

Basketball Overload Defense Drill

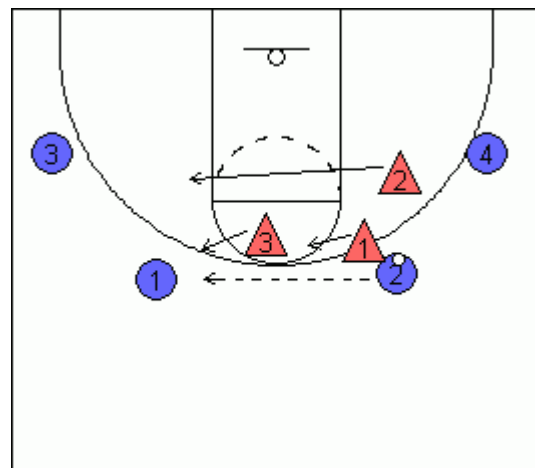
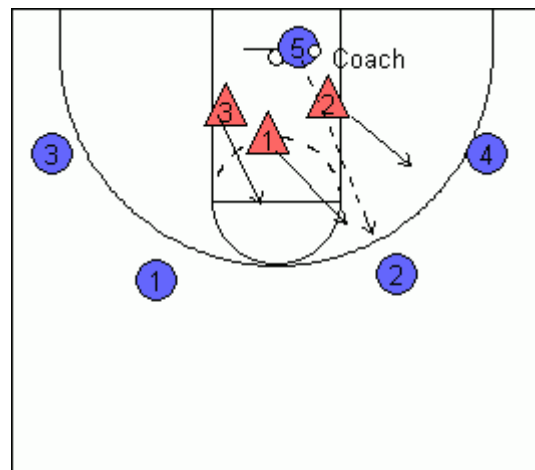
Drill Purpose:

This drill really makes your players work, because you have one less defender while trying to stop the offense.. If you are having problems with communication and rotating, this drill will force your players to do so. When your players go back to normal 5 on 5 defense, it will seem easy.

It can also be useful to practice rotations that may occur after a ball is passed out of a trap.

Instructions

1. Have four offensive players around the perimeter and three defensive players in the lane.
2. A coach will pass the ball to one of the perimeter players and the defensive players have to sprint to a player and match up.
3. The offense will instantly try to score. The same defensive player can not guard two passes in a row.



I've also seen variations of this drill done with 5 on 4, 3 on 2.