

## **Bruce Weber: Developing Your Defense Through Practice Drills**

- Defense always gives you a chance
- Have to be a little flexible
- Basketball is a game of habits
  - Create habits for when players get tired and rely on these habits
- Preparation
  - No better than the people around you
  - Paper, video, walk through, live play
- Defensive System (review in the offseason/beginning of each year)
  - Flexible within your system
  - Don't want any grey areas
  - Decide how you're going to guard every action/situation
- Man on man and try to protect the paint
  - What do you do on transition defense?
    - Early in the year you must drill it
  - Ball Screen Defense
    - Flat Hedge
      - Have a second hedger (stunt from the slot)
    - Ice
      - Form a box
    - All players are involved in ball screen D
    - Tagging Roller
      - High Tag- make contact with roller
  - Closeouts
    - How do you teach footwork
    - Banana closeout to stop drive
    - Nose on the ball
- Don't get dribbled under
- Run to the ball don't jump
- 3 on 3 Habits Drill
  - Guided offense
  - Offense runs specific action for the defense to work on guarding that action
- Good Defensive teams Talk
- 4 on 3 Defense Drill
  - Defense must get a stop to get off the floor
- Transition Defense
  - Make ball handler pass or go east/west
  - May do 4 on offense into Rush
- [Rush Defense Drill](#)