



My Favorite Defensive Drills

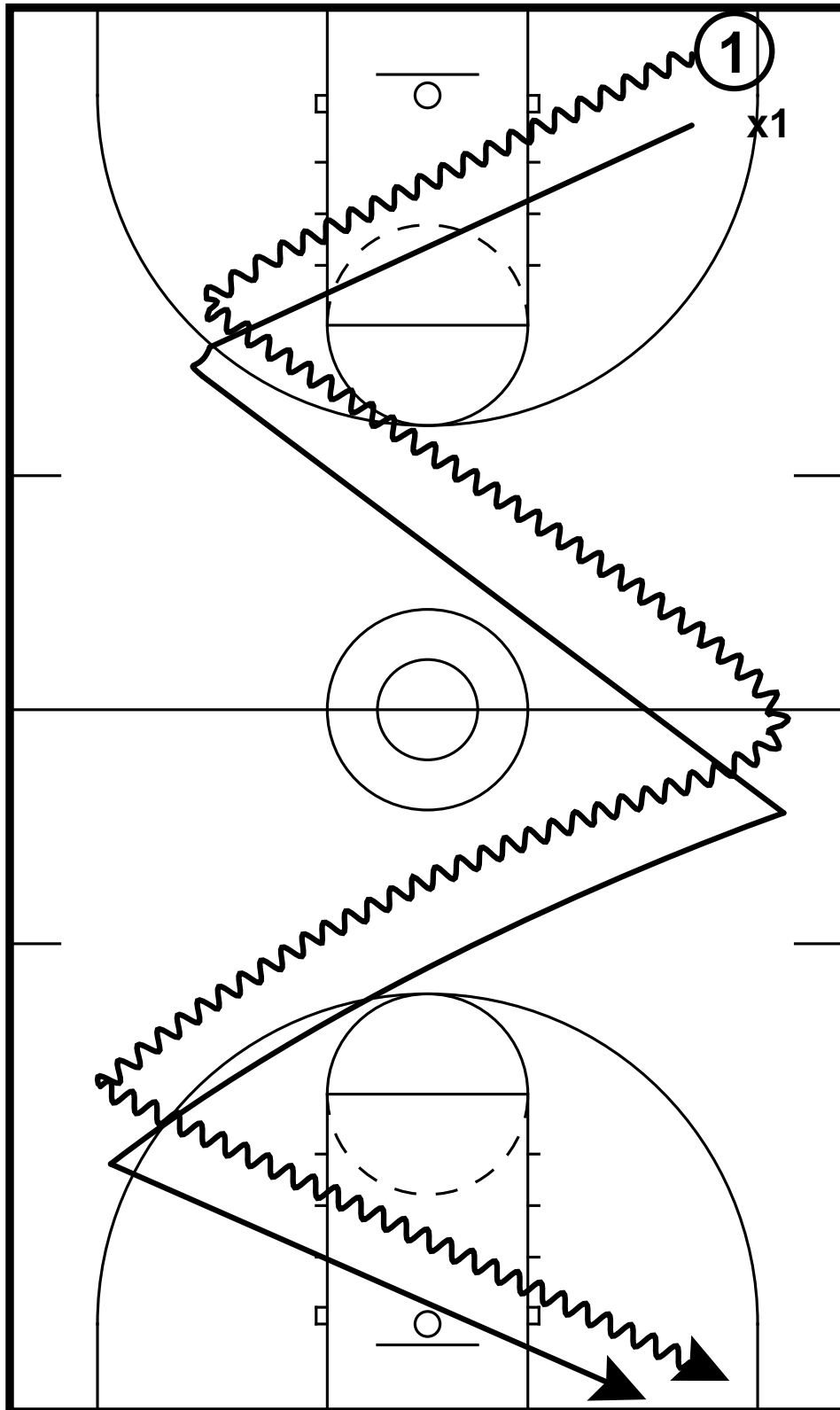


Table of Contents

- | | | |
|----|---|---|
| 1. | NBN Basketball Skill Development Playbook | 2 |
|----|---|---|

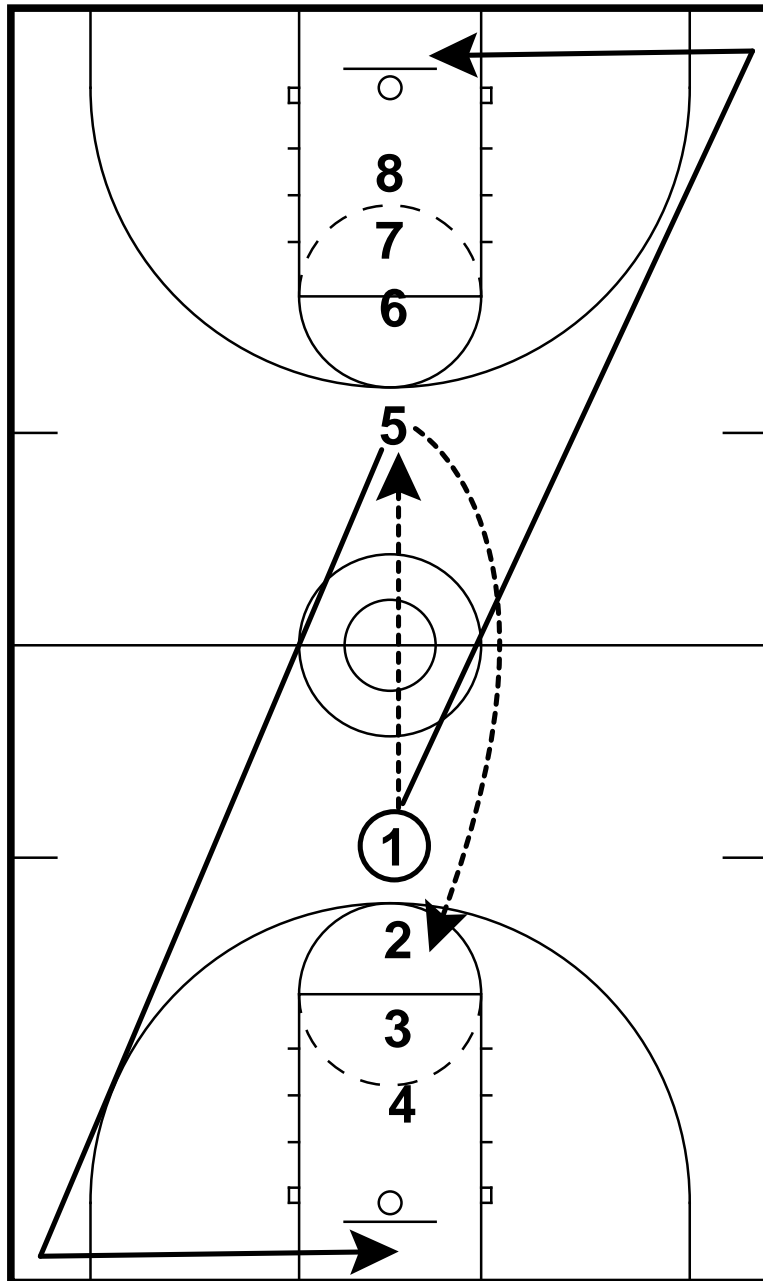
My Favorite Defensive Drills

Zig zag shuffle and sprint Defense



My Favorite Defensive Drills

Full Court Technique Drill Defense

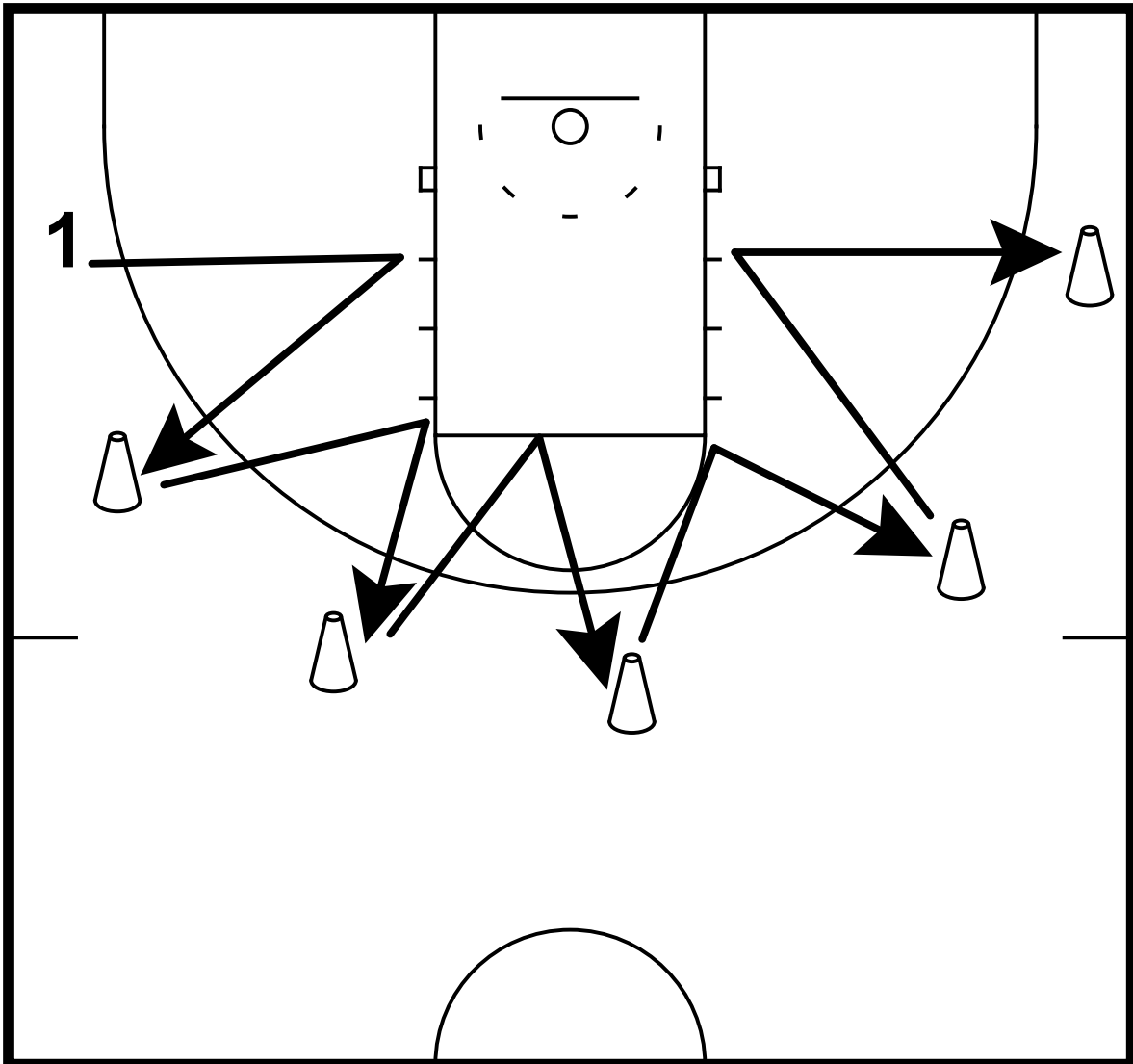


There should be two lines facing each other at the top of the key. There is only 1 basketball.

1. First person in line has the basketball and passes (chest pass) to the first person in the opposite line.
2. After the pass, sprint to the opposite corner and then shuffle underneath the basket.

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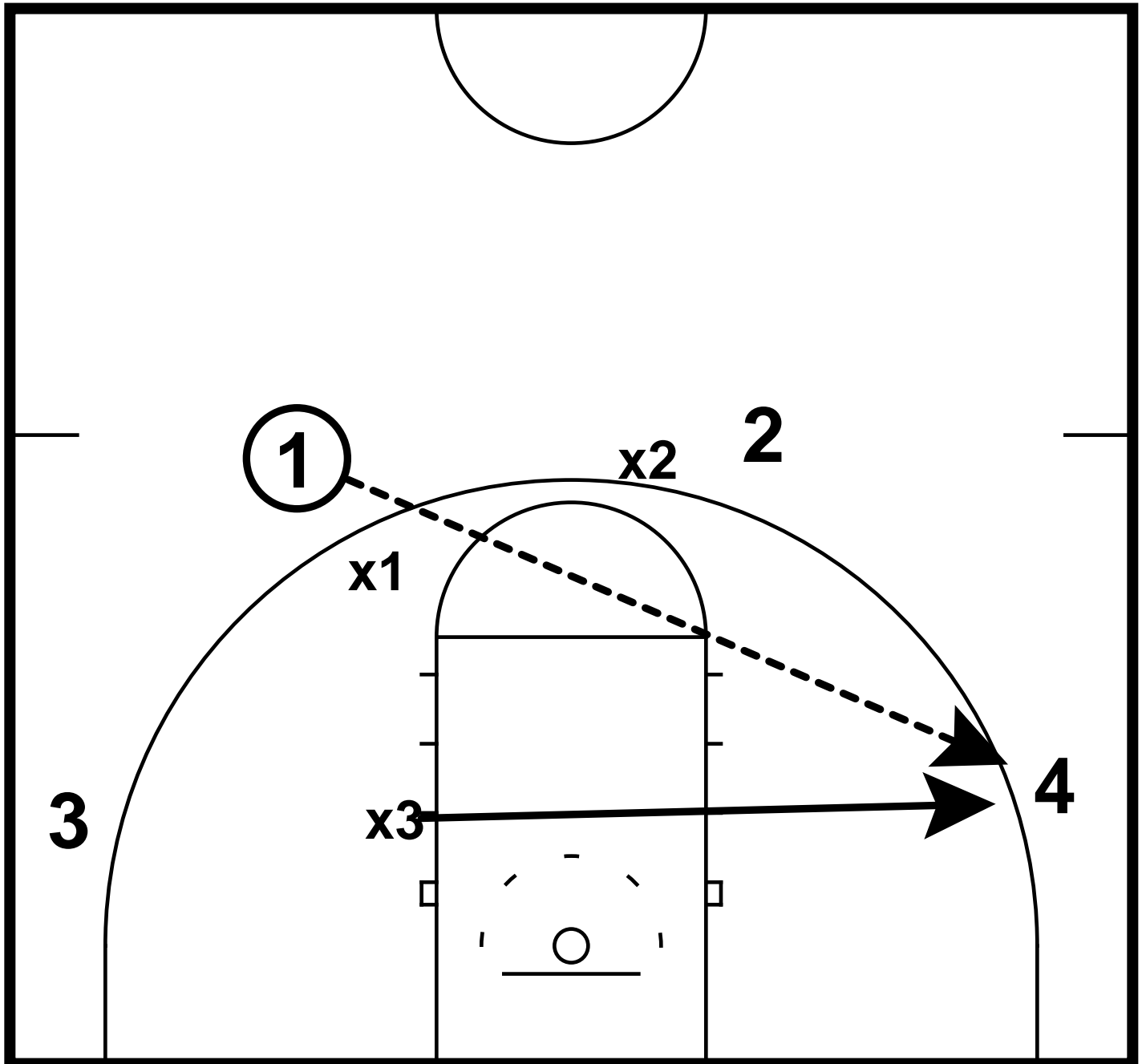
Butler Close Outs Defense



1. Start on the sideline and shuffle to the block.
2. Close out to the cone and then shuffle to the next spot. Continue drill until you close out on the final cone.

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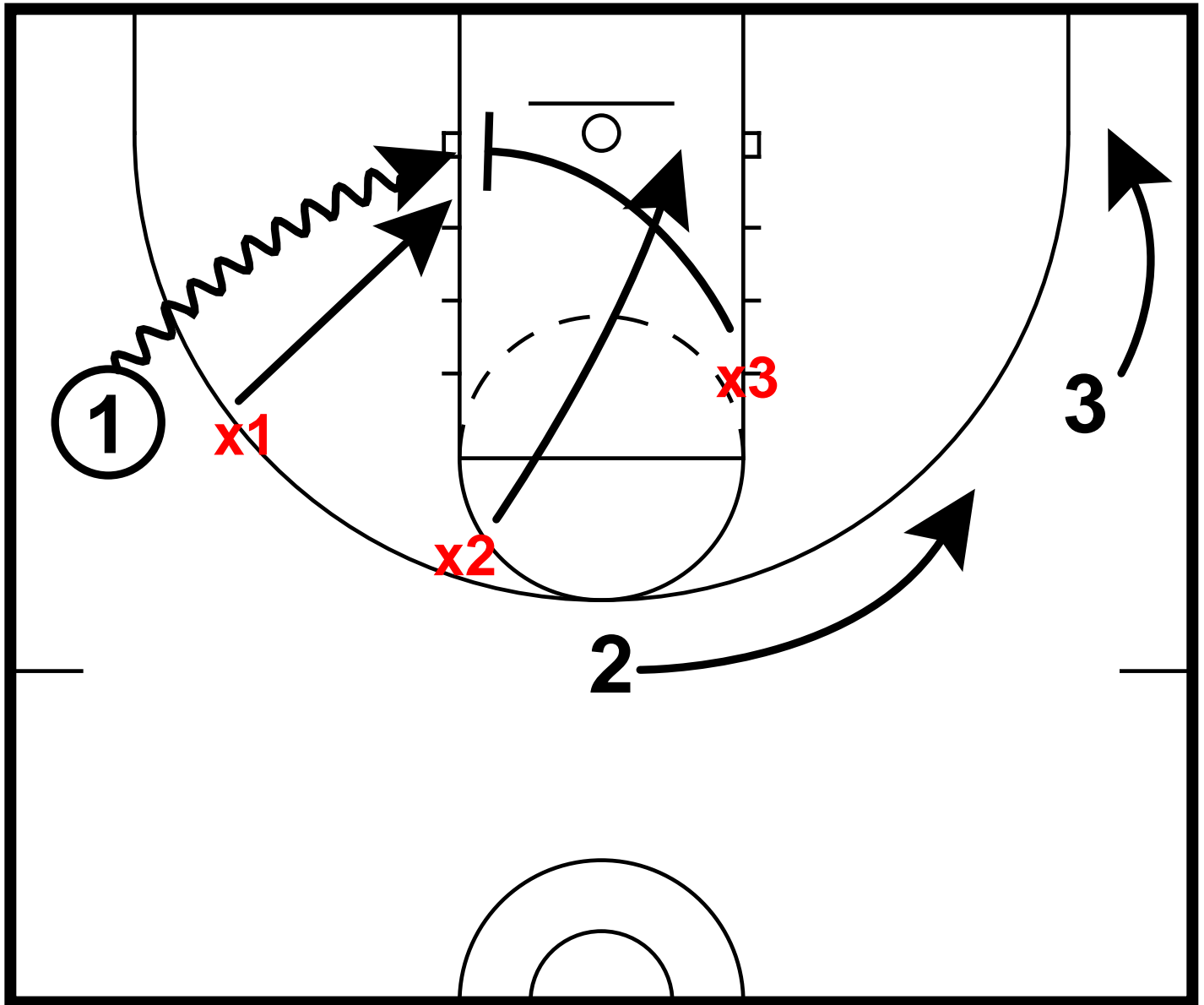
Disadvantage Drill Defense



Drill starts with 4 offensive players and 3 defensive players. The offense moves the ball around the perimeter while the defense must scramble to get everyone covered. One player may have to guard 2 players.

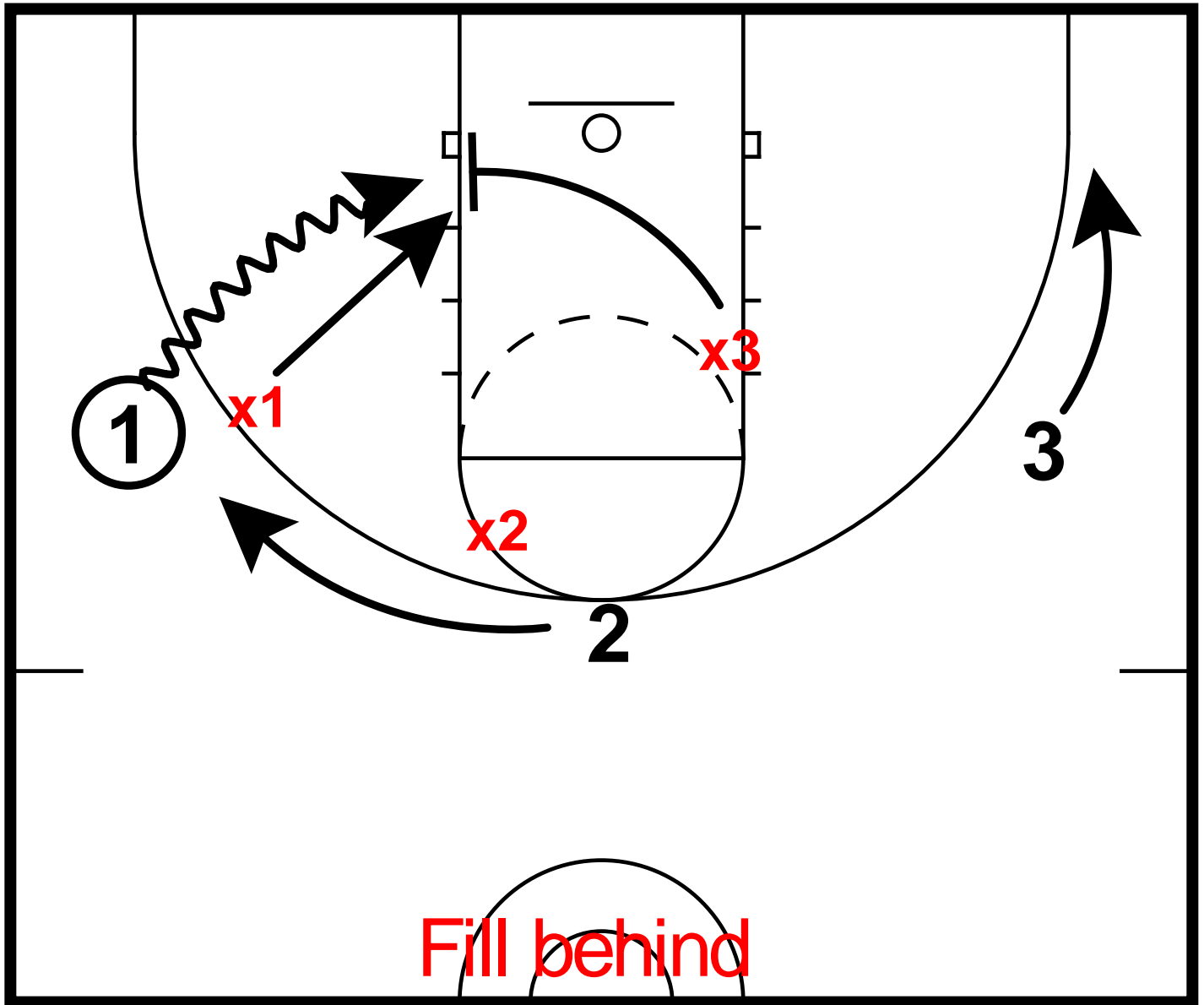
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3 on 3 Rotation Shell Drill Defense



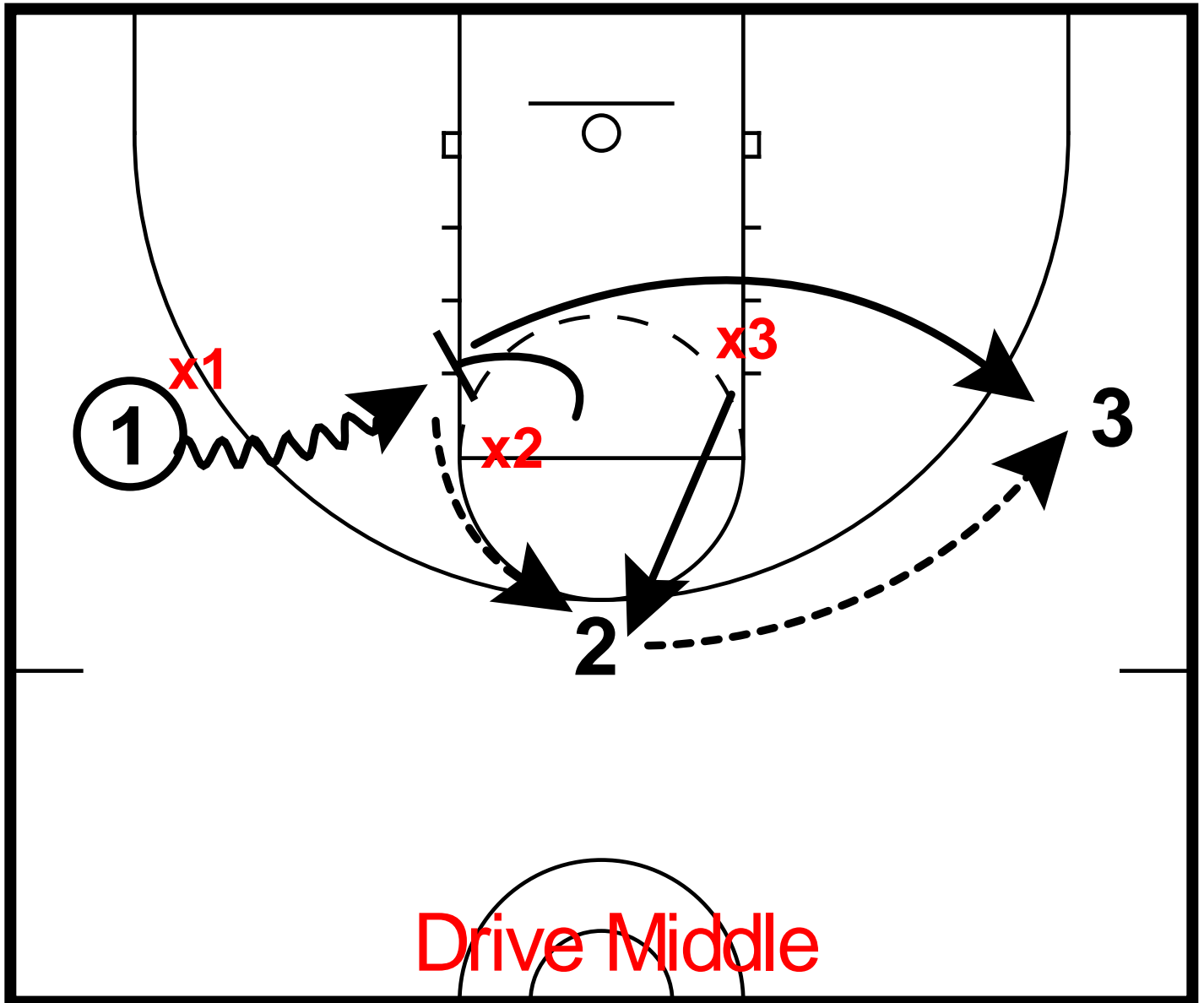
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3 on 3 Rotation Shell Drill Defense



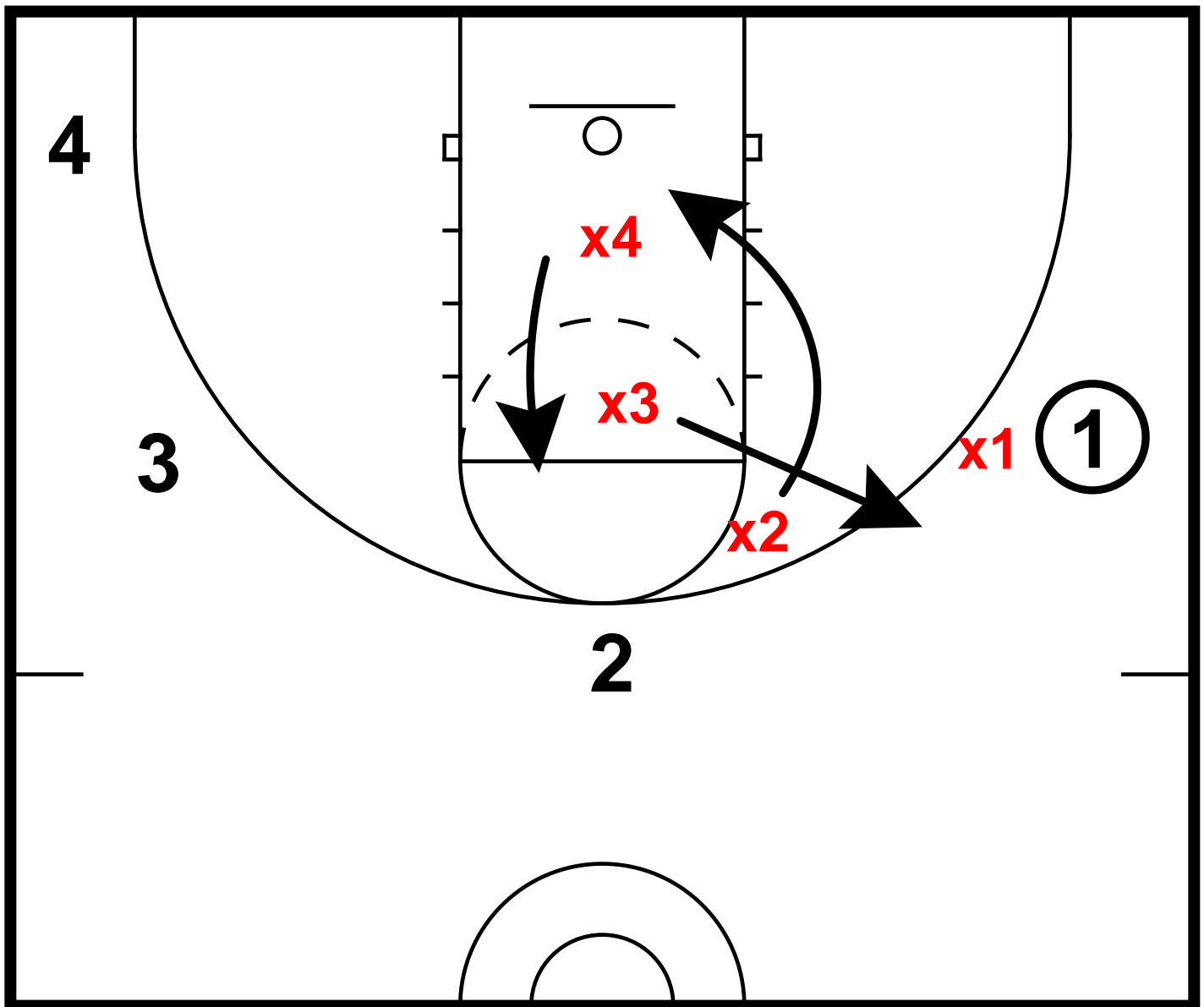
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3 on 3 Rotation Shell Drill Defense



My Favorite Defensive Drills

4 on 4 Shell Drill with 3 player rotation Defense



Player 2 calls out "switch" and rotates underneath the basket. Player 3 moves to deny position and player 3 moves up to help spot. Player 2 continues to call out switch until coach blows the whistle and player 1 drives baseline. Defense rotates to help drive and play becomes live.

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4 on 4 Shell Drill with 3 player rotation
Defense

