

Manual Resistance Training

Manual resistance training is a very effective way to work out because it is fast, efficient, and does not require equipment. The following guidelines should be observed. It is important to have good communication between the performer and the spotter. The performer should not rest during the exercise and must keep muscles tense at all times. The performer should take 2 seconds to perform the positive portion of the exercise and 4 seconds to perform the negative. The spotter must keep pressure on the performer at all times, but he should apply more resistance during the negative portion of the exercise.

1. Push-Ups

1. Performer executes 10-12 push-ups with either the toes or knees on the floor.
2. Spotter places hands on performer's shoulders and provides resistance by pushing down. This may be optional especially for younger children.

2. Sit-Ups

1. Performer executes 10-12 sit-ups keeping feet on the floor.
2. Spotter places his hands on the performer's knees and tries to push them down while the performer uses his stomach muscles to resist.

Defensive Exercises - 30 minutes

Footwork

1. Shuffle and Slide

1. Player stands under the basket in a defensive stance. He shuffles up to the midpoint of the foul line.
2. Player slides to his right until he reaches the end line.
3. Player shuffles to the half court line.
4. Player slides to his left until he reaches the opposite end line.
5. Player shuffles backward until he reaches the foul line extended area.
6. Player slides to his right until he reach the foul lane.
7. Player shuffles backward until he is out of bounds.
8. You can do this with one player or the whole team in succession.
Player should slide in his stance, keep his palms up, and avoid crossing his feet. When shuffling, the player should keep one hand up and the other down for balance. It is important that the player pick a point to focus his eyes on at all times.

2. Z Drill

1. Player steps backward (from baseline to half-court) at 45 degree angle alternating feet every 1, 2 or 3 steps.

3. Defensive Stance

1. Player assumes the defensive stance.
2. Player taps feet rapidly.
3. Coach will say "right" then "left", player turns right, then left while tapping feet.
4. Coach yells slides and players slide.
5. Coach yells shot and player jumps to block shot.
6. Coach yells rebound and player turns and blocks out.
7. Repeat for 1 minute.

4. Slides

1. Stand in the middle of the lane.
2. Assume a defensive position with knees bent, head up and arms out.
3. Slide back and forth between the lane lines, making sure the feet do not touch.
4. Continue for 1 minute.

5. Jump Stop

1. Player stands at half court.
2. Player runs and jump stops with his feet parallel to each other, knees bent, head and eyes up, and hands extended out. Maintain good body balance with weight evenly distributed between the feet.
3. Continue this movement until player reaches the baseline. Repeat.

One-on-One

One-on-one drills help players work on their offensive moves such as the jab step, ball fake, head and shoulder fakes, and crossover dribbles as well as defensive form and footwork from various spots on the floor.

1. Basic One-on-One

1. Divide players into pairs with the defense standing on the baseline under the basket and the offense standing in the outlet area.
2. Have the defense roll the ball to the offense, then follow the ball and close out with hands high and then down and tracing the ball. Emphasize closing out long and then moving in closer.
3. The two players play on-on-one until the offense scores or the defense stops the offense. The offense has only 3 dribbles to make a basket without turning their back to the defense.
4. On a made basket the offense retains the ball, otherwise the defense takes possession. Play continues until a player scores 10 points.

2. Zigzag

1. Player #1 is a dribbler and player #2 is a defender. The court is divided invisibly down the middle and player #1 is not allowed to dribble across the invisible line.

2. Player #1 dribbles the length of the court in a zigzag pattern, starting at the baseline in the corner, dribbling to the free throw line, then to the sideline at half court, to the next free throw line and ending on the baseline in the corner.
3. Players #2, in his defensive stance, slides with the dribbler to the opposite end of the floor. The defensive player must always stand close arms length away from the dribbler and keep his head directly between the ball and the basket.
Players must apply constant pressure to the ball with their hands. The defensive player, playing palms up, pressures the ball with the hand nearest the direction the offensive player is moving. For example, if the offensive player move to the right, the defensive player uses his right hand to flick the ball.

3. Defending the Flash Post

1. Player #1 has the ball and stands at the right foul line extended area. Player #2 is the other offensive player and stands at the left of the lane. Player #3 stands in the lane in a help position and defends player #2.
2. Player #2 V cuts to the high post on the ball side.
3. Player #3 must react and cut off player #2's passing lane
4. Player #2 now spins and cuts to the low post ball side.
5. Player #3 must open up and properly defend the low post.

4. One-on-One Touch

1. Player #1 has the ball and stands under the basket and player #2 stands in the corner.
2. Player #1 throws a chest pass to player #2.
3. Player #2 catches the ball ready to shoot in the triple threat position as player #1 runs at him.
4. Player #1 touches player #2's hip and the two players then play one-on-one.
5. Play continues until offense scores, defense rebounds, offense turns the ball over or defense steals, or one of the players foul. If a player scores or gets fouled, he keeps the ball.
6. Players repeat the sequence from different positions on the court. Play continues until a player scores 9 points. A basket is worth one point, and if a player fouls he loses a point.

5. One-on-One Dribble

1. Player #1 has the ball and stands under the basket and player #2 stands in the corner.
2. Player #1 throws a bounce pass to player #2.
3. Player #2 does not wait for the defender to touch him (as in the "One-on-One Touch" drill). Instead player #2 dribbles at player #1 and tries to go by him.
4. Player #1 tries to meet player #2 outside the lane and force him laterally.
5. Play continues until offense scores, defense rebounds, offense turns the ball over or defense steals, or one of the players foul. If a player scores or gets fouled, he keeps the ball.
6. Players repeat the sequence from different positions on the court. Play continues until a player scores 9 points. A basket is worth one point, and if a player fouls he loses a point

6. Up-and-Under Move

1. Player #1 has the ball and stands one-half step above the box in the low post area. Player #2 is the defensive player and stands near player #1.
2. Player #1 turns, pivots on his left foot, squares up, faces the baseline, and makes a violent pump fake, bringing the ball up to his forehead.
3. Player #1 takes one hard dribble with the hand furthest sway from player #2 and takes the ball hard to the basket.
4. Player #1 ducks under and goes to the basket. If player #2 stays on the ground, player #1 jumps in the air after his pump fake, squares in the air to the basket, and shoots the ball.
5. Player #1 must remember to keep his knees bent until after he makes his pump fake.

7. Spin-Back Move

1. Player #1 stands one-half step above the box. Player #2 stands near player #1 and acts as the defender. Player #2 has the ball.
2. Player #2 throws the ball to player #1.
3. Player #1 catches the ball and takes one dribble toward the middle of the lane.
4. When player #1 feels contact from player #2, player #1 spins back, pivots off his right foot, squares up, and shoots a bank shot. Player #1 dribbles only once and keeps the ball low between his legs.
5. Player #1 must remember to get low and have his knees bent.

8. The Jim Paxson Move

1. Player #1 and player #2 stand to the left of the key. Player #1 is the offensive player and player #2 acts as the defender. Player #1 has the ball.
2. Player #1 drives down the lane with player #2 on his side.
3. Player #1 slows down at the last second as he gets close to the basket.
4. Player #1 lets player #2 get slightly ahead of him.
5. Player #1 comes to a jump stop and then pivots off his foot closest to the foul line (the right) as his feet hit the ground.
6. Player #1 turns and takes a baby hook shot as he comes toward the middle of the lane.

9. V Cut

1. Player stands at a position on the court and puts the ball on the floor.
2. Player steps back and makes a V cut to the ball.
3. Player picks up the ball, makes an offensive move, and takes a shot.
4. Player gets his own rebound and repeats the steps from different positions on the court.

10. Screen and Roll

1. Player #1 stands at the top of the key on the left side. Player #2 stands in the foul line extended area and player #3 stands at the left elbow. Player #1 has the ball.
2. Player #2 V cuts to the ball as player #1 passes the ball to him and screens away to the opposite side.
3. When player #2 receives the ball, player #3 immediately sets a front screen on player #2's imaginary defensive player.
4. Player #2 drives his imaginary defensive player off player #3's screen.
5. Player #2 drives off the pick wide in order to set up a possible passing lane.
6. Upon impact, player #3 opens up to the ball and rolls to the basket, giving his target (left) hand as he is going to the basket.
7. Player #2 has three options: 1) he may hit player #3 with a pass going to the hoop, 2) he may hard dribbles to the basket for a lay-up, or 3) he may come to a jump stop on the foul line and make a jump shot.
8. Players rotate positions and repeat the drill. In step 4, player #2 should try to brush his shoulder with the screen as he comes off the pick.

11. Pass and Go Away

1. Player #1 stands at the tops of the key with the ball. Player #2 and player #3 are positioned at the left and right foul line extended areas.
2. Player #1 dribbles toward player #2.
3. Player #2 V cuts toward the ball.
4. Player #1 passes to player #2 and then screens away for player #3.
5. Player #1 screens an imaginary player but he should be drilled to "head hunt" the defensive player in a game situation.
6. Player #3 V cuts around the screen and toward the basket.
7. After player #3 cuts, player #1 opens up and rolls toward player #2, who has the ball.
8. Player #2 has the option of either hitting player #3 cutting to the basket or player #1 rolling back to the ball.

12. Screen and Roll

1. Player #1 has the ball and stands to the left of the key. Player #2 at the left elbow and player #3 stands in the left foul line extended area.
2. Player #3 moves to the elbow, faces the ball, and sets a screen on player #2.
3. Player #3 releases to the wing area.
4. Player #1 passes the ball to player #2 and V cuts off the screen set by player #3 on the elbow.
5. Player #2 hits player #1 as player #2 cuts to the hoop for an easy lay-up.
6. Player #1 may also V cut behind the screen set by player #3 on the elbow (back door).

13. Wing Deny - Contesting the One-on-One

1. Player #1 has the ball at the top of the key. Player #2 is the offensive player at the foul line extended area.
2. Player #3 is the defensive player and stands in a total denial stance.
3. Player #2 V cuts back and forth as he tries to shake the defender.
4. If player #2 cannot get the ball, he cuts the baseline (backdoor) as player #3 opens up to see the ball. Player #3 must not let player #2 jump through the passing lane.

Man to Man- Ball Pressure Defense

1. Shell Drill - Recommend this drill every practice for 10 minutes

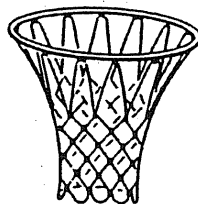
1. Position 4 players around the perimeter of the 3-point line on offense and 4 matching players on defense, in proper help defense formation.
2. Pass the ball around the perimeter, emphasizing the defense jumping to the ball as it is passed. The other players should be in the help positions.
3. The player on the top right passes the ball to the player on his right, cuts through and replaces the player on the bottom left.
4. When the player cuts through, the other two players on his left shift one position to the right.
5. Defense should jump to the person who has the ball, deny the pass and be in the proper help position.
6. Have a 5th player in the middle of the lane with a matching defender. When the pass goes to the 5th player in the lane, all 4 defenders should leave their person and dig up on the ball trying to knock it loose. The ball is passed out to one of the other offensive players.
7. The drill continues with passing both on the right and left. The offense must make at least 2 passes before it goes into the middle.

2. Conversion Drill - 5 on 5

1. Divide players into teams and start one team on offense. Position a coach on the sideline at half court with a ball.
2. When the coach blows the whistle, the offense drops the ball on the floor and the designated guard sprints to the coach to get the ball.
3. The defense sprints back into position.
4. Offensive tries to run a fast break.
5. Continue this drill 5 times before switching teams on defense. The purpose of this drill is to quickly convert from offense to defense.

3. 3-on-3

1. Divide players into groups of 3, one of offense and one in the proper defensive positions.
2. Play 3-on-3 with emphasis on proper close out and help defense positions. Players need to change their positions as the ball changes hands.



11

BALL-PRESSURE DEFENSE

In my opinion, the ball-pressure defense is significantly more effective than either a zone or a man-to-man defense at levels of play below high school varsity. The strengths of the defense are ideal to take advantage of the typical weaknesses found at the elementary and middle levels of basketball; the weaknesses of the defense are very hard to exploit by teams that do not have a high level of skill.

I recommend that a team first become experienced playing man-to-man defense; only then can ball-pressure defense be successfully introduced. I started using the ball-pressure defense a few years ago when my team had a significant number of players returning from the previous year.

A ball-pressure defense could be taught to players who didn't have man-to-man experience; but those players would be skipping a basic stage in their development, and the defense would be more likely to suffer breakdowns as well.

The ball-pressure defense has these advantages:

- ▶ The area of the basket is well protected.
- ▶ The pass into the pivot becomes very difficult.
- ▶ It forces poor passes, which generates turnovers and opportunities for break-away lay-ups.

CHANNEL THE BALL TOWARD THE SIDELINE

In the ball-pressure defense you must apply constant pressure to the ball to force it out of the middle and to prevent the ball handler from having an unobstructed view of his teammates. When the ball is either in the middle of the court or moved quickly from one side to the other, many of the advantages of the defense are lost.

The person guarding the ball has the following responsibilities:

- ▶ Force the ball away from the middle. The defender picks up the dribbler at about the midcourt line and stays about three feet away, overplaying by about one foot. In Figure 11.1, the defender wants the ball handler to dribble to the defender's left and therefore is shutting off the right side by overplaying in that direction. The defender's left foot is drawn back somewhat, which gives the offensive player an opportunity to dribble the ball toward the right sideline. It is equally acceptable for the ball to go to the left, but, as most defensive dribblers like to go to the right, it is usually easier to channel the ball in that direction.
- ▶ The defender must not allow the offensive player to dribble the ball up the middle. If

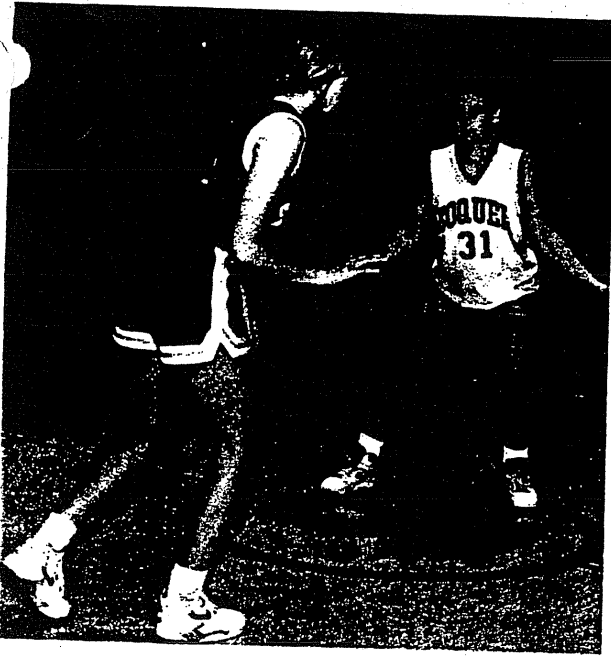


Figure 11.1. The defender overplays to the dribbler's left, with an open stance, encouraging the dribbler to go right.

the offensive player can successfully do that, the defense may give up a lay-up or a relatively short jump shot.

- ▶ Encourage the offensive player to pick up the dribble by applying intense pressure—that is, by staying very close to the offensive player. The defender gets help from the sideline, as the offensive player runs out of room, and also from teammates (see below).
- ▶ Once the offensive player has picked up the dribble, the defensive player moves to within inches of the offensive player and jumps up and down waving his arms. He tries to make it as difficult as possible for the offensive player to pass the ball into the pivot or have a clear view of the court. He does not reach in to try to steal the ball, as that is likely to produce a foul.

The defender who is guarding the ball stays between the offensive player and the basket and is as close as possible to the dribbler. This is the key defensive position on your team; it is also very tiring. You will

need two guards who are able to do this; alternate them frequently during the course of the game.

ON THE LINE, UP THE LINE

When your offensive player is one pass away from the ball, the proper position to play is “on the line, up the line,” as shown in Figure 11.2. The “line” is an imaginary line drawn from the offensive player with the ball to all other offensive players who are one pass away from receiving the ball. (Of course, the location of these imaginary lines changes each time the ball is passed or dribbled.)



Figure 11.2. On-the-line, up-the-line position with one hand in the passing lane.

Figure 11.3 shows the passing lanes, or lines, between O1 and O2 and between O1 and O3. In Figure 11.4, defenders X2 and X3 are in the on-the-line, up-the-line position.

“On the line” means that a player has at least some part of his body, even if it is only a hand or a foot, directly on the line. This significantly increases the chances for stealing a pass or causing the offensive player with the ball to throw a bad pass, as all possible passing lanes are closed off.

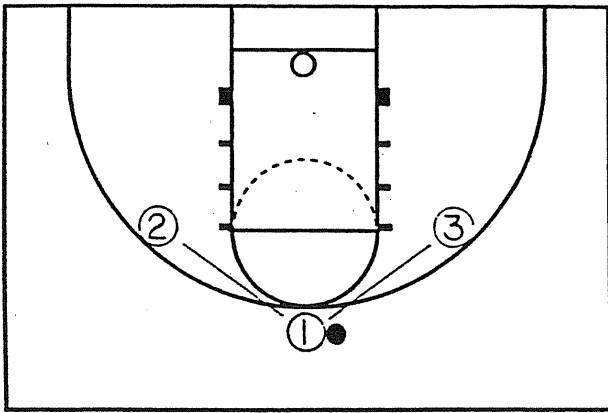


Figure 11.3. The passing lanes from O1 to O2 and O1 to O3.

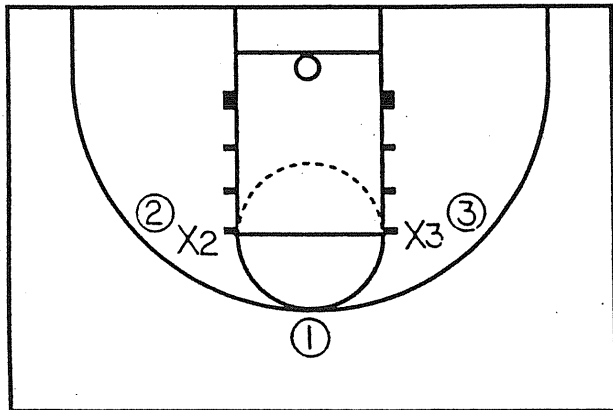


Figure 11.4. X2 and X3 are in the on-the-line, up-the-line position.

“Up the line” means that a defensive player is between the player he is guarding and the ball. This position is superior to the straight-up position of the man-to-man defense because it enables the player to get into position to deflect the pass or steal the ball. It is true that the offensive player can more easily cut to the basket to receive a pass, but don’t forget that at least one and usually two extra defenders are in the area of the basket to stop the back-door cut to the hoop.

The defensive players guarding an opponent who is one pass away from the ball must also help the teammate who is guarding the ball. This help consists of cutting off the dribbler, as shown in Figure 11.5. Here X2 has temporarily left the player he is guarding

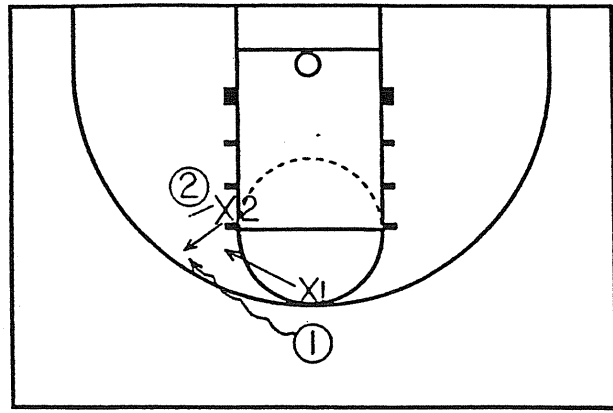


Figure 11.5. From the on-the-line, up-the-line position, X2 is able to help X1 by cutting off the dribbler, O1, ahead of the screen.

to force the ball handler to pick up the dribble. The most important part of providing help is to provide it early. That is, X2 should step in front of O1 to force him to terminate the dribble as soon as possible.

After helping, the defender must recover quickly. In Figure 11.5, as soon as X2 sees the dribbler about to stop, he immediately reverses direction to get into the on-the-line, up-the-line position. He still has the primary responsibility for guarding O2. This technique is called “early help and recovery.” Again, if O2 cuts to the basket as X2 is helping, the help-side defenders can stop O2 from getting a pass near the basket.

HELP-SIDE POSITIONING

Defenders who are temporarily not needed elsewhere can help their teammates by getting into the key. If a defender’s opponent is more than one pass away, the defender can play help-side defense—that is, he is available to move into the key to help defend and rebound. In Figure 11.6, X2, X4, and X5 are all guarding opponents who are more than one pass away from the ball. With X2, X4, and X5 in the paint, note that there are five defensive players against two offensive players on the ball side of the court. The defensive team is able to block the area under-