

**Basketball Australia High Performance Coach Development
Coaches Clinic – Darwin, Saturday, August 1, 2020
Marrara Indoor Stadium**

Developing Your Man to Man Defence

Introduction –

- Effective defence starts and finishes with pressuring the ball
- Ball pressure – hand pressure, containment stance, foot movement and ability to maintain “ball, you, basket” positioning
- “Hands guard the ball, feet guard the feet”
- Invest in containment and ball pressure in every practice

Drill 1 – 1 v 1 shadow to chest blow

- In pairs, defence hands ball to offence
- Establish hand pressure – touch distance, hand above ball
- Offence takes one hard dribble
- Defence must move feet to establish “chest blow” on containment
- Build to concept of “bump & done” on the second dribble – chest blow into next movement (play without fouls)

Drill Two - 1 v 1 2-angle containment

- 1 v 1 from a wing
- Focus on pushing the handler laterally
- Handler takes two dribbles in one direction, hesitates, then executes crossover for two more dribbles to middle
- Defender moves to contain, uses “swing step” to change direction and contain a second time
- Start at “rehearsal speed”, build to live

Defensive positioning –

- “Your positioning shall be your help” – define the geography of the floor
- Jumping to the ball is key in any man to man system – “as the ball moves, so shall you”
- Defensive integrity breaks down at the point of the ball and in gaps
- Important to practice positioning in as many “live settings” as possible

Drill Three - 4 v 4 defensive positioning – defending cutting action

- Drill shifts first – 3 passes back and forward at each spot on the floor
- Concept of “perfect positioning” – “as the ball moves, so shall you”
- Maintain a stance throughout
- Add “punch dribble” to drill “sealing the gap”
- Build to cutting action on guard to forward passing

Drill Four – Combination shell drill

- Defenders start in the lane, offence the perimeter
- Ball starts with the coach



- On the pass out, defence establishes positioning
- Offence passes back to coach, defence sprints back and exchanges diagonally
- Drill is live on the second pass out from the coach
- Introduce down screens