

DELTA STATE

BASKETBALL

DEFENSIVE CONDITIONING & DEVELOPMENTAL DRILLS

CONDITIONING

- **Lateral Bound Drill**
- **The Parapet Drill**
- **Shuttle Competitions**
- **Sprinting & Running Drills (Virginias, 33s, Line Drills)**
- **Wall Sits**
- **300 Yard Shuttle Runs**

DEVELOPMENTAL DRILLS

- **Defensive Slide Form Drill**
- **Mirror Drill**
- **Mass Defensive Slide Drill (2 Groups)**
- **Defensive Stance Change of Direction Drill**
- **Full Court Zig-Zag**
 1. Form
 2. Half - 3/4 Speed
 3. Full Speed
 4. Close - 5-Count
- **Defensive Conditioning Drills with Cones (Add Closeouts)**
- **Attack the Shooter & Blockout Drill**
- **Contesting: 1/0 Inside the Pack**
- **Contesting: 2/0 & Help Position**
- **3/3 Closeout & Vision - Freeze It**