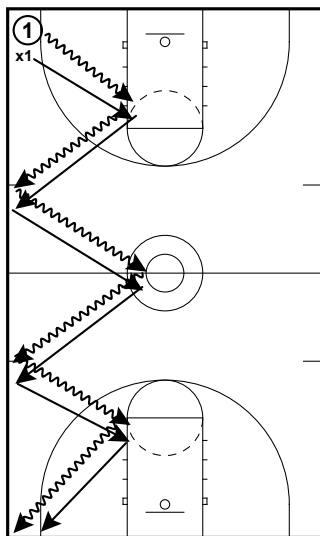


2nd/3rd/4th Grade Defensive Team Concepts

2nd/3rd Grade Halfcourt Defense

Zig Zag



Progress 1v0 to 1v1

1. Offense dribbles from sideline to edge of lane in zig-zag pattern
2. Defender guards
3. Regular, 5 Calls, Live

Coaching Points - Defense

- *Body Stops
- *Beat to Spot
- *Flip hips & sprint
- *Shoulders square to baseline
- *Don't cross feet or bob up & down

Coaching Points - Offense

- *All the way to lines
- *Head up
- *Good change of direction move

Coaching Points - FIVE CALL

1. Walk Up Pivot Leg
2. Velcro Chest
3. Arms Up

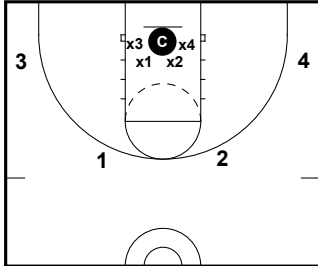
Terminology

- Body stops
- Beat to spot
- Active hands
- Stay in front
- Turn your man

2nd/3rd/4th Grade Defensive Team Concepts

2nd/3rd Grade Halfcourt Defense

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

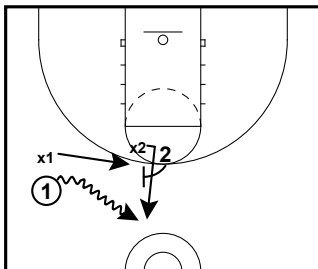
Coaching Points

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

Terminology

On ball
Gap
Attack side
Closeouts
Fake & Fall

2 on 2 Ballscreens



1 ball, 2 offense & defense

1. Drill continues by 1 dribbling to right side, turning around and using a sideline ball screen

Coaching Points - Switch

1. X1 must get UNDER 2 to defend roll
2. X2 must step up and force 1 to go away from rim
3. High hands
4. Communicate

Coaching Points - Under

1. X1 goes under 2, over X2 back in front of 1
2. X2 drops and shows on ballside of screen

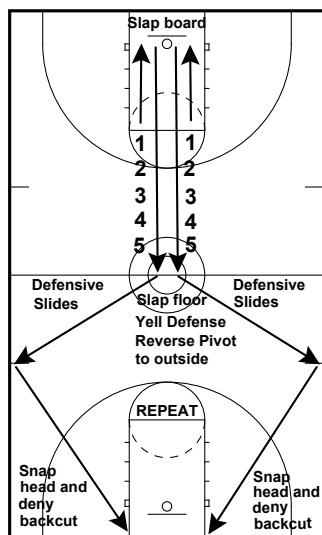
Terminology

Ball screen
Aggressive switch
No split

2nd/3rd/4th Grade Defensive Team Concepts

2nd/3rd Grade Transition Defense

Get Back



Begin in 2 lines at the both elbows

1. Follow directions in diagram
2. Perfect execution before moving on

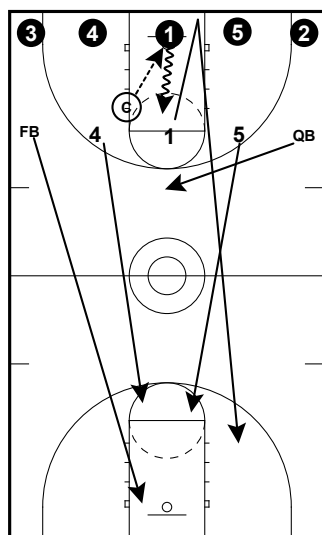
Coaching Points

- *Sprint to 1/2 court
- *Reverse pivot
- *Touch lines
- *Snap head & deny
- *Communicate

Terminology

- Sprint in transition
- Snap head & deny

5 on 5 Transition



1 ball, 3v3, 4v4, or 5v5

1. Coach starts by throwing pass to player on baseline
2. Offense pushes ball and tries to score
3. Defense must stop ball (QB), sprint, & get to paint
4. Drill can reset at opposite end or go down and back
5. Coach can call 1 or 2 names to put defense at disadvantage

Coaching Points

- *QB - STOP BALL
- *FB - No one behind you
- *Sprint back
- *Guard ballside first

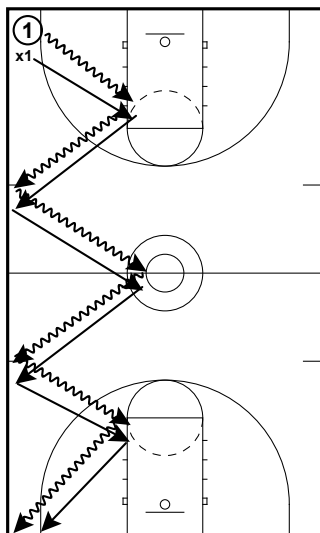
Terminology

- Quarterback - stop the ball
- Fullback - no one behind you on shot
- Sprint back

2nd/3rd/4th Grade Defensive Team Concepts

4th Grade Halfcourt Defense

Zig Zag



Progress 1v0 to 1v1

1. Offense dribbles from sideline to edge of lane in zig-zag pattern
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3. Regular, 5 Calls, Live

Coaching Points - Defense

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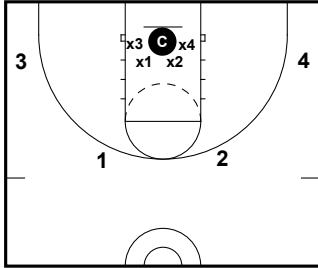
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2nd/3rd/4th Grade Defensive Team Concepts

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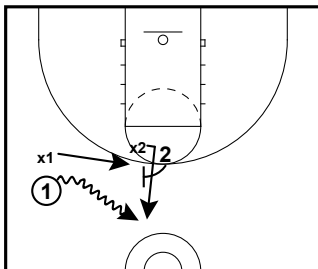
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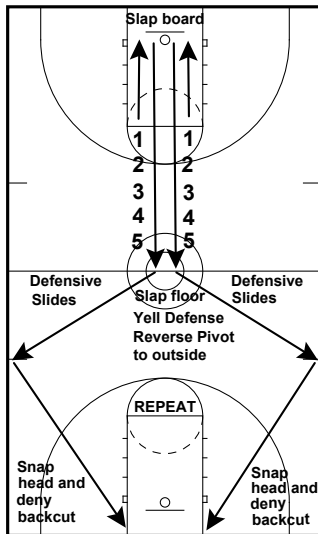
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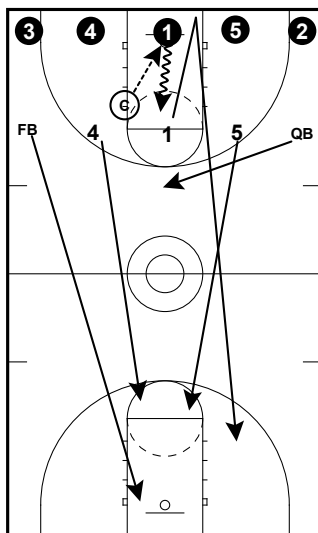
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