

# Defensive Drills

DRAFT

Monday, Mar 23, 2026 | 60 min

## Defend as One

Focuses on building defensive intensity, footwork, and team communication through high-repetition drills.

## Session Plan

### Defensive Dynamic Warm-up

10 min

Focus on lateral sliding, closing out, and stance work.

**Setup:** Full court. Two lines on the baseline.

1. Jog baseline to baseline, stopping every 10 yards into a defensive stance.
2. Slide laterally between lanes, maintaining low hips.
3. Backpedal 10 yards, then sprint 10 yards forward simulating a closeout.
4. Dynamic stretching including gate-openers and lunges.

Prepares the lower body for the explosive changes of direction required in man-to-man defense.

Equipment: Cones

- Stay low!
- Hands out to take up space.

### 1-on-1 Lane Defense

15 min

Competitive 1v1 focusing on staying in front of the offensive player.

**Setup:** Half-court. Players in two lines at the top of the key. Defender starts on the wing.

1. Offensive player attempts to drive to the basket.
2. Defender must use lateral slides to force the drive away from the paint.
3. No reaching allowed—force the offense to take a contested jump shot.
4. Rotate offense/defense every 5 reps.

Builds the habit of moving feet to cut off lanes rather than gambling for steals.

Equipment: Basketballs, Cones

- Keep your chest in front of their lead shoulder
- See man and ball.

### 3-on-3 Shell Drill

20 min

Focus on help defense, communication, and recovery.

**Setup:** Half-court. 3 offensive players around the arc, 3 defenders.

1. Offensive players pass the ball around the arc without dribbling.
2. Defenders must shift as a unit with every pass.
3. Defender on the ball calls out 'ball', help defenders call 'help'.
4. On a pass to the corner, the helper recovers to contest the shot.

Communicating on defense is the foundation of team-based success.

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Equipment: Basketballs

- Point to the ball and your man
- Talk constantly!

## Live 5v5 Scrimmage

10 min

Application of defensive principles in live play.

**Setup:** Full court.

1. Two teams play 5v5.
2. Coach gives a bonus point for forced shot-clock violations or 3 consecutive stops.
3. Stop briefly to highlight good communication.

Final test of the session's concepts under game conditions.

Equipment: Basketballs

- Keep the energy high!

## Cooldown

5 min

Static stretching and reflection.

**Setup:** Center court.

1. Full body static stretches.
2. Review the 3-on-3 shell success.
3. Coach provides individual feedback on defensive effort.

Reflection builds maturity and ownership over defensive intensity.

- Great hustle on the defensive slides today.

## Equipment Needed

Basketballs, Cones