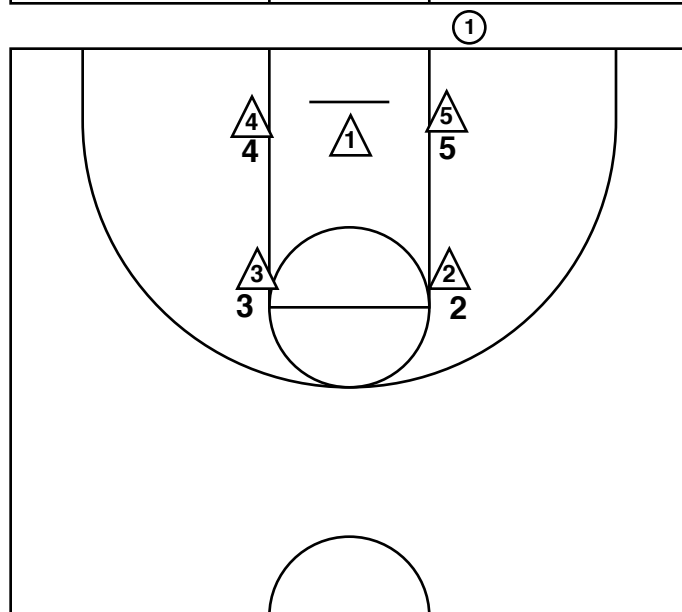
- 1 on 1 shell
- Wing Feed = Front
- Top Feed = Play Inside, Block Face Cut
- Drill:
 - A) Pass & Position
 - B) Live w/ 1-Dribble (Rotate Each Possession)

"Red" Defense



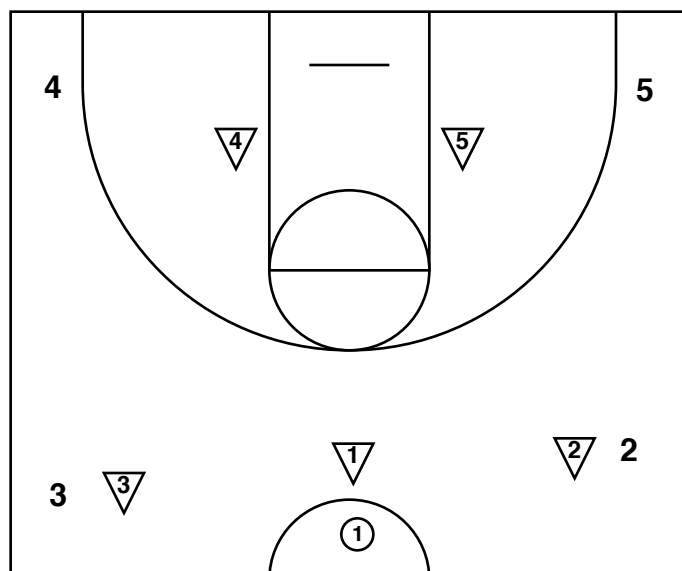
Cut Throat Drill

- Continuous 4 on 4; score you stay
- Must clear the ball beyond half court (Forces team coming on to Close To Help)
- Play to score or timed; winning team proves w/ pressure FT (loser's sprint)
- Emphasis Of The Day:
 - A) Dribble Drive
 - B) Pass & Cut
 - C) Pass & Screen
 - D) Ball Screen
- *Prepare for your opponent**



"Blitz"

- On all BLOBs & SLOBs
- Face guard all receivers (no switching)
- Player guarding inbounder plays the paint for a 3-count (help on cutters), then swarms the inbounder



"Blitz" & "Chicken"

- End of game, need to foul situation (usually vs. a delay game offense)
- All players are "Blitz" position EXCEPT for those players who have "Chicken" (give a foul) responsibilities)
- Goal = Make them pass it to the poor FT shooter & foul them! (4 and 5 in this example)