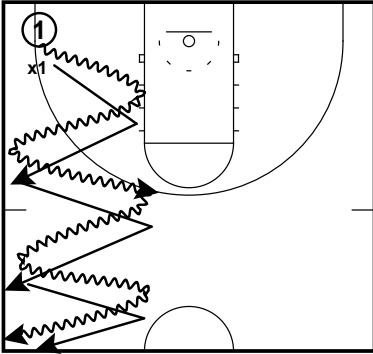


Pick and Roll Defense

Drills

2 man-1 ball Zig Zag Drill
Frame 1

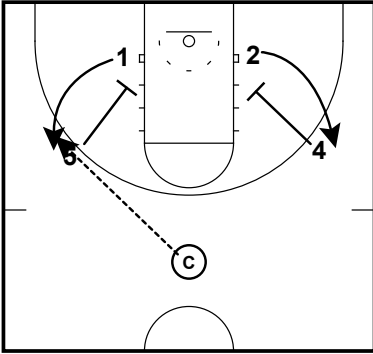


Focus on stance and slide. Start slow and build intensity. Half court and back.

Pick and Roll Defense

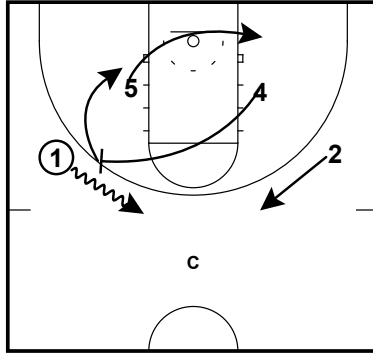
Drills

4 v 4 Jazz Shell Drill
Frame 1



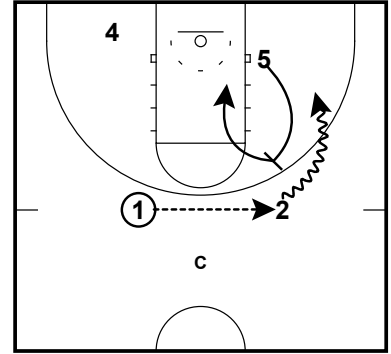
Box set. Bigs pin down for the guards. Guards pop. Coach hits either wing.

4 v 4 Jazz Shell Drill
Frame 2



Big sprints into side pick and roll.

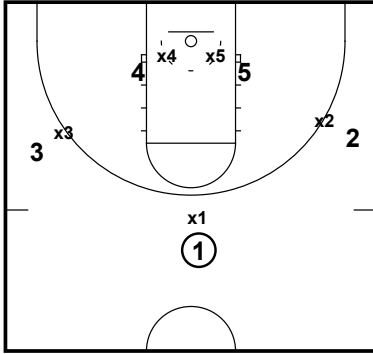
4 v 4 Jazz Shell Drill
Frame 3



When ball is swung...opposite big steps up into pick and roll.

Pick and Roll Defense Drills

5 v 5 Get a "Kill"
Frame 1



5 v 5 Get a Kill.

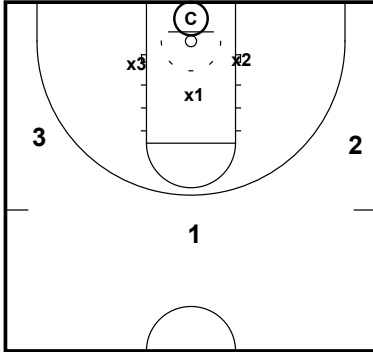
Kill= 3 stops in a row.

Offense scores- flip over.

Pick and Roll Defense

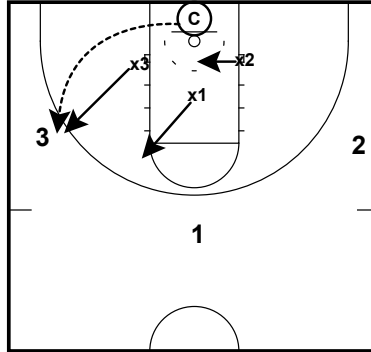
Drills

Bennett Drill
Frame 1



The drill is set-up in the same way as 3-line (Vegas) closeout.

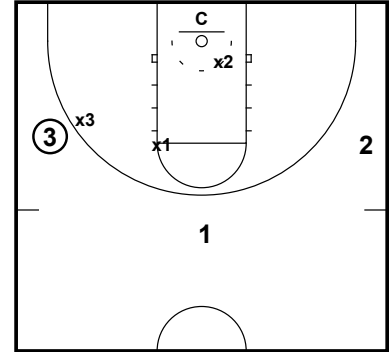
Bennett Drill
Frame 2



The coach will begin with the ball and pass it out to any offensive player.

On the flight of the ball, the defenders must close out to their correct positions- 1 man on ball and 2 others in gap/help positions.

Bennett Drill
Frame 3

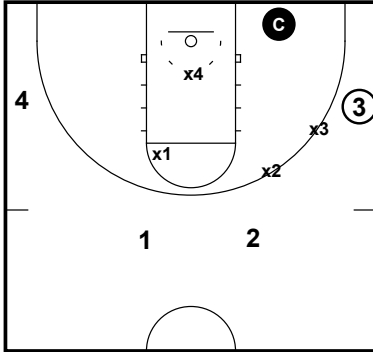


You can incorporate any rules that you like in the drill. Ex. Play is live on the catch, must pass a certain number of times, move the ball until coach calls "live", etc.

Pick and Roll Defense

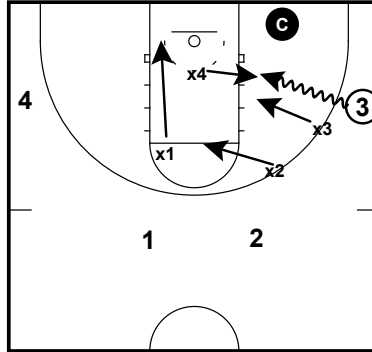
Drills

Brockport Drill
Frame 1



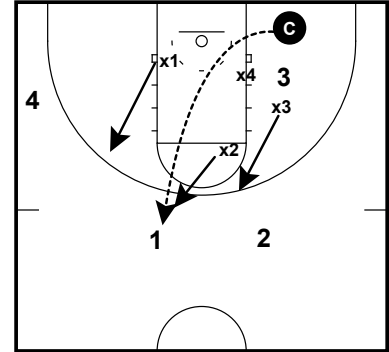
4 offensive players in a shell around the perimeter. 4 on defense matched up and in proper defensive spacing. Defender on ball (x3) is on side of offensive player. Coach with ball on baseline.

Brockport Drill
Frame 2



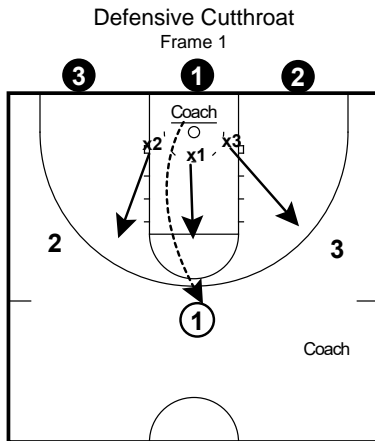
Ball handler drives ball to rim. Defender (x4) slides over and takes a charge. Other defenders rotate. After charge, coach passes ball out and D scrambles out of help situation. Play 4 v 4 live.

Brockport Drill
Frame 3



Pick and Roll Defense

Drills



Defensive Cutthroat.

Start with the offense on the perimeter and the defense in the paint. Coach underneath basket throws ball out to an offensive player. Defense closes out to proper positions. On catch, the ball is live.

If the offense scores, defense goes off, offensive player immediately gets ball and outlets to coach on perimeter. The offense then becomes the defense and new offense comes on. Coach passes ball in and play is live. Keep pace and energy high.

Defense Rules:

1. Must be communicating.
2. Must have ball pressure.
3. Must be in proper positioning.
4. Must contest shot.
5. Must "attempt" to blockout.

If they fail to do these, blow the play dead and they are off).

Game Rules:

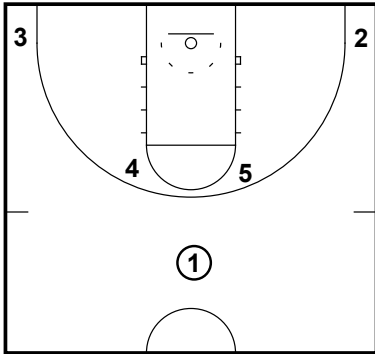
1. Get a stop, stay. Get scored on- off.
2. Limit offensive dribbles. 2-3 max.
3. No ball screens.
4. Charge wins the drill.
5. Each stop is worth 1.
6. Foul- off.

*Can add players- 4 v 4, 5 v 5.

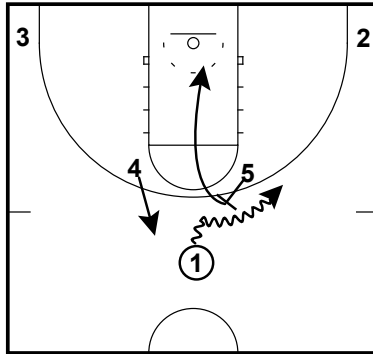
Pick and Roll Defense

Drills

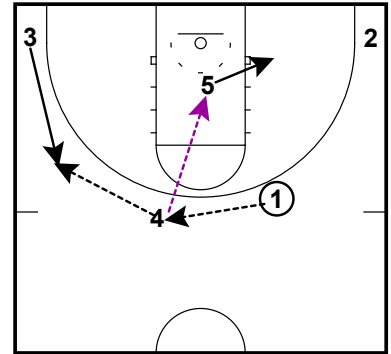
Van Gundy Drill
Frame 1



Van Gundy Drill
Frame 2



Van Gundy Drill
Frame 3

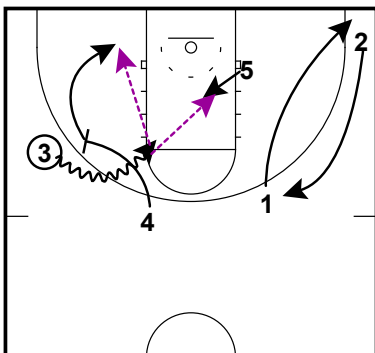


The Van Gundy Drill is designed to force the defense to guard a variety of actions that they would see in the game.

1. Horns BS action.

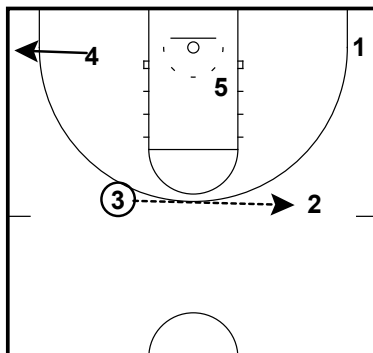
It starts in a Horns sets.

Van Gundy Drill
Frame 4



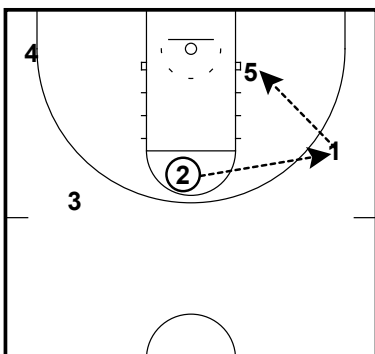
2. Wing PNR with opposite big duck-in.

Van Gundy Drill
Frame 5



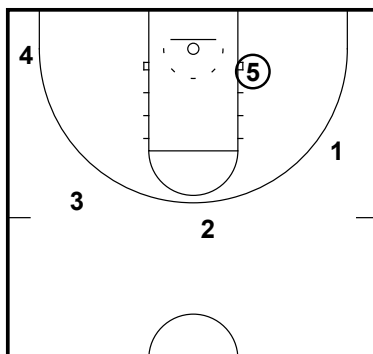
3. High sprint ball screen with 5.

Van Gundy Drill
Frame 7



4. Post up off throwback.

Van Gundy Drill
Frame 8



Once the offense knows the motion, the defense will step on and guard it. Play will be live and the offense can score off any of the actions.