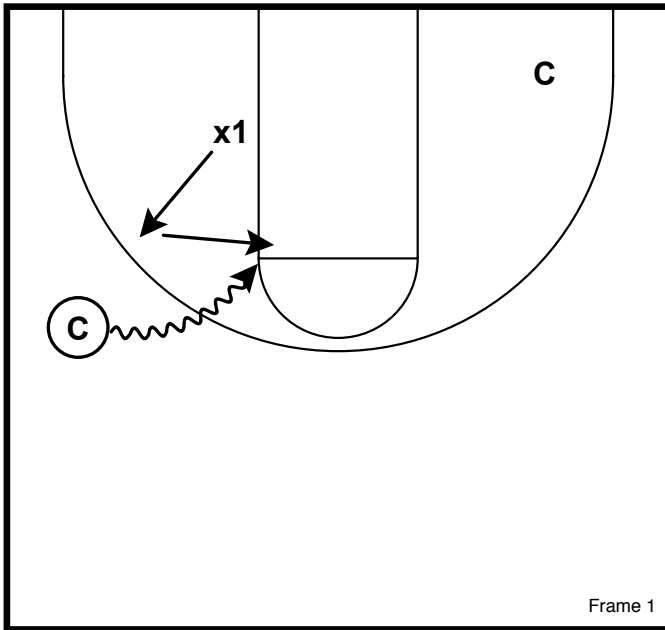
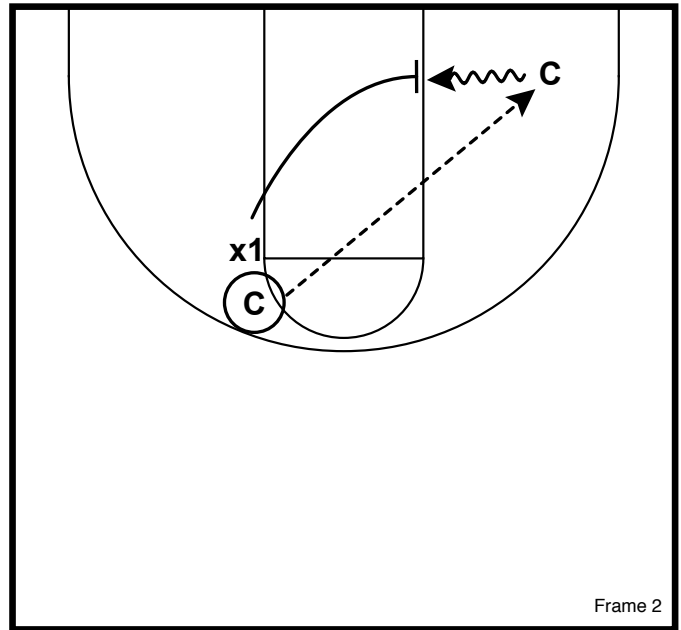


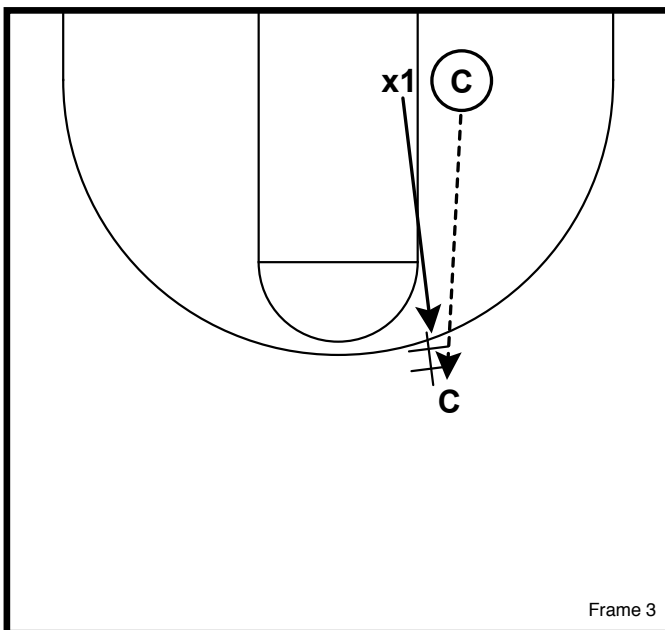
Multiple Effort Defense Drill 1



Close out short to one-on-one

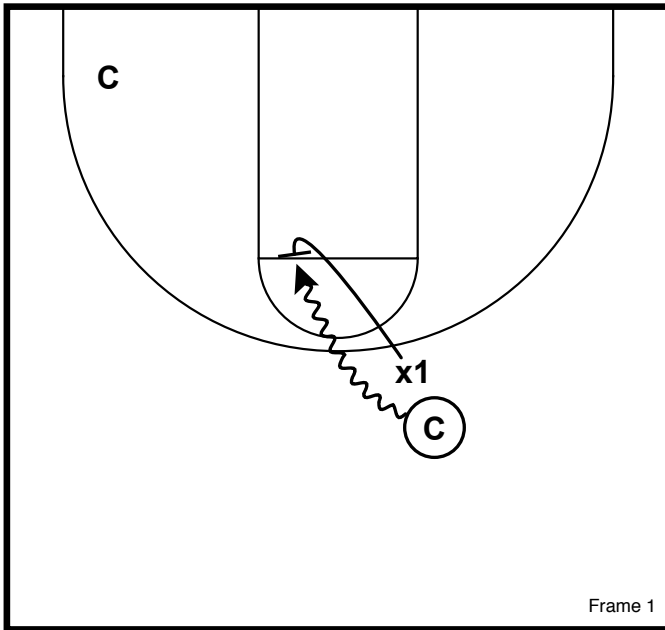


Pass to other coach/player, defender sprints into help to take the charge

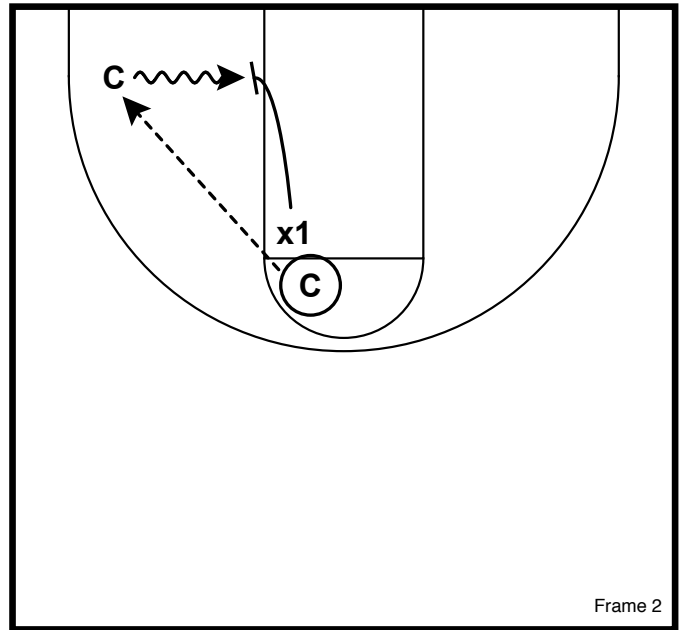


Close out look to shooter and finish with box out

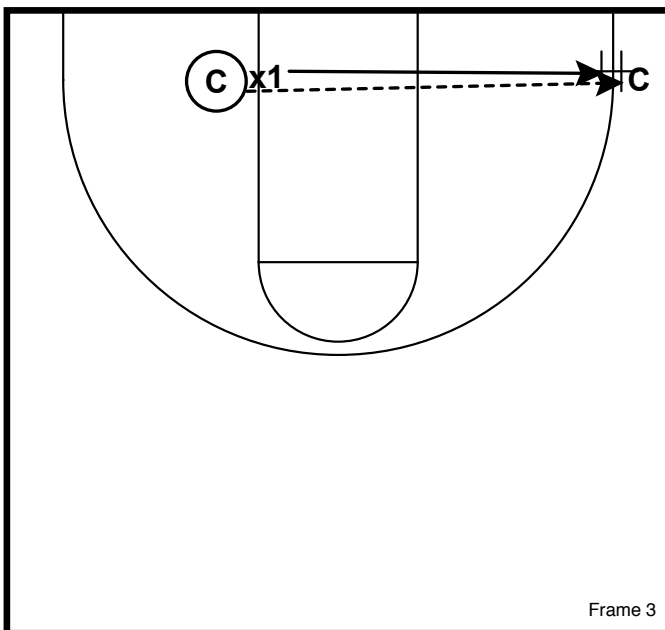
Multiple Effort Defense Drill 2



Ball Pressure

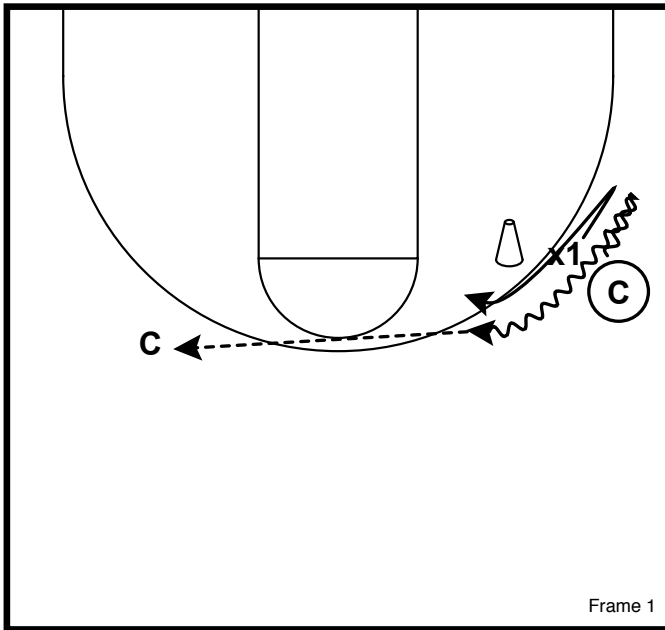


Coach/player passes to the other coach/player, the defender gets into position to take the charge

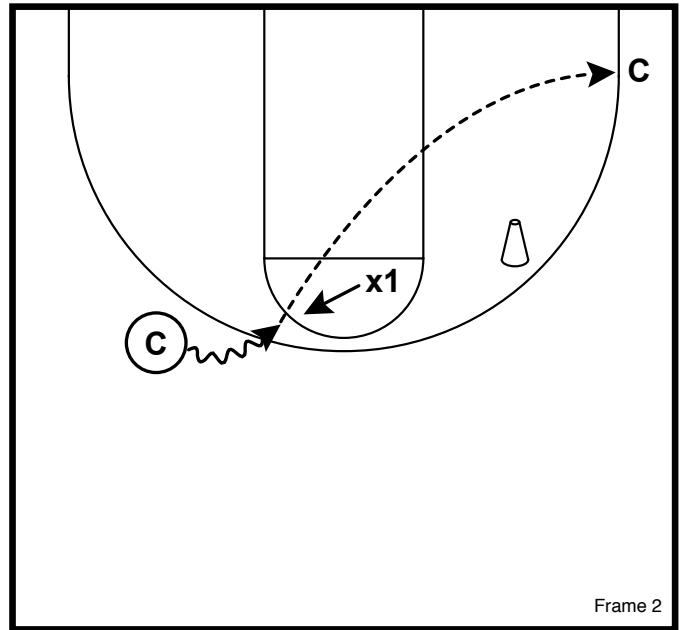


Close out look to shooter and finish with box out

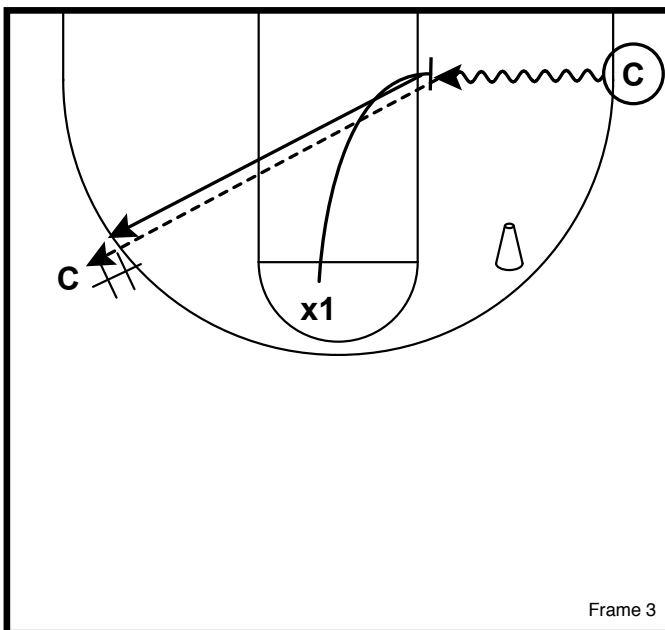
Multiple Effort Defense Drill 3



Defend side ball screen

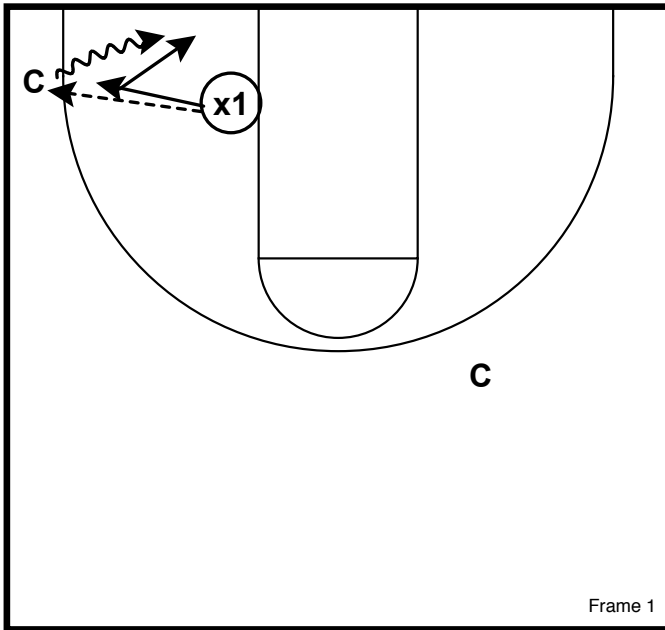


Help on penetration

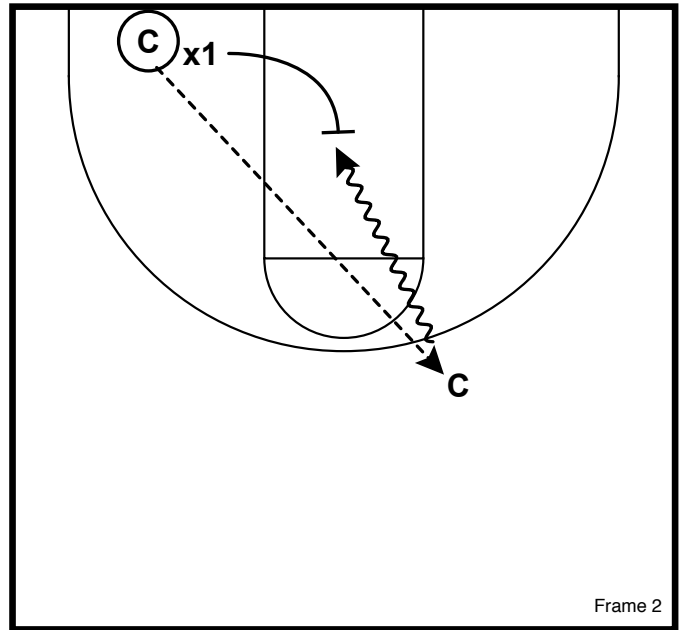


Retreat to take the charge and then finish with a close out & box out

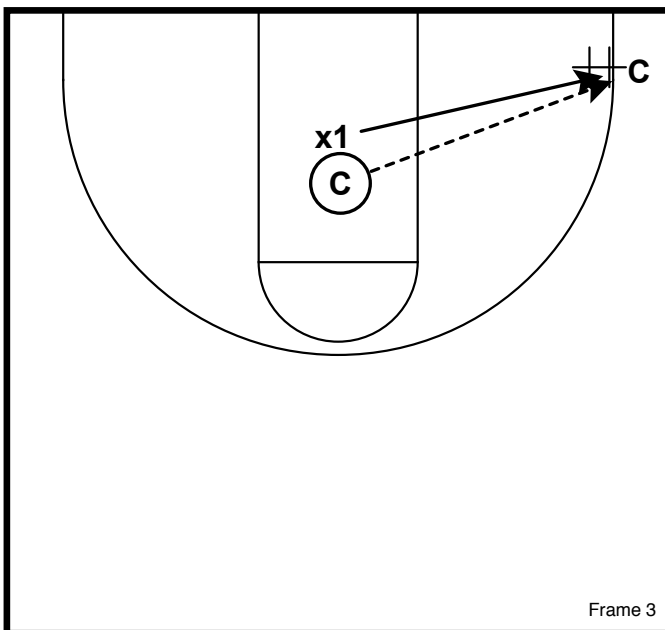
Multiple Effort Defense Drill 4



Pass to the coach/player and close out baseline

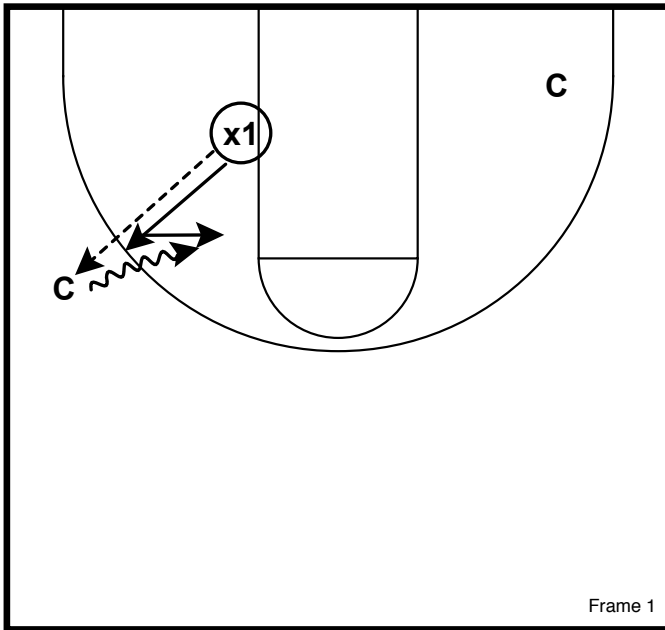


Take a charge on middle drive

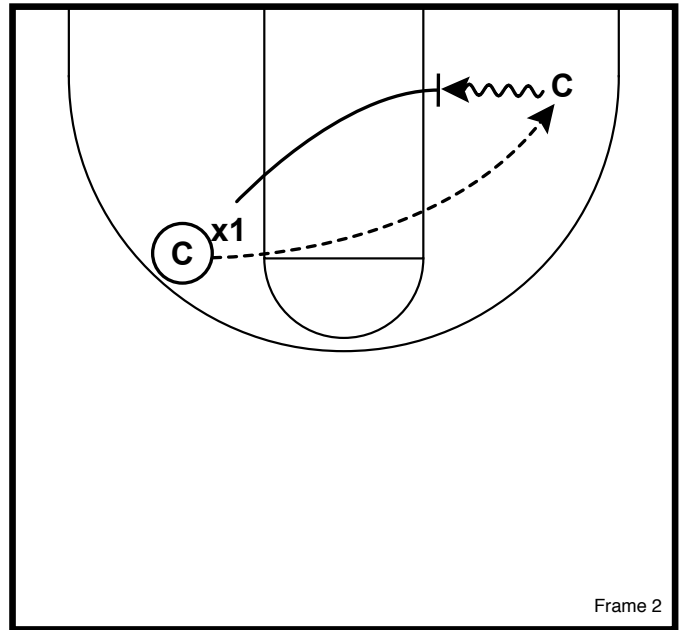


Close out look to shooter and finish with box out

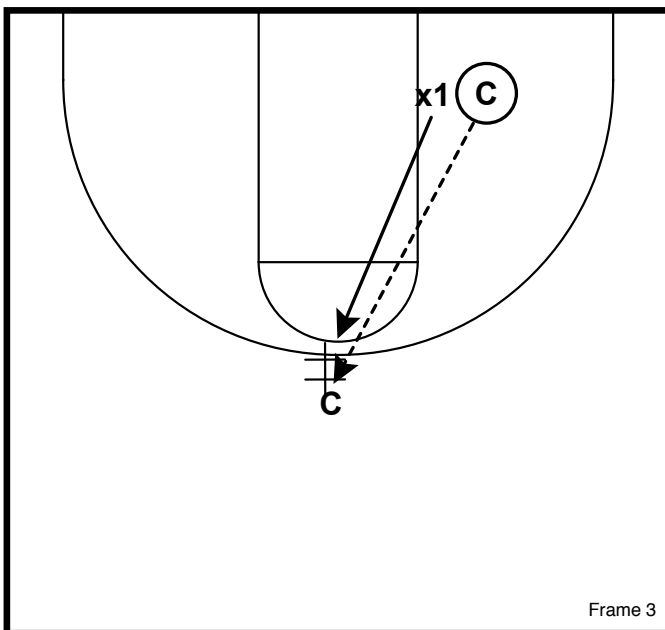
Multiple Effort Defense Drill 5



Pass to the coach/player and close out middle

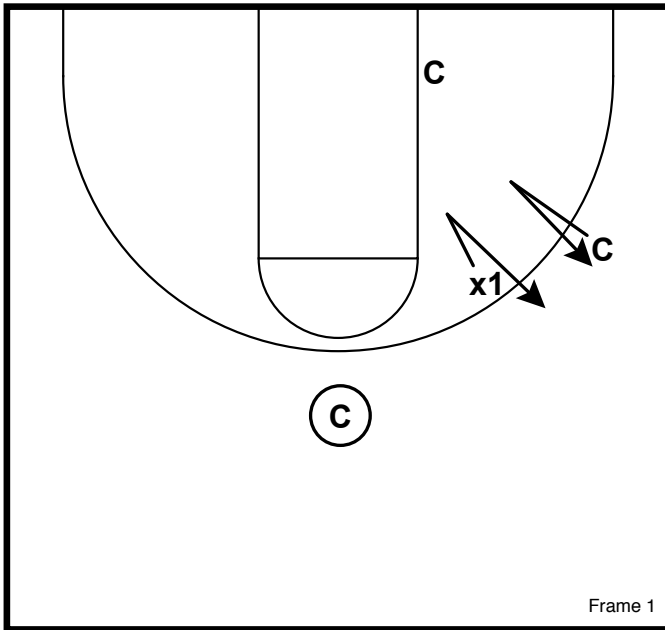


Take the charge on the baseline

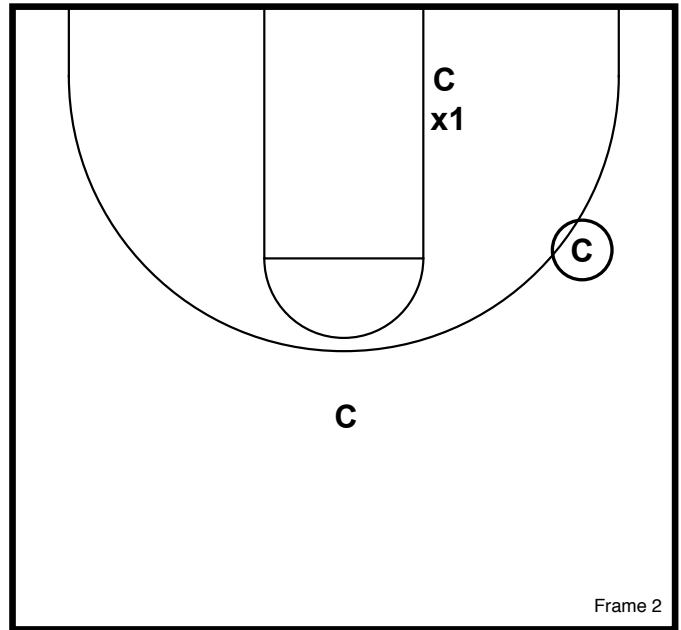


Close out look to shooter and finish with box out

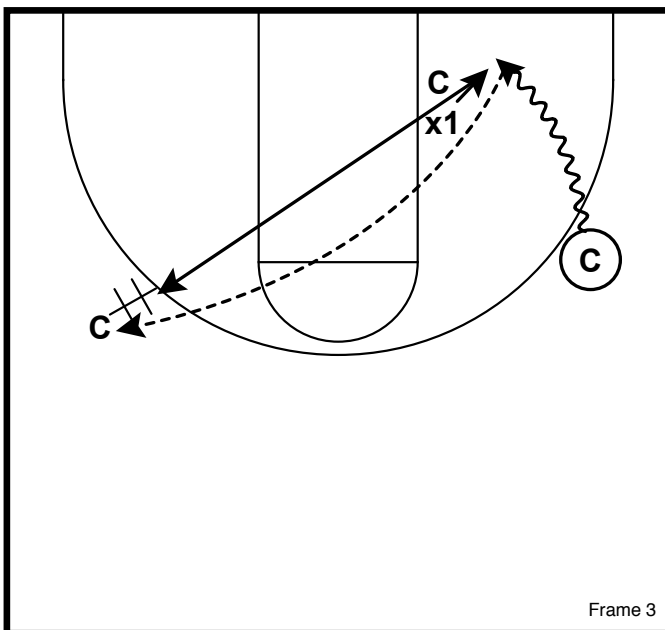
Multiple Effort Defense Drill 6



Deny the wing

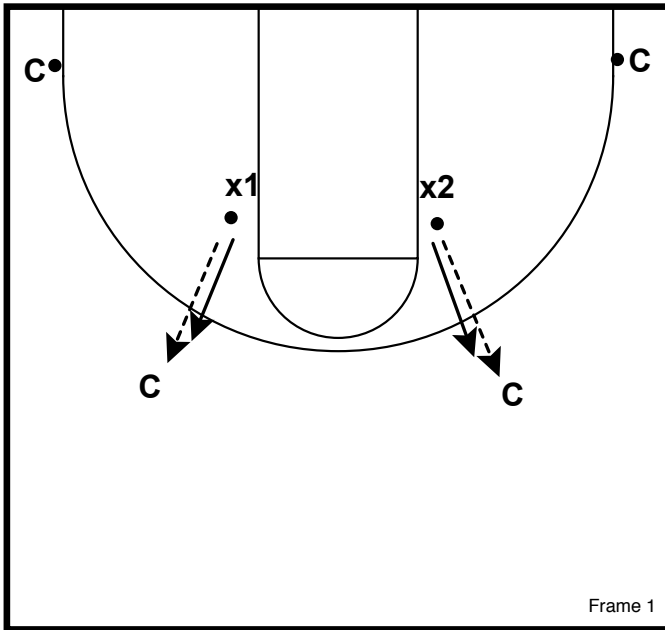


Post Defense - High side to Low side

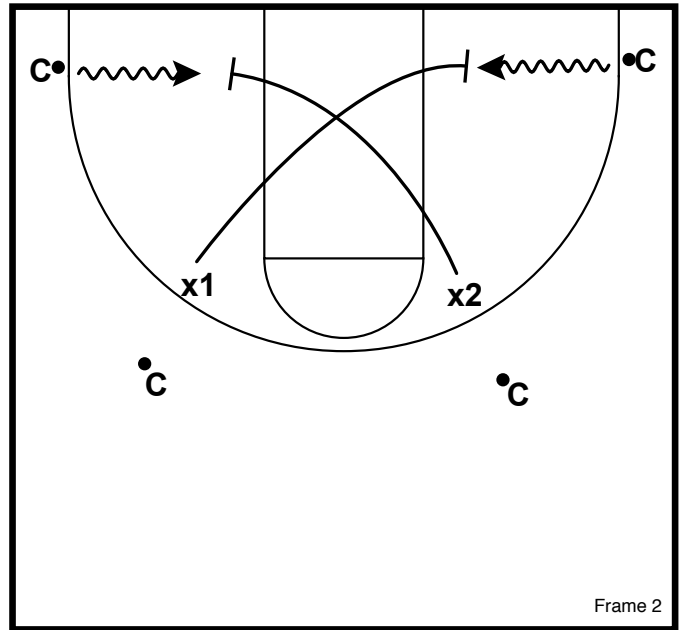


Help on drive and then close out to wing, finish with a box out

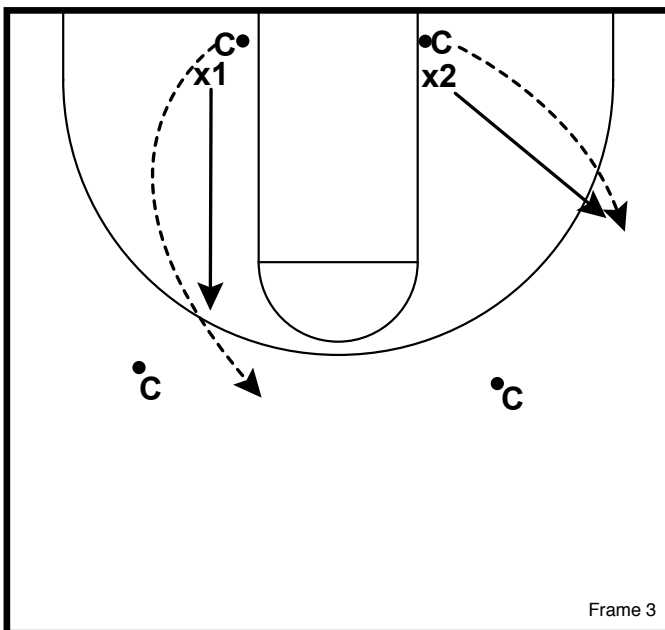
Multiple Effort Defense Partner Drill 1



Defenders pass the ball to the coaches and close out

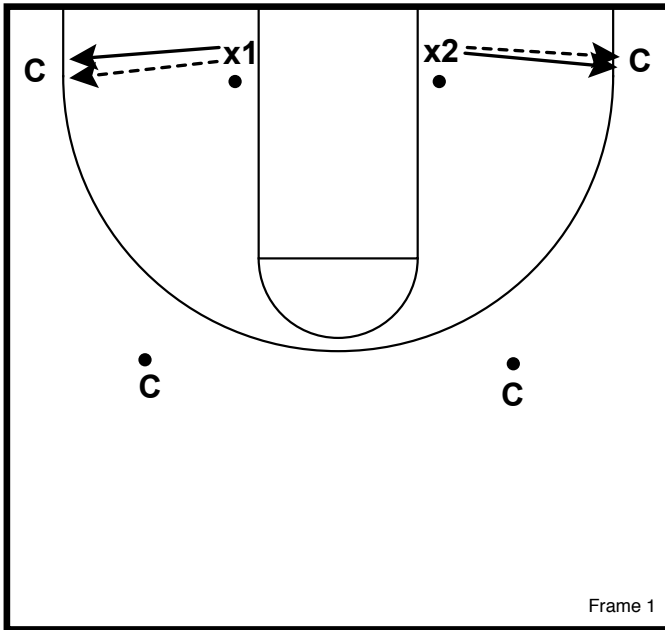


Defenders must cross each other and defend baseline drive

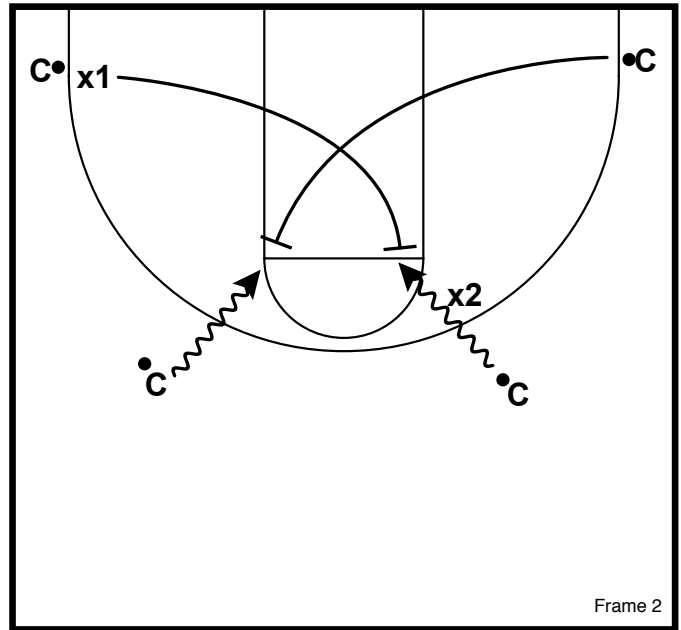


Either roll the ball to have the player dive for it or throw an air pass to intercept it

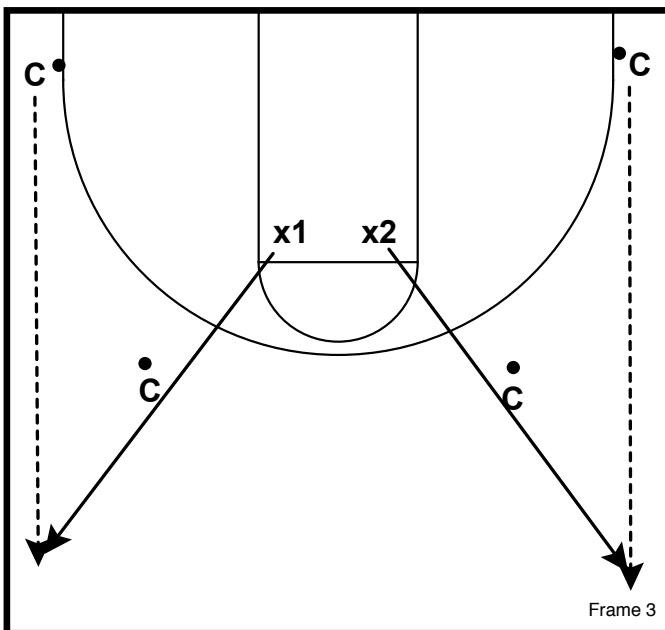
Multiple Effort Defense Partner Drill 2



Defenders pass the ball to the coaches and close out

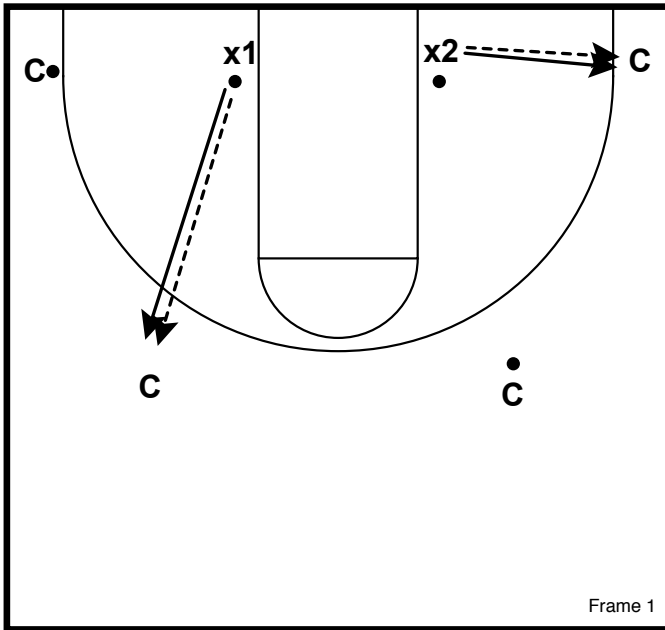


Defenders must cross each other and defend middle drive and take the charge

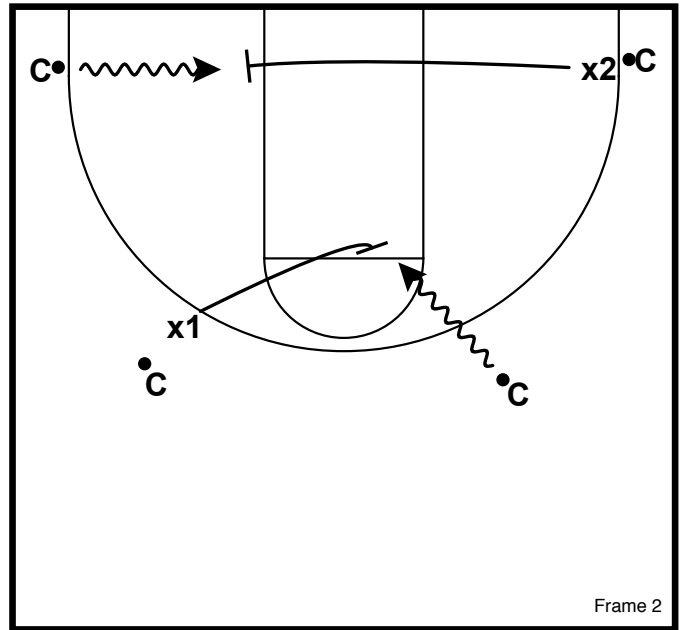


Defenders then must chase the ball down

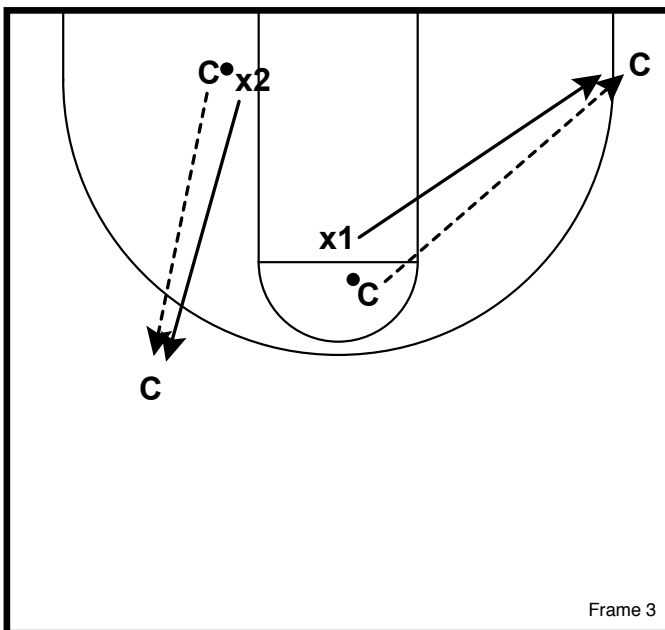
Multiple Effort Defense Partner Drill 3



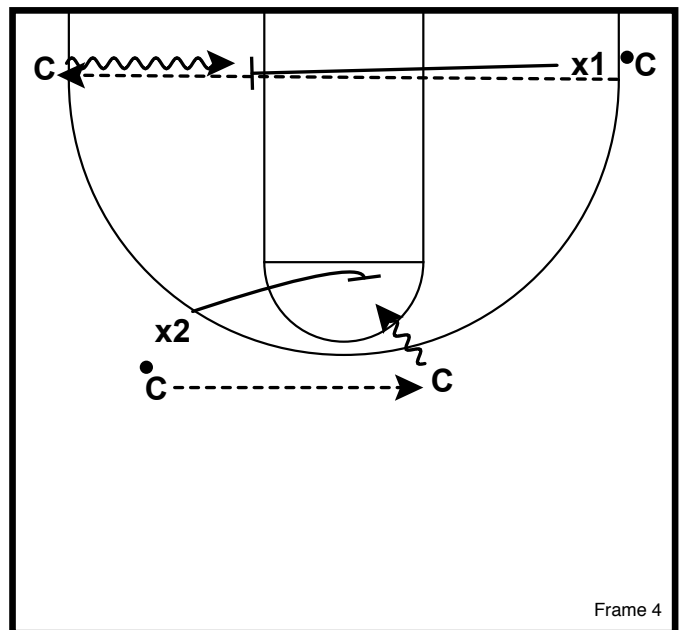
Defenders pass the ball to the coaches and close out



x2 takes the baseline charge and x1 takes the middle drive charge

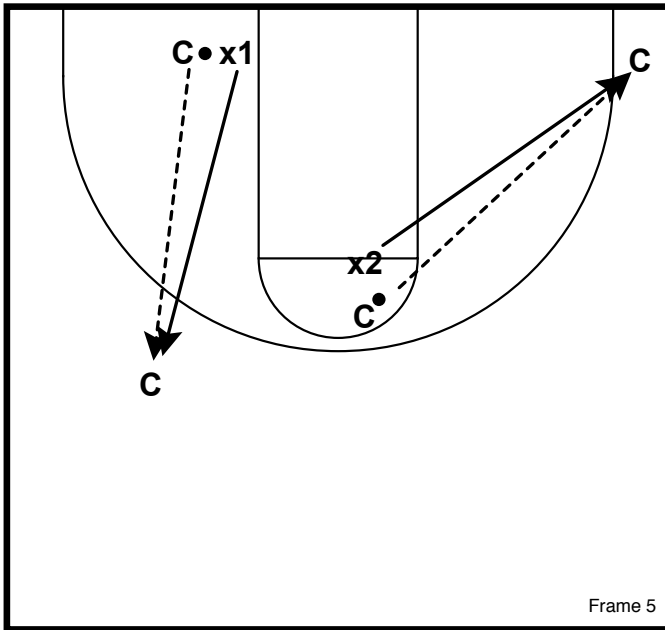


x1 closes out to the corner and x2 closes out to the slot



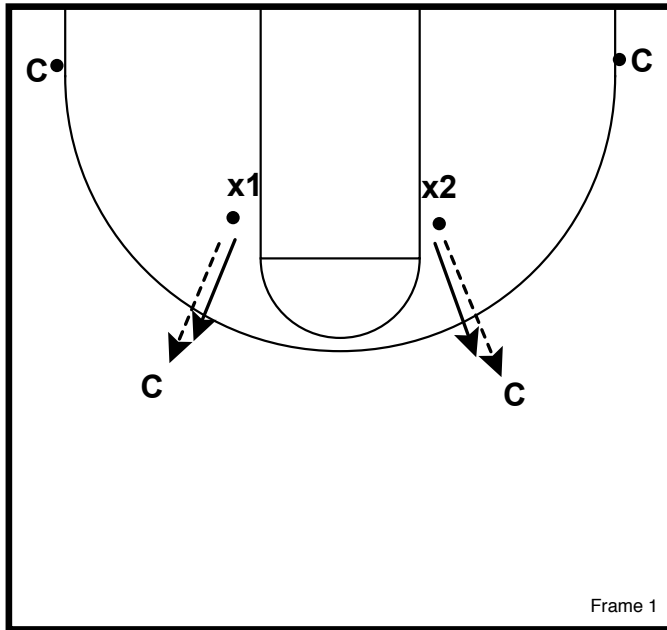
x2 stops middle penetration and x1 stops the baseline drive

Multiple Effort Defense Partner Drill 3



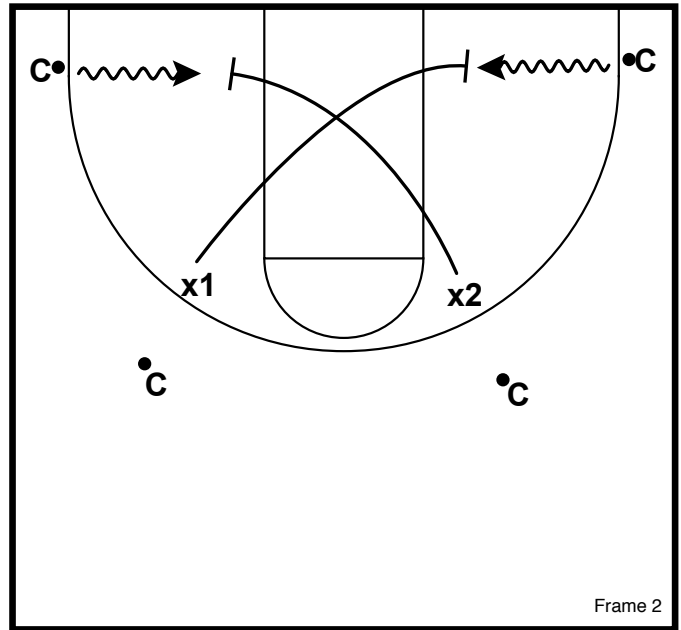
Drill ends with a close out and a box out

Multiple Effort Defense Partner Drill 4



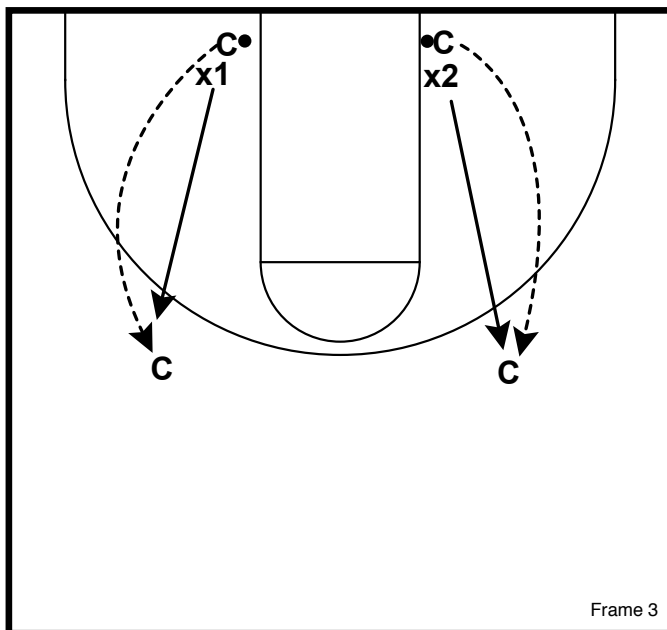
Frame 1

Defenders pass the ball to the coaches and close out



Frame 2

Defenders must cross each other and defend baseline drive



Frame 3

Defenders must recover to close out