



DRILL OF THE WEEK

"3 x 3 x PERFECTION"

DRILL PURPOSE

This drill is used to get players to concentrate on the defensive principles that you believe in and to develop the proper habits to the extreme so that they can be executed during the course of a game.



INSTRUCTIONS

1. Have the players perform three perfect defensive possessions
2. The length of the possession is determined by your opponents playing style. If for example, the opposition's average possession is 17 seconds against your defense, ask the players to play perfect defense for three times that length or 51 seconds.
3. Then demand that they execute three perfect 51 second defensive possessions.
4. During each possession every coach is watching for a defensive mistake. Be picky. If a coach sees a mistake, that possession must start over again at 51 seconds.
5. If the defense causes a turnover you can reward the defense by running 5 seconds off of the clock, restart the possession and run the clock from that point.
6. If the defense gets a defensive rebound, reward the defense by running 5 seconds off of the clock, restart the possession and run the clock from that point.

POINTS OF EMPHASIS

1. Stress the principles that you believe are important whether that be jumping to the ball on a pass, keeping the ball out of the lane, trapping the post, helping the helper or anything else that you believe in
2. Make sure that the offense plays aggressively and with purpose to push and improve the defensive unit

ALTERNATIVES

1. Make the drill a four on four drill to make it even tougher for the defense
2. Don't allow the offense to score so there is no break in the time for which the team has to play defense

SOME IDEAS ON THE PERFECT DEFENSIVE POSSESSION

1. Each player performs "vocally" on every pass, dribble or shot
2. Each player maintains correct stance throughout the entire defensive stanza
3. Levels of pressure on the ball are maintained throughout constituting team rules
4. All shots are rebounded by the defense
5. The defense gets stops!!!!