

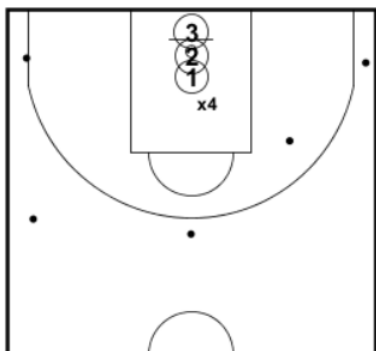
"MY FAVOURITE DEFENSIVE DRILLS"

Pascal Meurs

Belgian Basketball Clinic Event
June 2018 – Duffel, Belgium



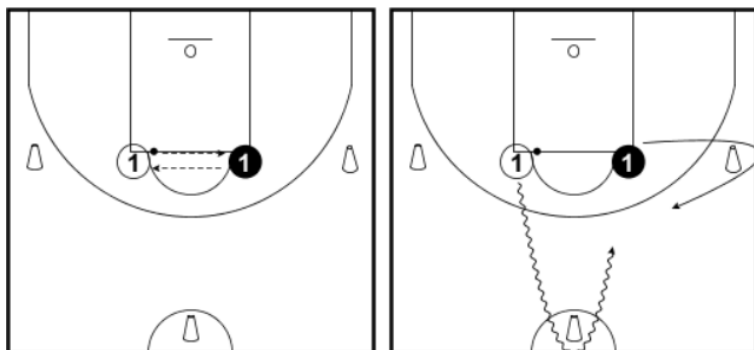
Drill #1 1on1 HC



1 runs to one of the balls, picks it up and plays 1on1 against X4. After the possession 1 takes care of the ball, bcs X4 sprints to 2 to play defense.

X4 plays a certain number of times in a row in defense (or till ... number of stops,)

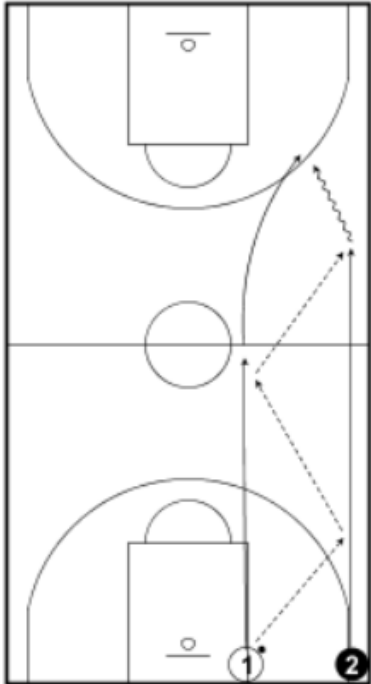
Drill #2 1on1 HC on the move



O1 and X1 do footfore while passing toe ach other on the elbows. On the whistle, the player with ball dribbles around cone at halfcourt and plays in offense. Player without a ball runs backwards around his cone and will play in defense.



Drill # 1on1 FC no middle

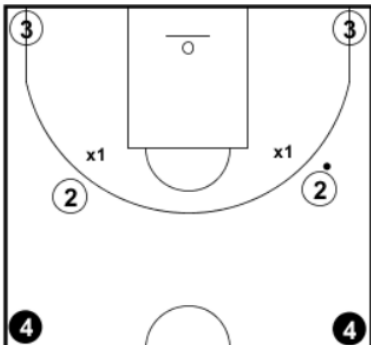


X1 and O2 start on the baseline. On the whistle, both players sprint straight ahead while passing toe ach other. After the 3rd pass, O2 plays 1on1 against X1.

No middle, slow down, use wing span.

On can add a defender in help defense under the basket (on the condition X1 is beaten baseline side).

Drill # 2on2 HC no middle



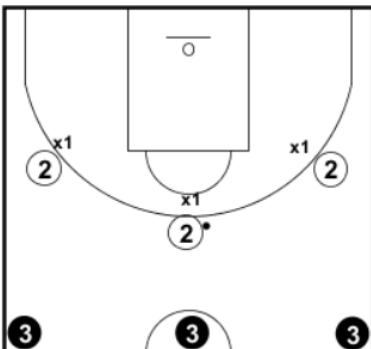
2on2 HC.

Team 2 starts in offense against team 1. After the possession, team 2 sprints to halfcourt to play in defense on team 4. Team 1 gives outlet pass to 3 who passes to 4.

With or without ballscreens / post-up situations.

No middle, help defense, 2 man rotation.

Drill # 3on3 HC cutthroat drill

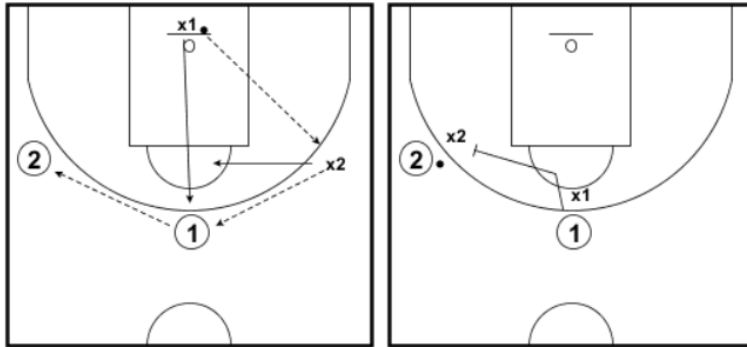


Team 2 plays in offense against team 1. After the possession, ball is passed to Coach at halfcourt, who gives it to Team 3. A team scores a point by a defensive stop. One has to score to go and play in defense. Defense is rewarded. No cheap fouls are called. Sprint to half court to pick up.

With or without ballscreens etc



Drill # 2on2 HC ballscreen defense



Ball starts at X1, who passes to X2 (chest), who passes to O1 (bounce) and finally to O2 (bounce). After the last pass, ballscreen of O1 on O2. X1 and X2 perform chosen ballscreen defense.

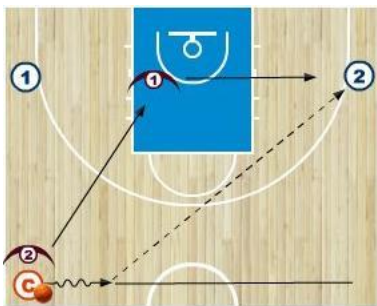
Drill # 2on2 HC rotation after ballscreen



X1 defends on C as if there's a hard hedge on a ballscreen. X1 responsible for the first pass.

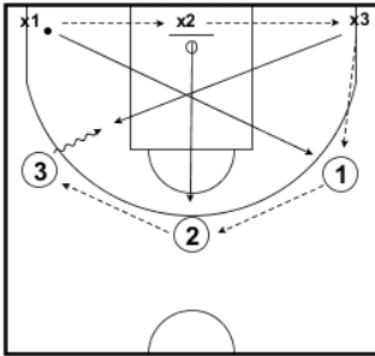
Different rotations, with for example O2 moving up, as a preparation for switching between big men after hard hedge on ballscreens.

Drill # 2on2 HC rotation after mid-court trap



X2 defends on the coach, who passes either to O1 or O2. X1 moves in function of the coach and is responsible for the first pass. X1 sprints back to the bucket to cover help defense.

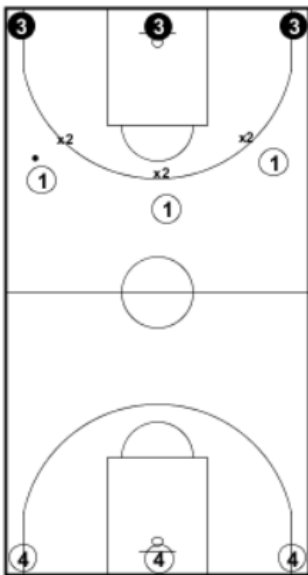
Drill # 3on3 HC drill



Ball is passed around. Defensive fundamentals (proper close-out, jump-to-the-ball, help side for every defender). On the last pass, O3 HAS TO attack (no middle!). Rotation with X1 if necessary.

Same set-up for ballscreen defense with 3 players for example. Or other situation.

Drill # 3on3on3on3 FC



3on3on3on3.

After offensive possession, that team plays defense. (O1 plays in defense on X3).

Different assignments:

- full court pressure
- Wall defense
- With or without ball screens

Drill # 4on4 ¾ Court staggered screens

