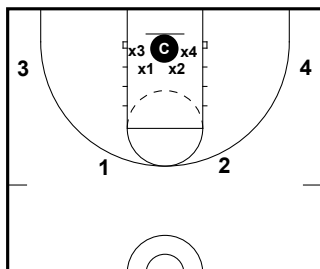


# 5th/6th Grade Defensive Team Concepts

## 5th Grade Defensive Team Concepts

### 4 on 4 Shell



#### 1 ball, 3v3 or 4v4

1. Drill begins with closeout when coach passes to offensive player
2. Defenders adjust position on each pass as quickly as possible while maintaining proper defensive stance
3. Progressions - Basket Cut, Drives, Screen Away, Double Away, Ball Screen, Flash, Flex, Post, Name, 4 on 3, Change, No Paint

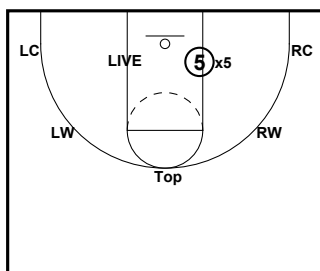
#### Coaching Points

- \*Stay in a stance
- \*Communicate
- \*Sprint to new position
- \*Emphasize any defensive concepts

#### Terminology

On ball  
Gap  
Attack side  
Closeouts  
Fake & Fall

### Mass Post Shell



#### Performed at multiple baskets with 2 - 4 players per basket

1. Offensive player holds basketball until live post move
2. Coach calls ball location and defense adjust position accordingly
3. Calls - Right Corner (front), Right Wing (3/4 wrap), Top (deny), Left Wing (deny), Left Wing - Offense flashes to ball (deny to 3 / 4 wrap), Left Corner (front), Post Entry - Offense pretends to catch & settle (behind to wallup), LIVE

#### Coaching Points

- \*Game Speed - quick to position
- \*Proper position
- \*Wallup & Box
- \*Communication

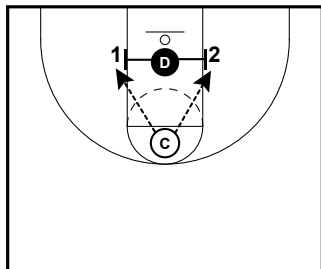
#### Terminology

Front  
3/4 Wrap  
Deny  
Wallup

# 5th/6th Grade Defensive Team Concepts

## 5th Grade Defensive Team Concepts

### Butler Wallups



Players lined up as shown, coach with a ball

1. Coach passes to an offensive player
2. Defense immediately walls up to defend the post player
3. Offensive player passes ball back to coach and defense adjusts position
4. Coach passes to an offensive player again, who is live and trying to score

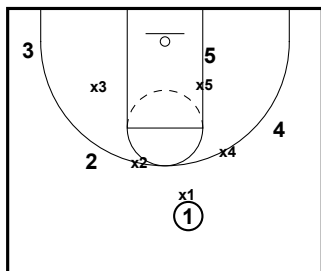
#### Coaching Points

- \*Straddle pivot foot
- \*Eat up space
- \*Hands behind ears
- \*Velcro chest to offense
- \*Finish with box

#### Terminology

Wallups

### Perfect Possession



5v5 for set amount of time - 20sec, 30sec, 40 sec

1. 1/2 court, offensive team is playing and trying to score as quickly as possible
2. Time is reset on any make, offensive rebound, or defensive breakdown
3. If defensive team gets a stop but time still remains, the offensive team can use that time to try to score again
4. Continue until time runs out or the defense breaks down

#### Coaching Points

- \*Uphold our standards and expectations - don't let anything slide
- \*You get what you allow
- \*Communication
- \*Teach them how to handle failure

#### Terminology

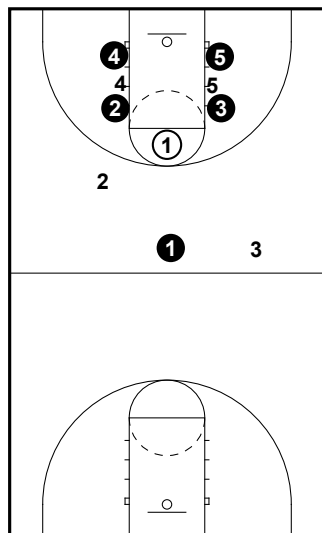
The Toughest Team Wins

Next play

# 5th/6th Grade Defensive Team Concepts

## 5th Grade Defensive Team Concepts

### FT Possessions



#### 5v5 for FT, trip down & back

1. Offensive team shoots a FT, ball is live from there
2. Teams play live 5v5 at opposite end and back
3. Kill it & switch roles
4. Each team quickly huddles following final possession to call defense or talk about changes

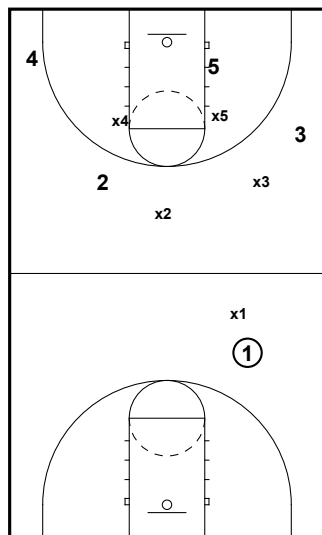
#### Coaching Points

- \*Communicate
- \*Press defense - 14, 24, 34, 32, 42
- \*FT block out responsibilities
- \*Anything can be emphasized offensively or defensively
- \*Pressbreak execution

#### Terminology

14, 24, 34, 32, 42  
Boston Pressbreak

### Fullcourt Possessions



#### 5v5, trip down & back

1. Offensive team begins with possession at halfcourt, BLOB or SLOB; ball is live from there
2. Teams play live 5v5 at opposite end and back
3. Kill it & switch roles
4. Each team quickly huddles following final possession to call defense or talk about changes

#### Coaching Points

- \*Communicate
- \*Press defense - 14, 24, 34, 32, 42
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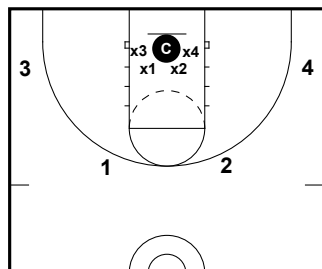
#### Terminology

14, 24, 34, 32, 42  
Boston Pressbreak

# 5th/6th Grade Defensive Team Concepts

## 6th Grade Defensive Team Concepts

### 4 on 4 Shell



#### 1 ball, 3v3 or 4v4

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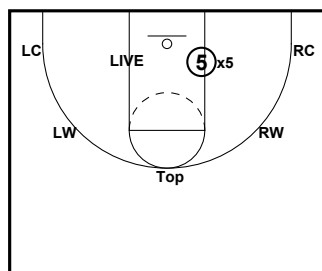
#### Coaching Points

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#### Terminology

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Attack side  
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#### Coaching Points

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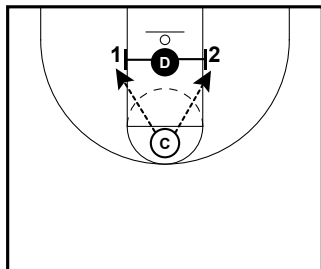
#### Terminology

Front  
3/4 Wrap  
Deny  
Wallup

# 5th/6th Grade Defensive Team Concepts

## 6th Grade Defensive Team Concepts

### Butler Wallups



Players lined up as shown, coach with a ball

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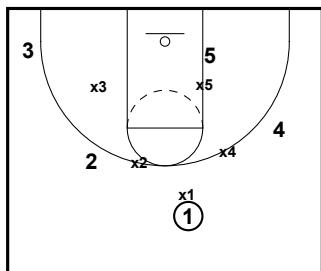
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Wallups

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- \*Teach them how to handle failure

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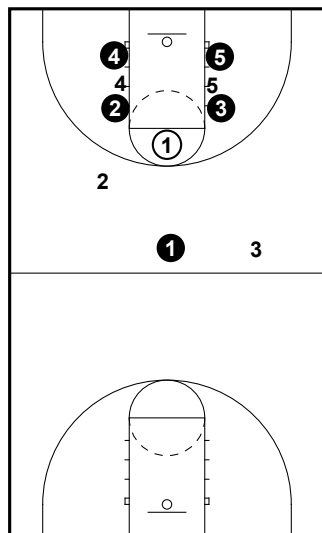
The Toughest Team Wins

Next play

# 5th/6th Grade Defensive Team Concepts

## 6th Grade Defensive Team Concepts

### FT Possessions



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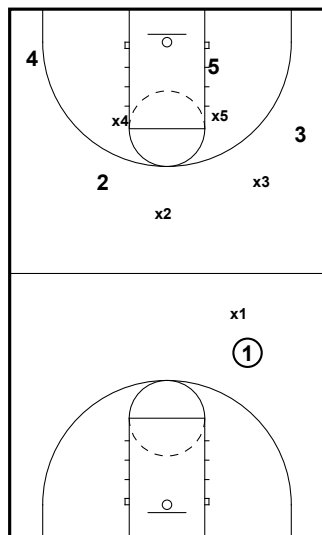
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Boston Pressbreak

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14, 24, 34, 32, 42  
Boston Pressbreak