

8. Forward Denial

Purpose:

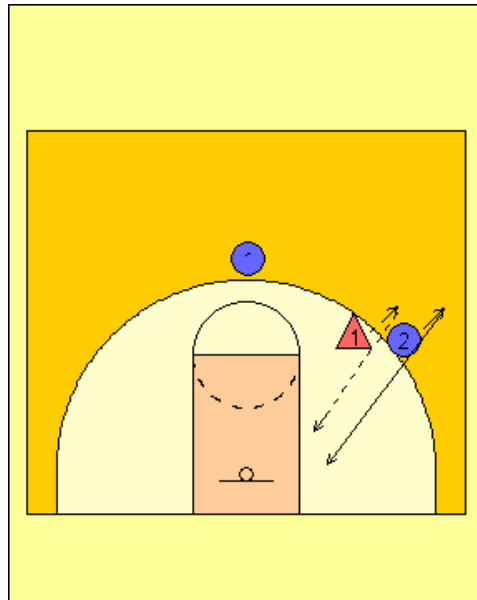
This drill is designed to put pressure on the offense and create fast break opportunities for your team. Denying the passing lane will force the opposition into turnovers and lead to very easy points.

Setup:

Position an offensive player at the top of the key and on the wing. Have the defensive guard the wing player. The basketball should be in the hands of the player at the top of the key.

Execution:

- * Ideally, the defender will be in a position where his/her hand is in the passing lane, and he/she can see the ball and the opponent at the same time.
- * When the whistle blows, the player on the wing will attempt to make cuts (v-cuts and backdoor cuts) to free him/her self from the defender. The player with the ball will attempt a pass to the wing player.
- * Repeat this process for a few repetitions, and then rotate the players.



Coaching Tips:

* Continually tell your players to...

- See the ball and the player he/she is defending at the same time.
- Keep their hand in the passing lane.
- Don't over commit, opening up a backdoor cut for the opposition.
- Work hard to get open with the v-cuts and the backdoor cuts – make the defender earn his/her keep!
- Make sure that passes are crisp and not lazy.
- Maintain your defense stance when denying the ball. In other words, do NOT run forward and backwards.