



Building Blocks of the Pack Line Defense



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1 on 1 Drills

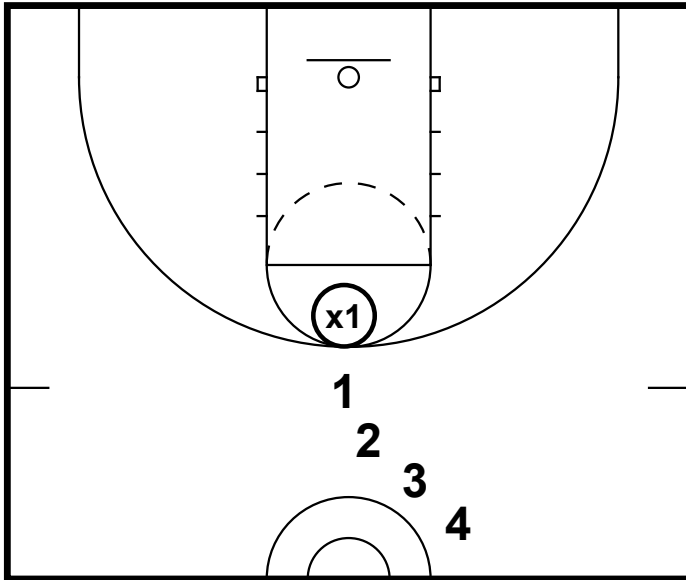
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1 on 1 Drills

1 on 1 Army



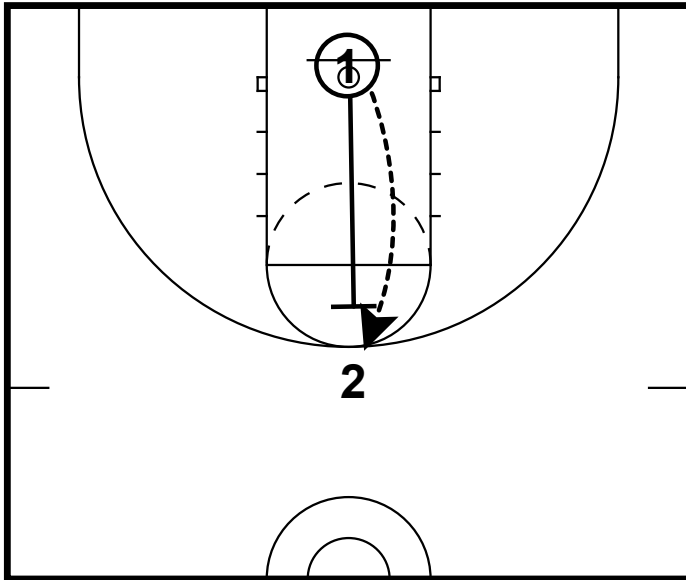
1 on 1:

- a. Offense player gets two dribbles
- b. To start, offense must grab the ball from the defense
- c. To win, you must get 3 stops

**Can't hold, but be physical, be aggressive

1 on 1 Drills

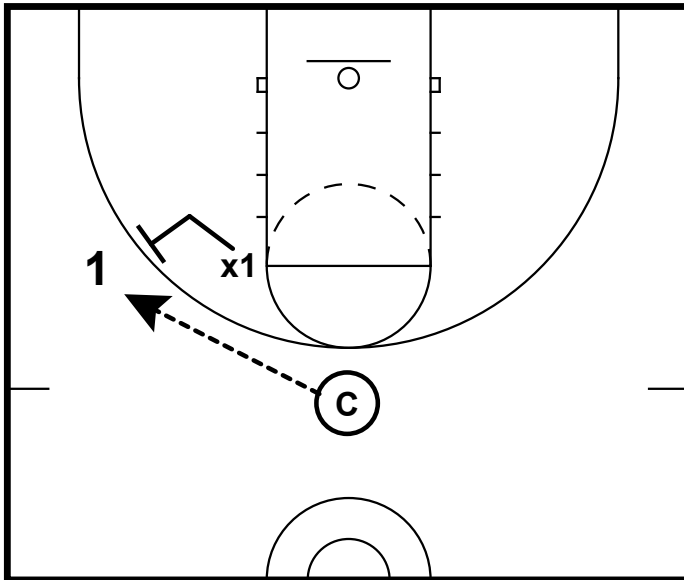
1 on 1 Closeout with 1 or No Dribble



- Defender underneath bucket
- Defender throws an underhand pass
- Defender closes out
- Offense waits until defense closes out
- Offense has 1 or no dribble
- Defense contests and blocks out

1 on 1 Drills

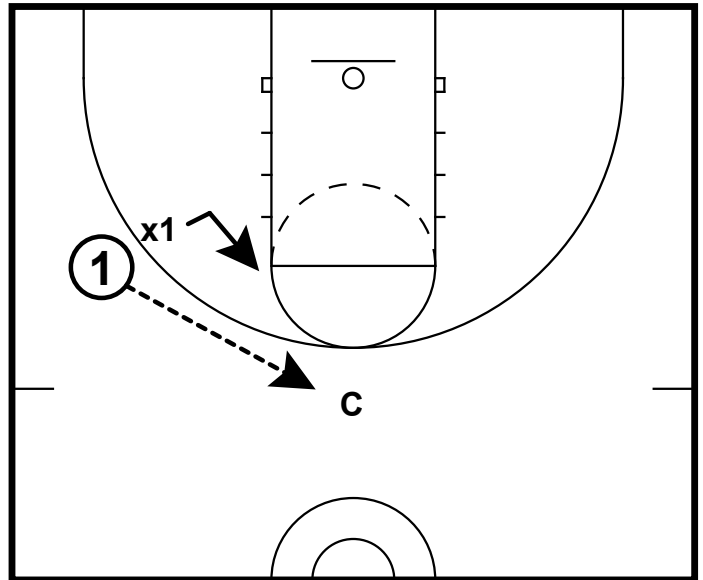
2 on 1 Closeout Drill



- Coach or player at top of key w/ ball
- Coach passes ball to wing
- Defender closes out

**Defender always communicating

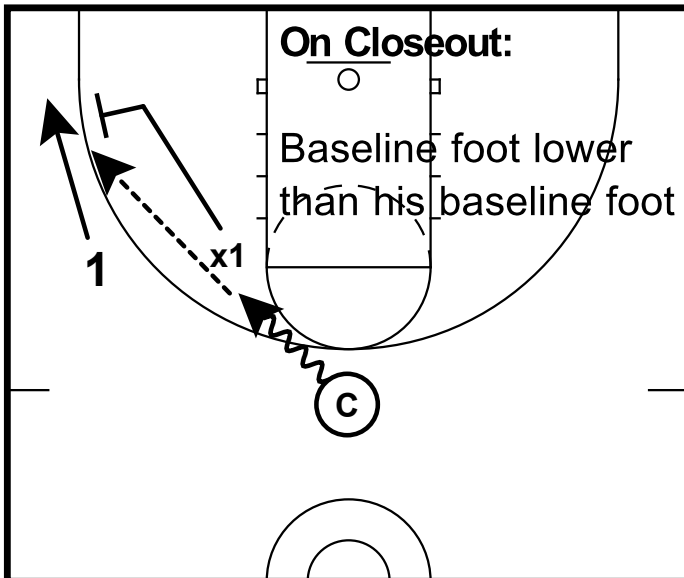
2 on 1 Closeout Drill



- Offense passes back to coach/player
- Defender jumps back and to the ball
- Defender is active in gap (not stationary)

**Defender always communicating

2 on 1 Closeout Drill

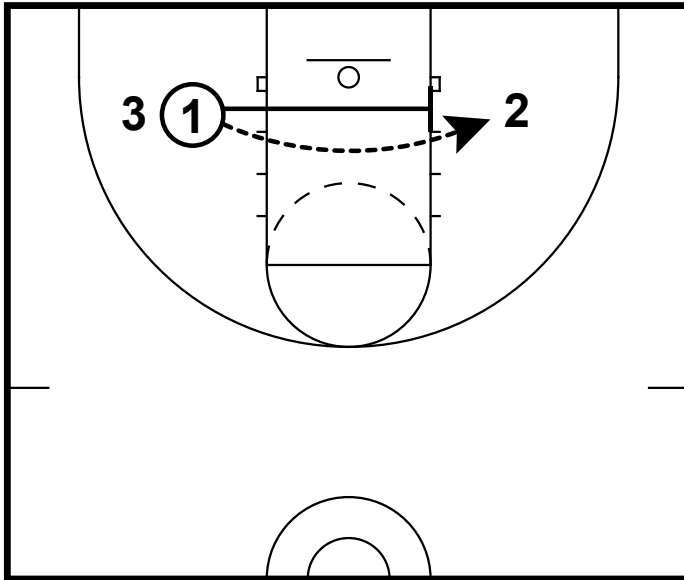


- Coach/player drives until they are stopped
- Offense on wing drifts to corner
- As ball is picked up, defender leaves to seek leverage
- Coach/player passes to wing offensive player
- Defender closes out and seeks leverage
- Live 1 on 1 as prescribed

**Defender always communicating

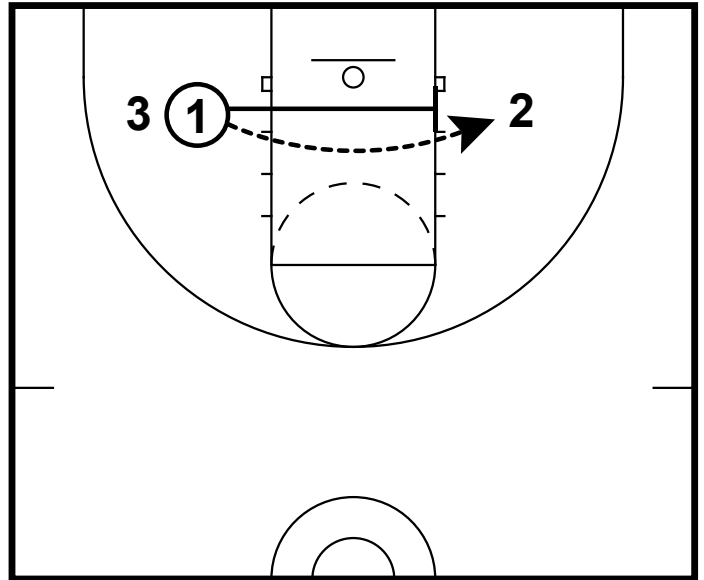
1 on 1 Drills

1st Progression



- 1 step off lane line
- Throw pass to partner
- Closeout
- Hold hands high for a 1,000-1 count

2nd Progression



- 1 step off lane line
- Throw pass to partner
- Closeout
- Hold hands high for a 1,000-1 count
- Jump-Up / Jump-Back (3x)

2 on 2 Drills

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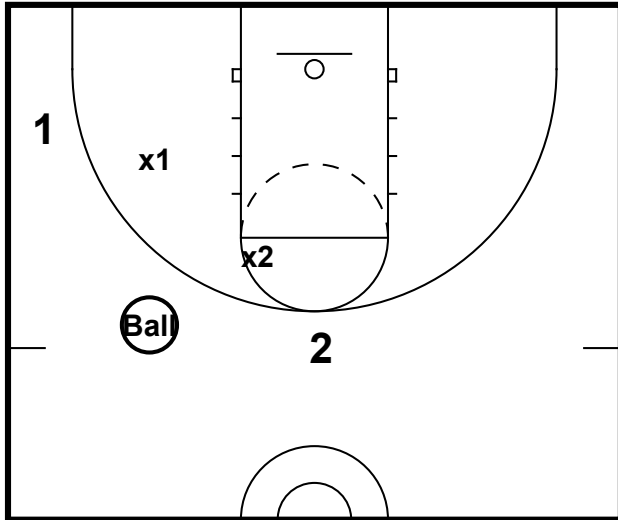
2.1 2 on 2 Vision

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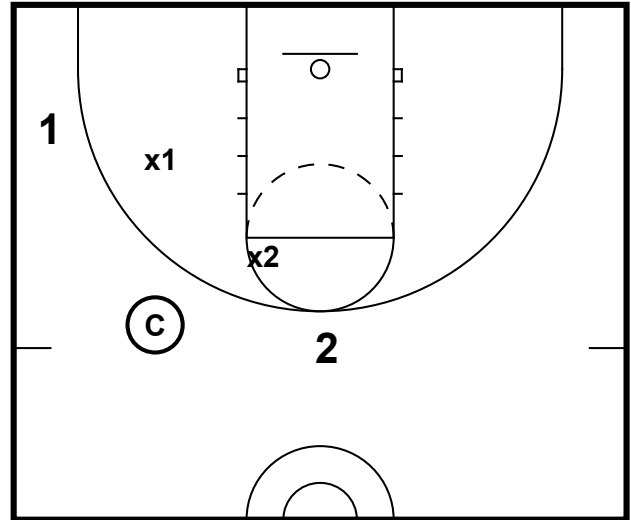


2 on 2 Drills

1st Progression



2nd Progression



- Ball on floor
- 2 offensive players, 2 defensive players
- Offensive players MUST make basketball cuts (no predetermined pattern/movement)
- Defender cannot let an offensive player cut in front of them inside the Pack Line

****Start with no screening**

Ball above FT Line:

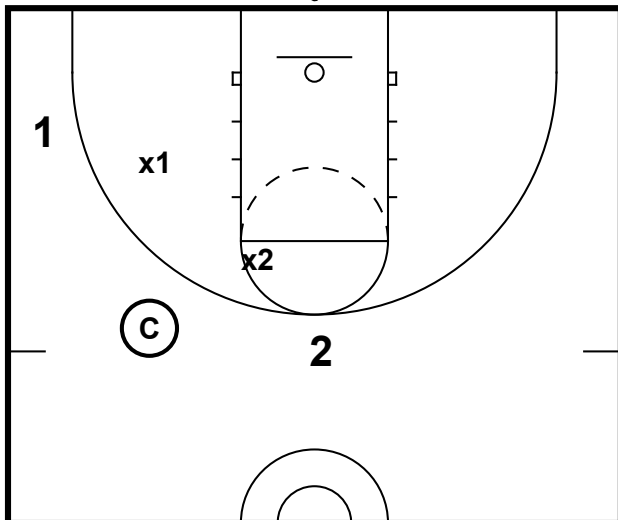
- Weakside defender outside the lane line

Ball below FT Line:

- Weakside defender straddle lane line

- Now, coach has the ball
- Coach may pass the ball to the offensive players at any point as they are cutting
- As soon as positioning is good, player passes back to coach and drill continues

3rd Progression



- Coach has the ball
- Now build in:
- Screening
- Offensive player taking a shot
- Etc.

4 on 4 Drills

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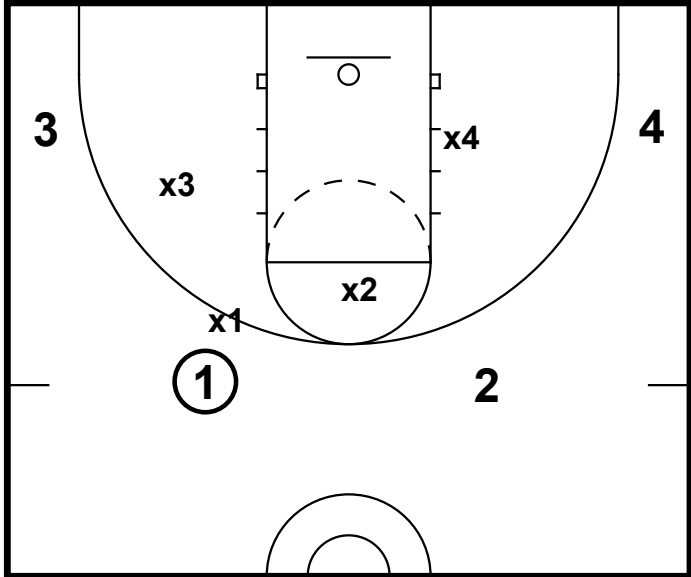
3.1	4 on 4 Change
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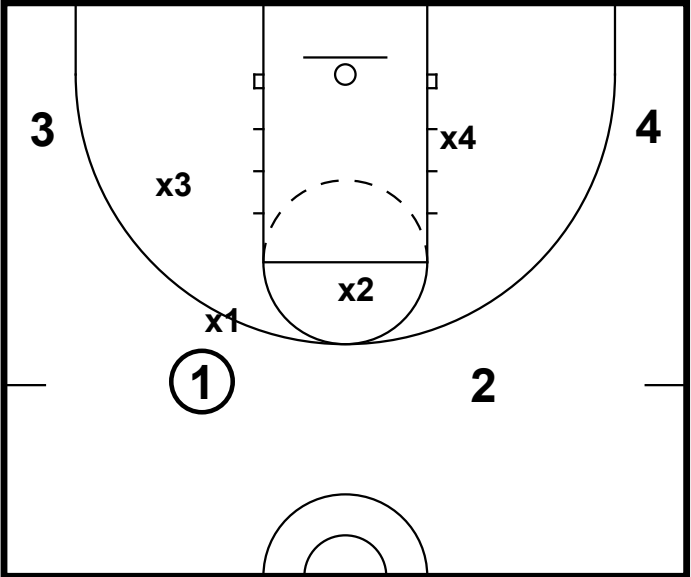
4 on 4 Drills

1st Progression



- At first, keep offense stationary (shell drill) ...

2nd Progression



- Once 1st progression is good, may allow offense to move and pass before yelling "Change"

