



DEFENSE



Defense is an extremely important aspect of basketball. It has been said that defense wins games and for the most part, this statement is true. Just think about it, by playing good, aggressive defense you will limit the scoring chances for the other team, thereby increasing your opportunities to score. For young players, teaching them to play defense is one of the easiest tasks you will face. Good defense can be played by any player, no matter the age or athletic skill of the player.

Trap Drill For this drill, divide your team into groups of 3. One player will have a basketball and be on offense and two players will be on defense. The player on offense will attempt to dribble the ball past the two defenders, while the two defenders attempt to trap the offensive player causing the player on offense to stop dribbling or lose control of the ball.

BASKETBALL DRILLS & SKILLS