

# 9. Complete Man to Man

## **Purpose:**

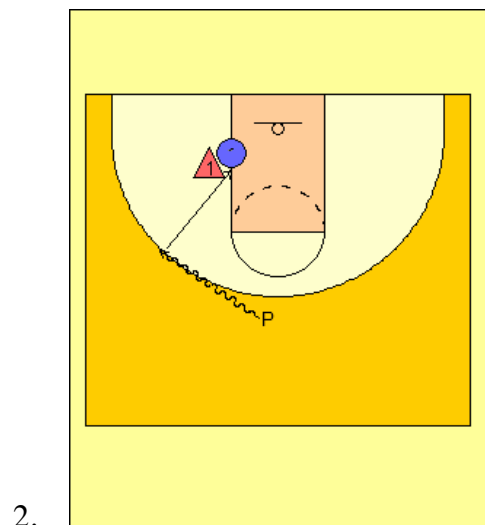
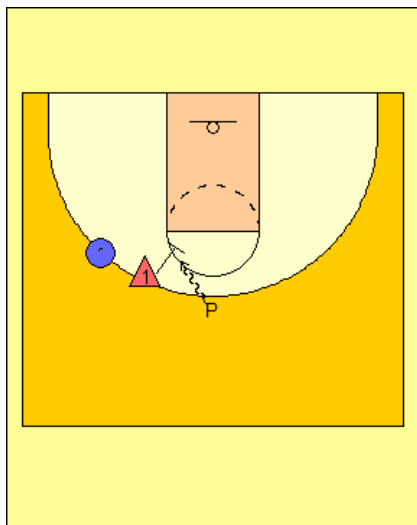
This drill will help players develop good defensive habits so they're always in the right position for almost any man to man situation they will encounter on defense.

## **Setup:**

You will put your players in many different situations in this drill. You should spend a few seconds for each situation to make sure the defender is in the proper position.

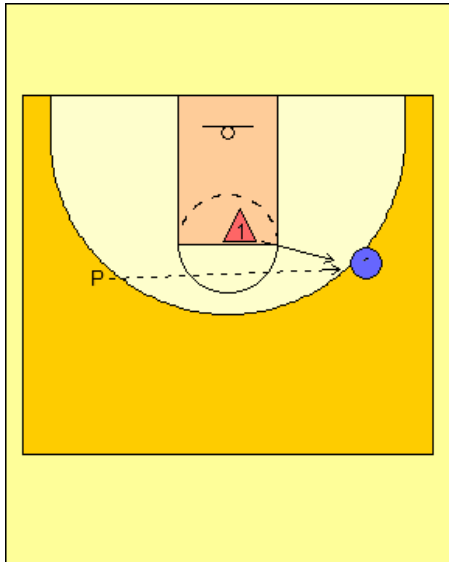
## **Execution:**

1. The first situation will be defending the passing lane and helping out with penetration, shown in diagram 1.

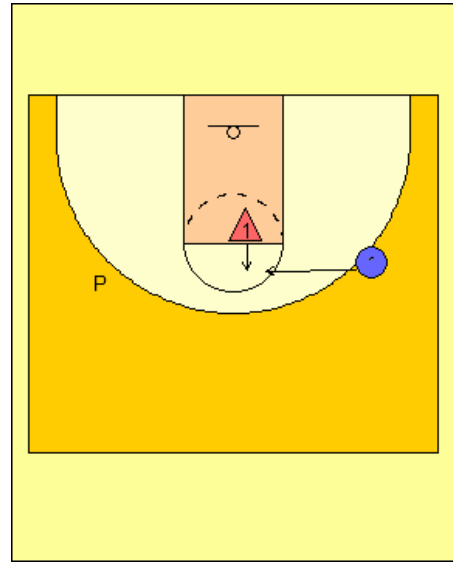


2. Next, the wing offensive player will go down to the post as the point guard dribbles to the wing, and the defender can work on post defense, as shown in diagram 2.

3. The offensive player will then rotate to the other wing, and the defender can work on seeing his/her player and the ball. The ball handler will then throw a skip pass to the offensive player and the defensive player will close out and defend the ball. This is shown in diagram 3.



3.



4.

4. Finally, the offensive player will pass the ball back to the point guard from the wing, and will make a flash cut to the middle. The defender will deny the pass. This is diagram 4.

### Coaching Tips:

\* Continually tell your players to...

- See their player and the ball at all times.
- Get a hand in the passing lane if only one pass away.
- Maintain a good defensive position with knees bent.
- Make sure the defensive player is always in the right position!