

## M & M Defensive Breakdown Drills

### 1 on 1 Drills:

- 1 on 1 Close out drill – driving lines – Right wing, left wing, top of key
- Workhorse drill- newell – follow – closeout – live 1 on1
- 1on 1 full court Zig Zag – stance only, O walk, O 3 dribbles (boundaries), ) 50%, 75% - Live –no boundaries
- 1 on 1 Full Court – O -left hand only, jab/retreat,
- 1 on 1 to ½ court—technique only (live 1 on 1 back)
- 1on 1 – boundaries to ½ ct. -cut the court - live
- 1 on 1—get a head of ball (technique or 70%)
- 1 on 1—stop the ball – level the ball —stance run stance
- 1 on 1 Sideline closeout
- 3 pt. line closeout—1<sup>st</sup> step
- Help “D” to 1 on 1 closeout
- 3 Player Weave—
  - a. 1 on 1 closeout
  - b. 1 on 1 defend weak-side flash
  - c. 1 on 1 weak-side rebound
- Take a Charge drill
- Hustle drill – take a charge, loose ball(heavy ball), make a lay-up (regular basketball) cones
- 1 on 1 Wing denial, progress, help - closeout
- Stanford Lay-ups
- 2—stop drill – 3 O – 1 D outside the 3 point line
- Super Woman – 2 coaches
- 1 on 1 post defense
- 1 on 1 post Defense—arm bar
- 1 on 1—from top of key—work on push out step and next couple of slides

**2 on 2 Drills:**

- 2 on 2 Down Screen D
- 2 on 2 Back Screen
- 2 on 2 Pick-n-roll "D"
  - a. Hard hedges
  - b. Skinny -Go under
  - c. Trap on ball
  - d. Switch
  - e. Containment – go under
  - f. Shorten the Floor
- 2 on 2 Flare Screen "D"
  - a. Go over
  - b. Go under screen
  - c. Switch
- 2 on 2 Penetrate-n-pitch
- 2 on 2 Weak-side exchange
- 2 on 2 Down screen
- 2 on 2 Flex cut
- 2 on 2 Full court
- 2 on 2 Closeout/Rebound
- 2 on 2 Ball-side/Help-side
- 2 on 2 Diagonal—Up screen
- 2 on 2 Give-in-go
- 2 on 2 Loop – open see ball handler
- 2 on 2 Odessa
- 2 on 2 Post D
- 2 on 2 UCLA cut D
- 2 on 2 Mankato – high on ball middle of court
- 2 on 2 Flat on Ball middle of court
- Cat fight ( 1 on 1 OR 2 on 2)
- 2 on 2 Baseline Cover
- 2 on 2 Take a Charge

**3 on 3 Drills:**

- 3 on 3 Odessa
- 3 on 3 Closeout/Rebound
- 3 on 3 Flex cut
- 3 on 3 Penetrate-n-pitch
- 3 on 3 Cut the court—help-n-recover
- 3 on 3 Keep the ball to one side
- 3 on 3 Flex cut/down screen (screen the screener)
- 3 on 3 Flare screen
- 3 on 3 Pick-n-roll
- 3 on 3 Give-n-go defense
- 3 on 3 Catch-up—Transition “D” drill
- 3 on 3 Take a Charge drill
- 3 on 3 Ball-side/Help-side
- 3 on 3 Double screen Defense
- 3 on 3 Inside Triangle
- 3 on 3 Strongside Triangle
- UNI Rebound
- 3 on 3 Double Screen—P/P
- 3 on 3 Double Screen—Gd/P (switch)
- 3 on 3 Double Screen—elevator screen
- 3 on 3 UCLA cut Defense

**4 on 4 Drills:**

- 4 on 4 Shell position, Stance, Jump to ball, Rebound
- 4 on 4 Shell ball-side/Help-side
- 4 on 4 Shell Penetrate-n-Pitch
- 4 on 4 Down screen—Cross Screen
- 4 on 4 Back screen—Cross Screen
- 4 on 4 Screen the Screener
- 4 on 4 Pick N Roll – choose - variation
- 4 Player Transition “D”
- 4 on 4- “Change” - 7 & 10
- 4 on 4 Catch-up
- 4 on 3 “O”—Rotation drill
- 4 on 3 “O”—trap baseline drill
- 4 on 4 Rotation drill – middle and baseline rotation
- 4 on 4 Double Screen Defense P-P; GD-P
- Husker Drill – 4 on 3 into 3 player break
- 4 on 4 Rebound – score points
- 4 on 4 “Change” Full Court

**5 on 5 Drills:**

- 5 on 5 Catch-up
- 4 out 1 in Defensive shell
- 3 out 2 in Defensive shell
- Motion
- 5 on 5 Rotation drill
- 5 on 5 Rebound
- Perfect 30
- 4 out 1 in-Post to Post Double
- 4 out 1 in—Gd. To Post Double
  - On the Pass
  - On the dribble (50%)
- Guarding our Chicago—1 up top, 4 flat on baseline
- Mankato Defense – rotation (guarding the high on ball)

**Conversion Drills:**

- 3 on 3 Catch up
  - 4 on 4 Catch up
  - 5 on 5 Catch up
  - 2 on 2 Odessa
  - 3 on 3 Odessa
  - Full Court – Change Drill – Transition “D” -
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- 3 on 2 - 2 on 1
  - Arkansas - 3 Player Weave – 3 on 2 – 2 on 1
  - 11 Man Break