

V-Hawk Defensive Drills

Step by Step Breakdown Drills

1 on 1 Form Zig Zag to Half Court

Key: Low Athletic Stance, Beat Offensive Player to Spot & Turn

Closeouts to Top & Wing

Key: Run, Run, Slide, Slide – Contest Shot and Drive, Get to Point of Hesitation, GUARD

Jump to the Ball

Key: Ball Moves, Player Moves. Keep the Feet Active

Post Positioning Drill

Key: Quickest Way to $\frac{3}{4}$ Position in the Post, Player Flashes High – Flat Triangle Denial

Ball-Side, Help-Side

Key: 1 Pass Away = Deny, 2 Passes Away = Help (Foot in Lane)

Defending Screens (Offensive & Defensive Drill)

Key: Know Where the Ball Is, Beat the Screen the Quickest Way, Guard on Catch

4 on 4 Shell Drill

Key: Keep the Feet Active, Keep Vision, Ball Moves/Player Moves

4 vs. 3 Rotation Drill

Key: Closest Man Guards Ball, 2nd Closest Man Guards Next Biggest Threat / High Hand on Closeouts – Contest Shot and Drive

5 vs. 3 Transition Drill

Key: Communicate to Defend Ball & Next Biggest Threat

The most effective way we work on our defense is playing 5 on 5 for an extended period. Numerous possessions will provide different scenarios that take time to work through, particularly with new players playing together for the first time.

We do a series of agility and footwork drills to make sure our players understand the importance of footwork and staying low defensively. We stress defense as an effort and energy portion of the game. Typically, the team that buys into “Team Defense” is going to be the winning team on the scoreboard!