

Basketball Northern Territory

Presents

Man to Man Principles



Sunday 14th March
Darwin Basketball Stadium

DEFENSIVE OBJECTIVES

- STOP THE BALL
- GET THE BALL

Keys to achieving the objectives:

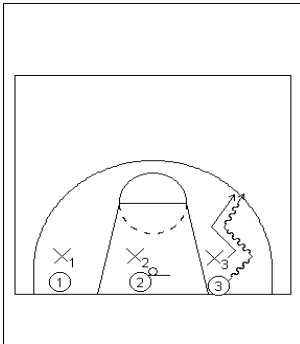
1. Conversion
2. Pressure
3. Positioning
4. Communication

FUNDAMENTALS

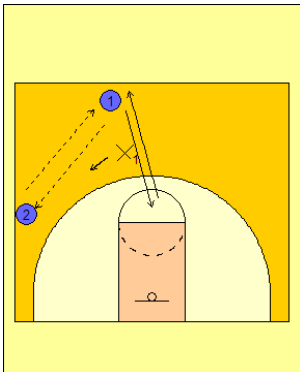
- STANCE
- FOOTWORK
- HANDWORK
- POSITIONING

DRILLS TO ACHIEVE THE OBJECTIVES

ZIG ZAG DRILL



JUMP TO THE BALL DRILL



1 has the ball. x1 is in the stance playing the offense straight up.

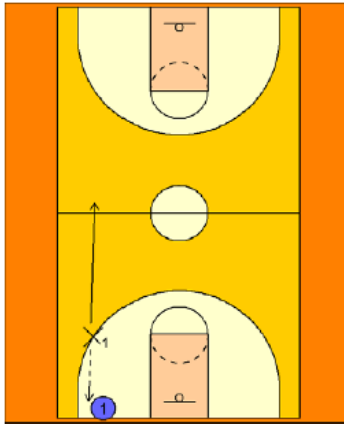
1 passes to 2 and x1 jumps to the ball.

1 makes a hard cut to the free throw line and replaces.

2 then passes to 1 and defense re-adjusts stance to play straight up.

Repeat 3 times then rotate. Offense needs to make a hard cut to the free throw line for the drill to work.

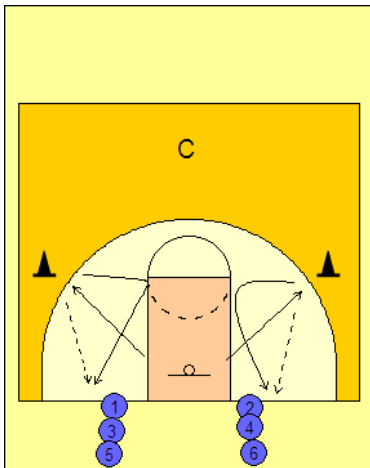
1 on 1 transition defense



X1 Starts on the free throw line extended.
 1 Starts on the baseline.
 X1 Rolls the ball at 1 then turns and sprints to the half court line. Once he/she gets to the half court line they turn and play defence.
 1 is coming at full speed to attack the basket.
 X1 must keep 1 in front and out of the middle.
 Change roles down the other side of the court.

Also include 3 v 2, 2 on 1 to simulate defensive transition rules

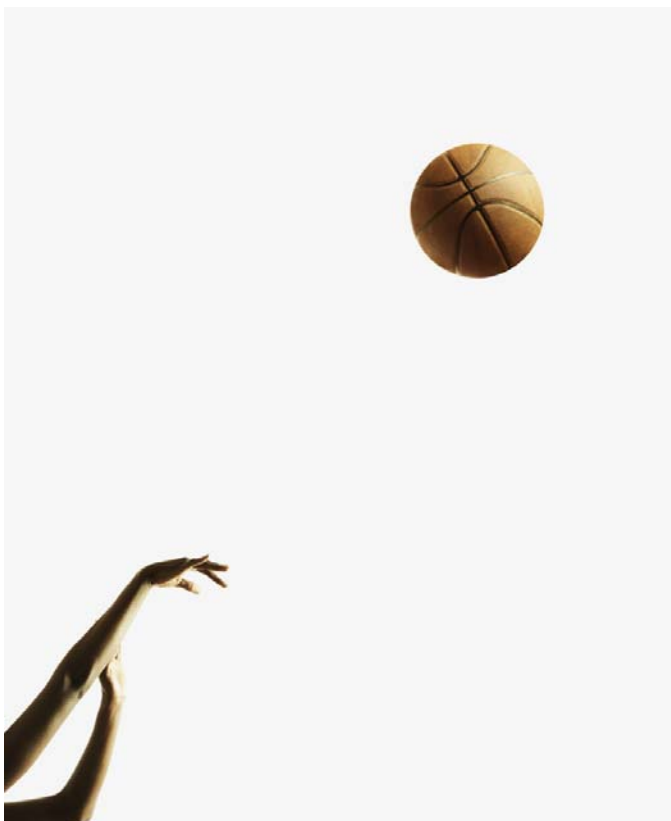
6 SERIES CLOSE OUTS



1. Close out wing (Chair) (x2)
2. Close out wing, two slides to baseline(x2)
3. Close out wing, two slides to the elbow then two slides to baseline (x2)

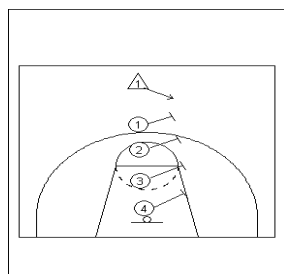
Do 6 close outs on either side, (2 of the above)

Emphasis on high hands and imagining where the offensive player is.

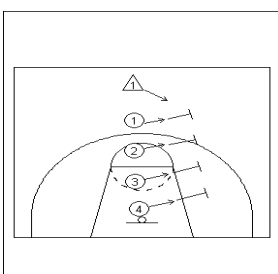


Denial defence –

- Maintain a stance
- Forearm in the passing lane, not the body
- Position the defender 1/3rd off their defender, 2/3rd from the ball
- Don't “hug” the man – the closer the defender to their man, the higher the chance of the back cut



DENIAL DRILL



DENIAL DRILL WITH SLIDE

Denial Drill –

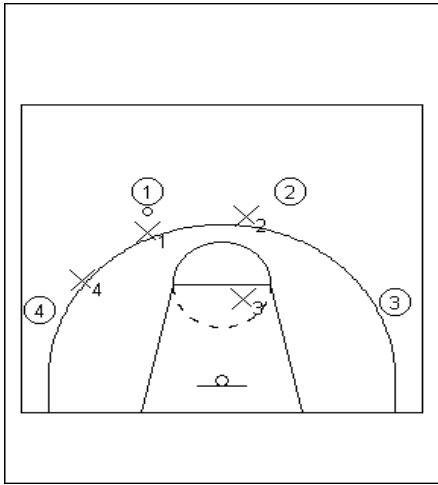
- Denial drill
- Coach points on direction, defenders adjust to closed stance, with forearm in passing lane
- Maintain vision on the coach at all times

Denial Drill with Slide –

- As above
- Defenders now slide twice to deny the “pass”

SHELL DRILL

1. Stationary
2. Jump to the ball
3. Rotations



4 v 4 Defensive Positioning –

- Important to drill for long enough periods that players understand the positioning
- Drill very much about rehearsing the movements required
- Can be drilled up to one minute each time to “overload” the positioning & movement
- Incorporate different cuts and movements within the drill to reinforce

4 C’s of the defensive possession

Conversion
Containment
Challenge
Completion

Summary –

- Value the defense
- Simple rules and attention to detail
- Work at the defense every session
- “Play goes to those who continue to play!” – Rod Popp

Timmy Duggan
Director of Coaching
Basketball Northern Territory
P) 08 89 453 761
M) 0431 428 767
Email) timmy@nt.basketball.net.au

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