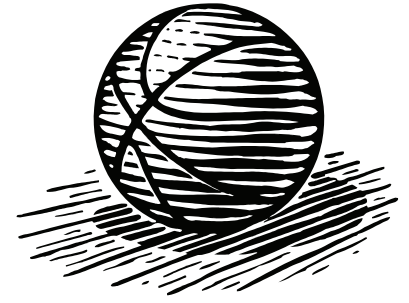


Name _____

FUNDAMENTALS

“ Leopard DEFENDS ”



Defensive Principles:

Leopard Stance - think sit in chair, balance with hands, on balls of feet, one foot forward

**Footwork Review
Step -slide
Forward / Backward**

**Footwork Review
Step - Slide
Zig-Zag**

**Footwork Review
Run-Slide-Run**

**Footwork Review
Run- turn - back pedal**

Close Out Drills

Partners face off 12' apart, one with the ball who passes to partner, closes out, switch after each close out.

**Close out
Influence dribbler to
L/R**

**Close Out
Offense holds ball high
“D” trace the ball**

Close Out

**Ball High - trace
Ball low (TT) - crow hop back
influence L or R
repeat ball high / low then switch**

Close Out

**Ball low - influence R/L
one dribble drive, lead step,
close out, trace the ball**

Close Out

**ball high, ball low, one dribble
drive, lead step, kill dribble,
shot by offense, yell 'shot',
make 'D' wall, contact, get rebound**

**On Ball - closed stance in front of offense
Off Ball - one or more passes away, “D”
triangle, 'ball-you-man', jump to ball
Deny Ball- position with arm up to 'deny'
pass to your offensive player**

**One - on - One Live
Coaches options**

**2 - on - 2 Live
Coaches Options**

**Defend the Post
Play behind, 3/4 baseline,
3/4 lane, in front, face
denial**