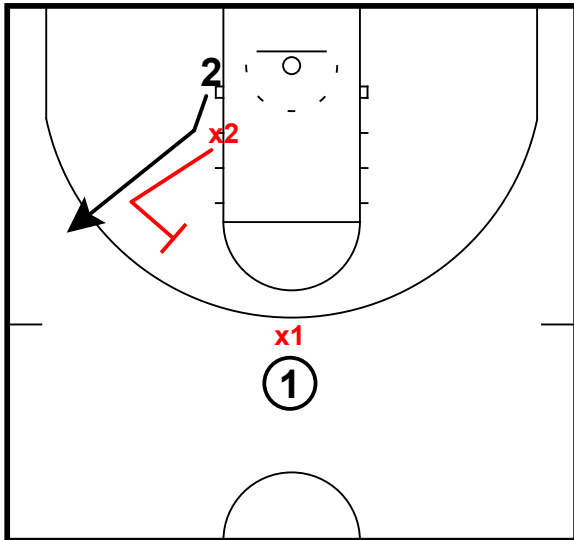


# Pack Line Defensive Drills

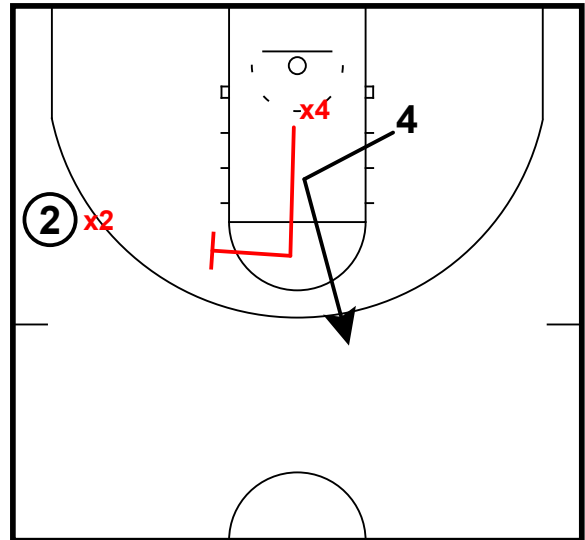
## 1 on 1 Drills

Guarding the Cutter



X2 is on the line/up the line  
 Deny all passes and penetration inside the arc  
 Do not chase cutters outside pack line  
 As soon as cutter reaches arc  
 Defender releases and gets into gap help

Guarding the Cutter

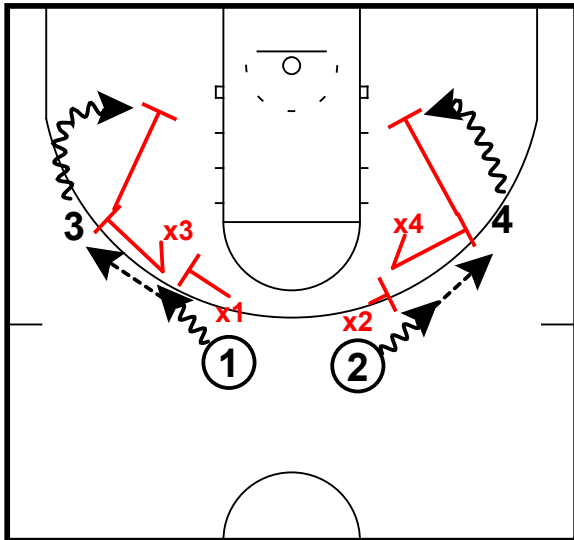


X4 denies high post entry pass until offensive player has stepped outside pack line arc  
 X4 slides into gap position

# Pack Line Defensive Drills

## 1 on 1 Drills

Ball Side/Help and Recovery

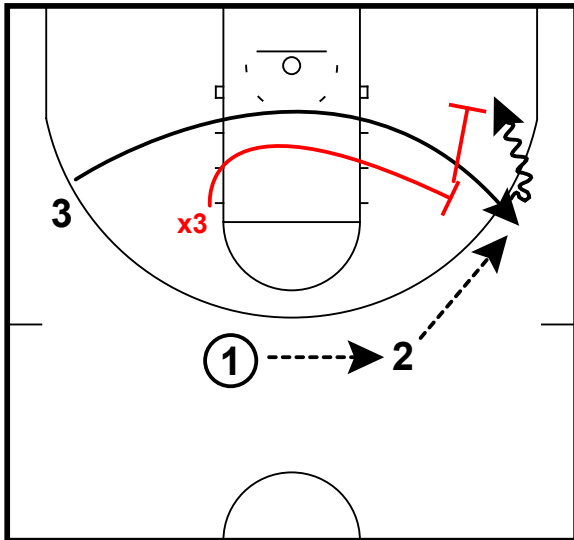


- Ball is forced to wing
- Take away middle drive
- Wing defender must recover when ball is picked up
- Recovery should be on the line with at least a hand in the line

# Pack Line Defensive Drills

## 1 on 1 Drills

Ball Side/Help Side into 1 on 1

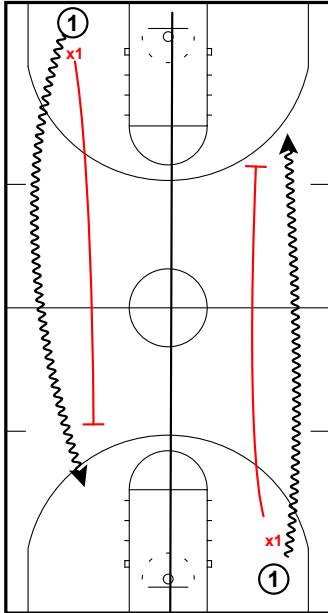


- X3 is in the gap
- Ball is reversed to 2
- X3 moves from gap to help and then to close out
- 3 tries to attack baseline on the catch
- X3 opens up when moving from gap to help

# Pack Line Defensive Drills

## 1 on 1 Drills

### Full Court Cut and Pressure



X1 applies ball pressure and tries to stay ahead of the ball and avoid getting cut at the hip  
Play to a certain time or score