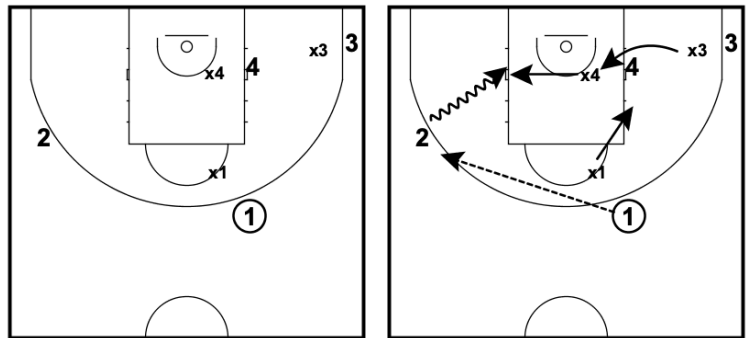


Kirby Schepp
Teaching Defensive Concepts
<https://www.youtube.com/watch?v=htllcJoHJ0s>

5v4 Scramble

- Good game to use for a warm-up.
- This isn't going to be a logical progression but bits and pieces of how we do things to teach different concepts.
- Good to teach defenders how to guard two and use angles.
- Constraint = offense aren't allowed to move, must use passes to get an open three. Defense must try and to stop the open three and get a clean rebound before it bounces.
- KPI = defender that has to guard two (e.g. on weak side but also appears in a ball screen situation when guarding the roller and other player) must play in the line of one guy but close enough to get to the other.
- **Load** = 10 sec shot clock
- **Load** = allow one or two dribbles
- **Load** = if coach gives cue player in possession can drive it
- **Load** = teams stay for x3 possessions. First to 3 pts.
- **Load** = add trans concepts and trips (e.g. three crash boards, fill nail spot, two sprint out). Could add the fifth offensive player waiting in the other half. Can also talk about offensive concepts (e.g. send 4 and 5 to the glass or tagging up).



Shuffle, Run, Shuffle 1v1

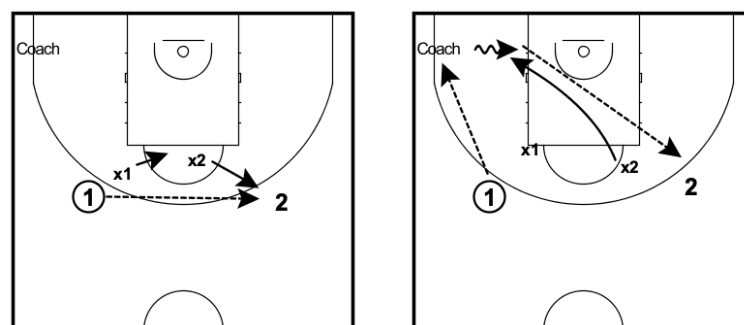
- Full diagonal. Players will do two zigs then live 1v1. Sideline to sideline, on change of speeds have to adjust from shuffling to running and vice-versa. Work on the hip turn for change of direction.
- Can put an arm bar on an offensive player if they're close and refs allow the contact.

Narrow 1v1

- Volleyball court to sideline. Live 1v1.

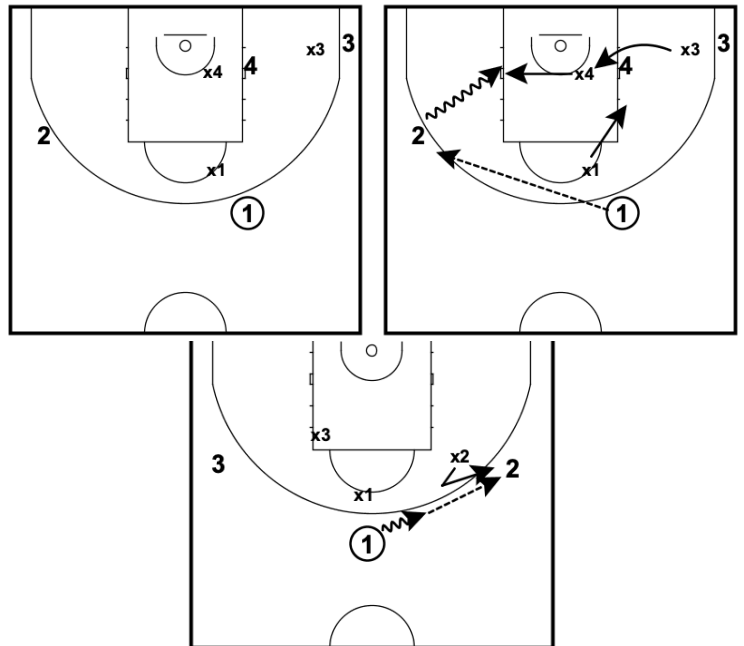
2v2 Scramble

- Standard 2v2 pass back and forth. Defense alternates between on-ball and a help position based on team's defensive principles.
- When coach makes connection for the ball, x2 drops to stop the drive. X1 drops and takes the first pass out, live 2v2.
- KPI = 'showing big' when helping and showing hands.



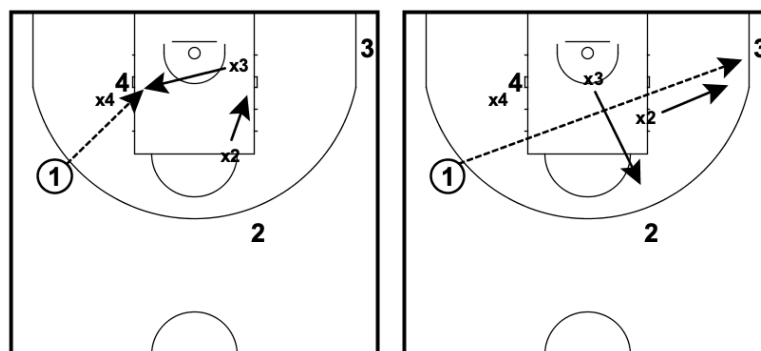
3v3 Skeleton Series

- First skeleton builds basic stages rotations. Helpers have to ‘show big’ by keeping hands up.
- Worst is no-one going to help, second worse is two people going to help.
- ‘Me’ is the person that is the helper. They are saying ‘me’ as the terminology prompt so teammates know if guy is beat the ‘me’ will help.
- ‘Cover’ is the person that will help the ‘me.’
- ‘Got 2’ is the guy that drops and takes two. Some youth teams won’t get to this stage.
- Ball is live when weak side wing drives.



- **Load** = 3v3 Stunts (diagram to the right)

- **Load** = Front the Post and Play (diagram below).
- Note if x3 starts in more extreme help (e.g Diagram 2 - x2 needs to drop early to counter against the skip from 1 to 3).
- Play until full ball reversal back to 1, and then play from fronting the post again.



Trans 2v1, 3v2, 3v3 Static Starts

- Defender has to shout 'goalie.' Live 2v1, trying to stunt and fake at ball handler to get them to pick up their dribble. Coach passes in randomly, whoever catches has to dribble push (good way to encourage bigs to put ball on the floor).
- Offense have 7 secs to score, can drop to 5 for better players. Teams stay, x5 possessions and flip. Rolling scores.
- His terminology was basket, ball, next. Can only score on the first shot or a tip in. KPI = sprint back showing big with hands
- **Load** = 3v2 (interceptor and goalie)
- **Load** = 3v3 (new defender must take the first pass)
- **Load** = 4v4, 'next, next'

