



DRILL OF THE WEEK

MSU: "JUMP TO THE BALL" DRILL

DRILL PURPOSE

This is a drill taken from Michigan State Coach Tom Izzo to establish stance, communication, ball containment and movement on the flight of the ball from the Championship Productions DVD Tom Izzo's "Basketball Smorgasbord" of Drills & Basketball Wisdom.

Coach Izzo's teams play on-ball defense in a containment stance - not forcing the ball left or right, middle or sideline. Off the ball, they are always in help position not denial.

INSTRUCTIONS:

1. Drill requires 4 players and a coach on the floor
2. Coach stands at the point between the two guards on offense
3. Player 1 starts with the ball and is matched up by Defender 1.
4. Defender 2 starts off in the "help" position, one step off the ball line directly across from the Coach staring them in the eyes
5. Player 1 kicks the ball to Player 2 and the defense jumps on the flight of the ball
6. Coach Izzo teaches the defense to make "two steps and a slide"
7. Have the guards kick the ball back and forth for five or six passes then rotate players through positions



POINTS OF EMPHASIS

1. The line of the ball is the imaginary straight line between the ball and a defenders direct opponent. should be one large step off the "line of the ball"
2. On ball defensive hand placement is one hand up, one hand down. If the offense has the ball on their right side, defender mirrors ball with the left. If the ball is on the left side, defender mirrors with the right
3. When the pass is made guard - **move on the pass, not on the catch**
4. The tendency of players after the pass is to look then move.....we must establish "**move, then look**" as the protocol of team defense

VARIATIONS:

1. Extend the distance of the guards to make the movement harder
2. Place an offensive player on the wing and deep corner
3. Add a dribble by the offense

On the help and recover, MSU emphasise that on the hedge, they must maintain their flat stance so not to lose sight of their direct opponent.

