



NORDIC HOOPS ANALYTICS

Defense

COACHES / DRILLS & PLAYS

40 adapted exercise cards, with diagrams where available

01 Defensive progression

DEFENSE

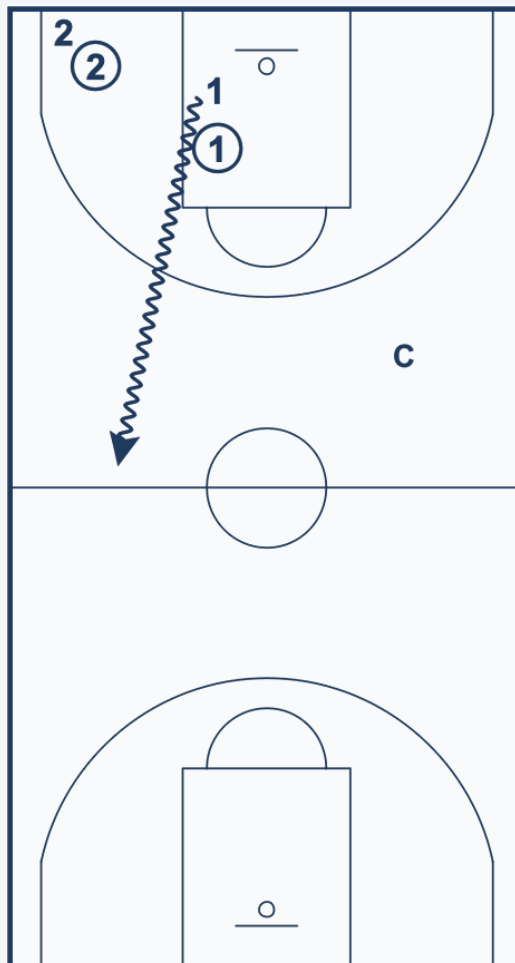
HOW TO RUN IT

Pairs progress from a dead-dribble contest to restricted-space pressure, live dribble near the rim and a transition stop. Change roles after short timed rounds.

02 Limit the crossing point

DEFENSE

COURT DIAGRAM



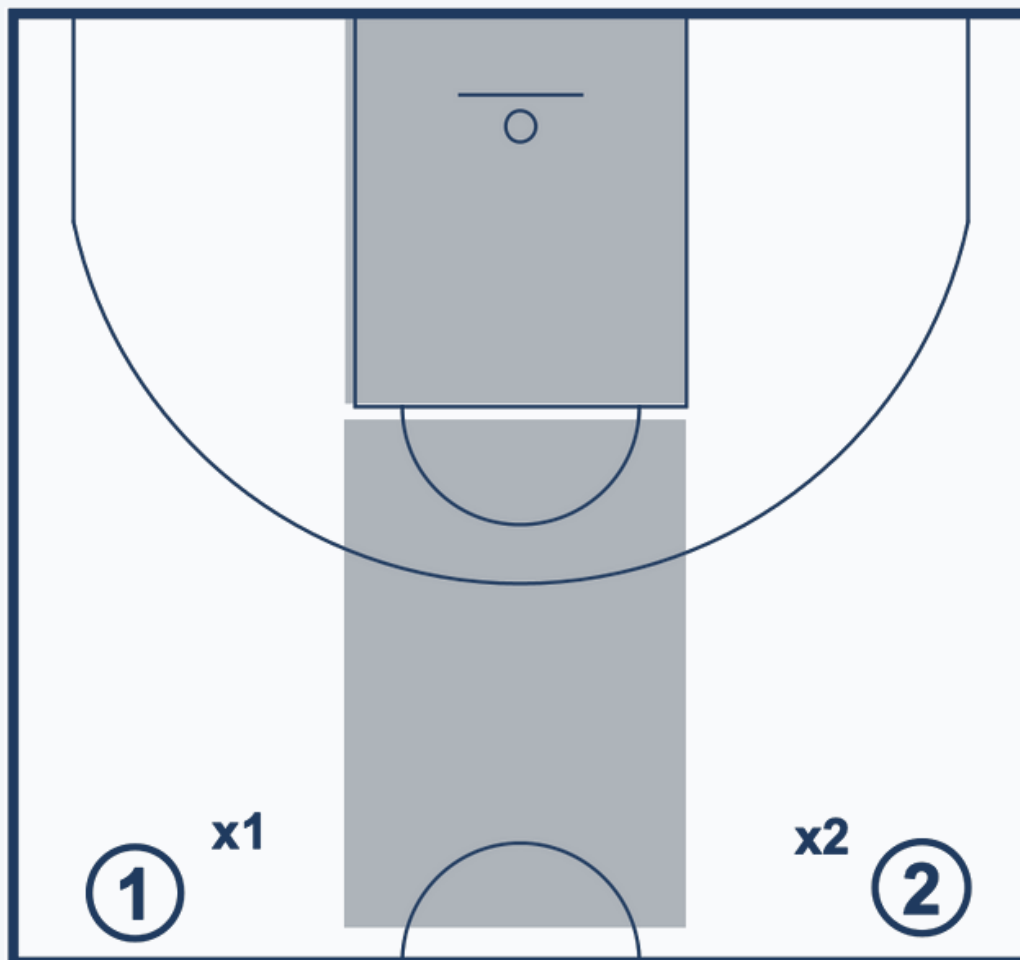
HOW TO RUN IT

The defender throws the ball off the backboard for the attacker to collect, then races to establish position and stop the drive through the designated area.

03 Keep the ball out of the middle

DEFENSE

COURT DIAGRAM



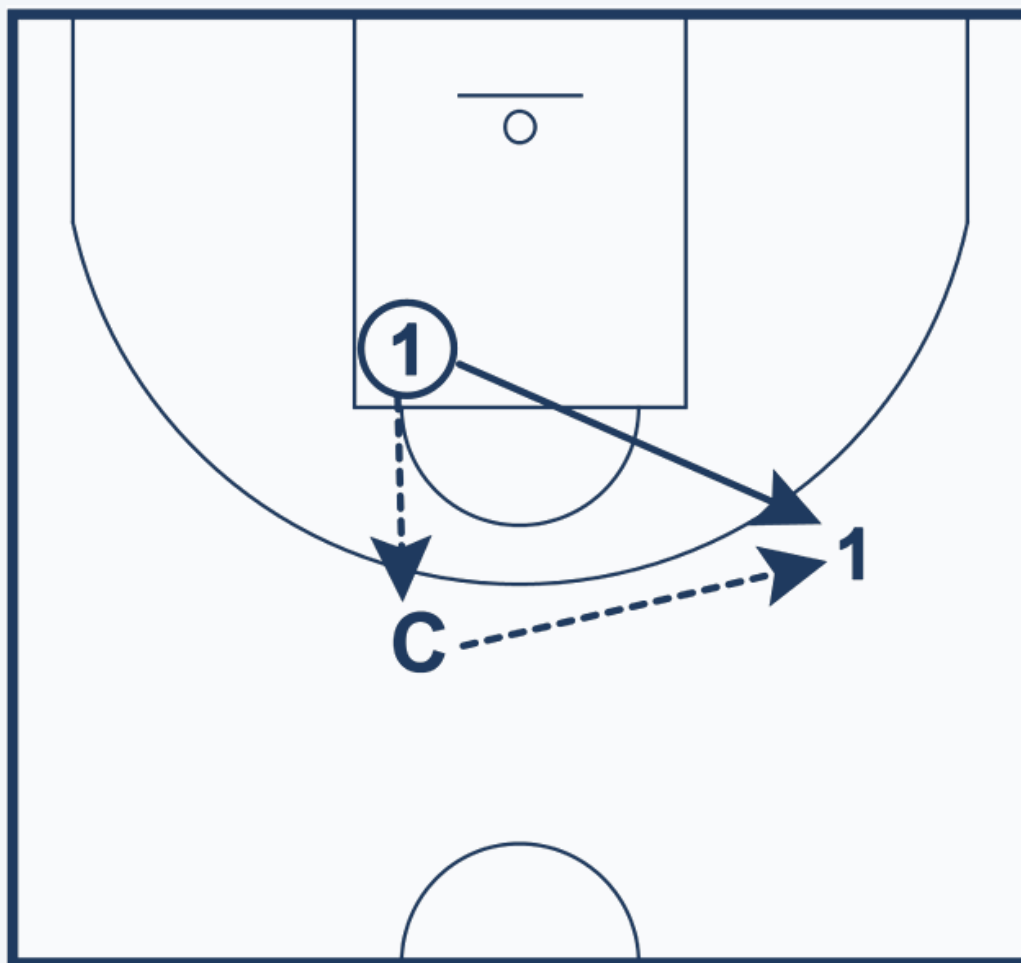
HOW TO RUN IT

Pairs start near half court. The attacker has seven seconds to reach the basket; the defender steers the ball away from the paint and protects the central lane.

04 Introduction to closeout

DEFENSE

COURT DIAGRAM



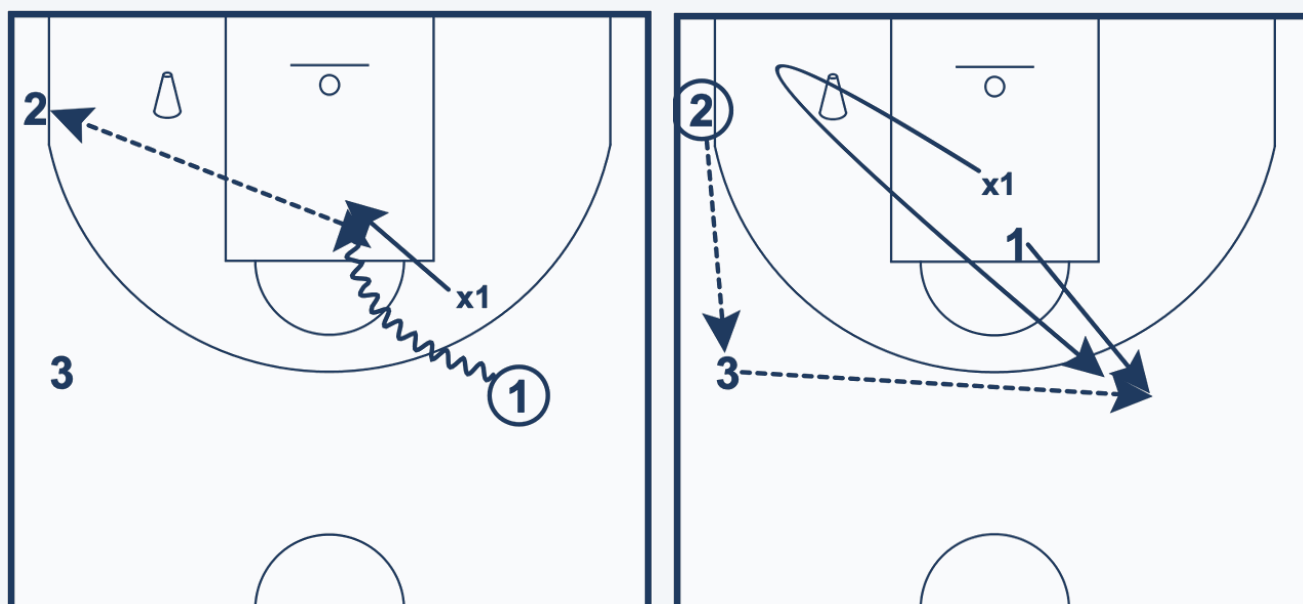
HOW TO RUN IT

A defender starts away from the wing attacker and closes on the pass. Arrive quickly, shorten the final steps and contain the first drive.

05 Defensive recovery

DEFENSE

COURT DIAGRAM



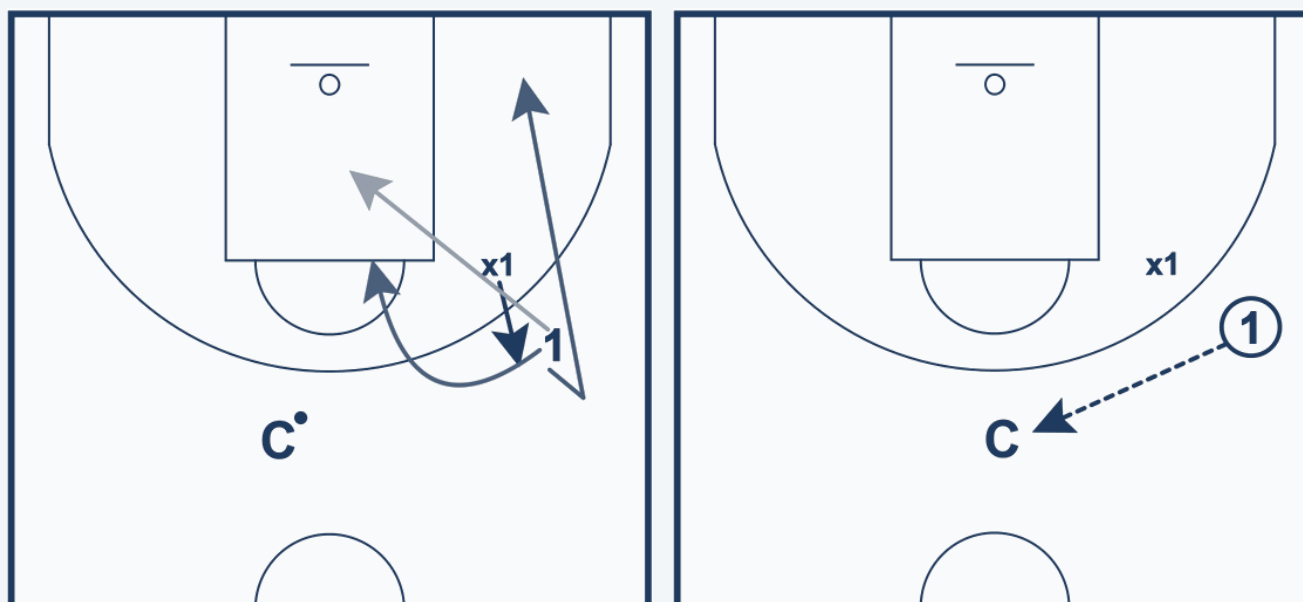
HOW TO RUN IT

An attacker drives from the wing and kicks to the corner. The helper recovers around a cone to contest the next catch and possible drive.

06 Defend a wing catch

DEFENSE

COURT DIAGRAM



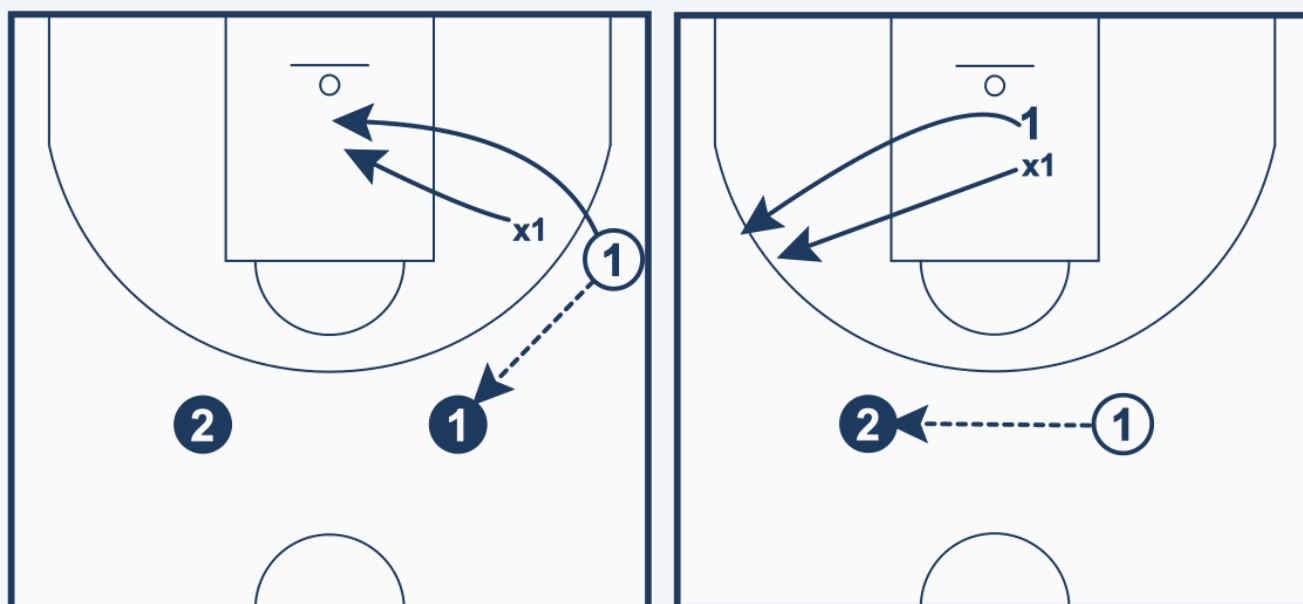
HOW TO RUN IT

The wing attacker passes to a coach at the top, then works to receive again. The defender moves from the passing lane into an effective on-ball closeout.

07 Defend the passing lane

DEFENSE

COURT DIAGRAM



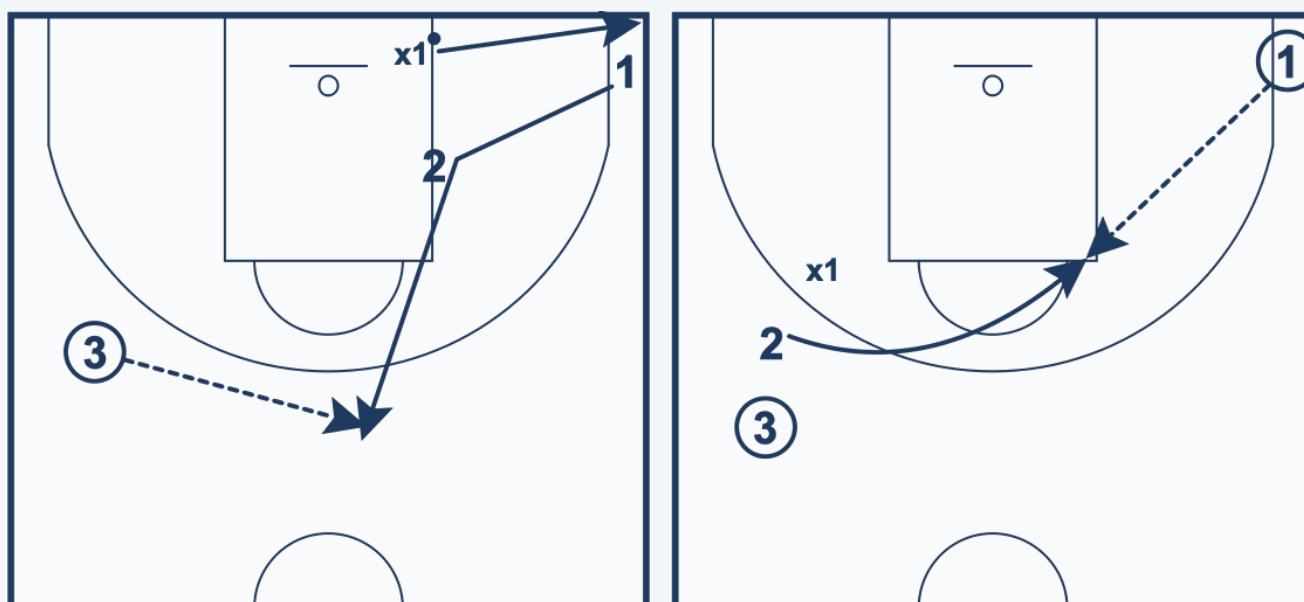
HOW TO RUN IT

A marked attacker moves between wing and corner while two passers shift the ball. The defender adjusts body angle, hand position and distance to deny the catch.

08 Weak side to strong side

DEFENSE

COURT DIAGRAM



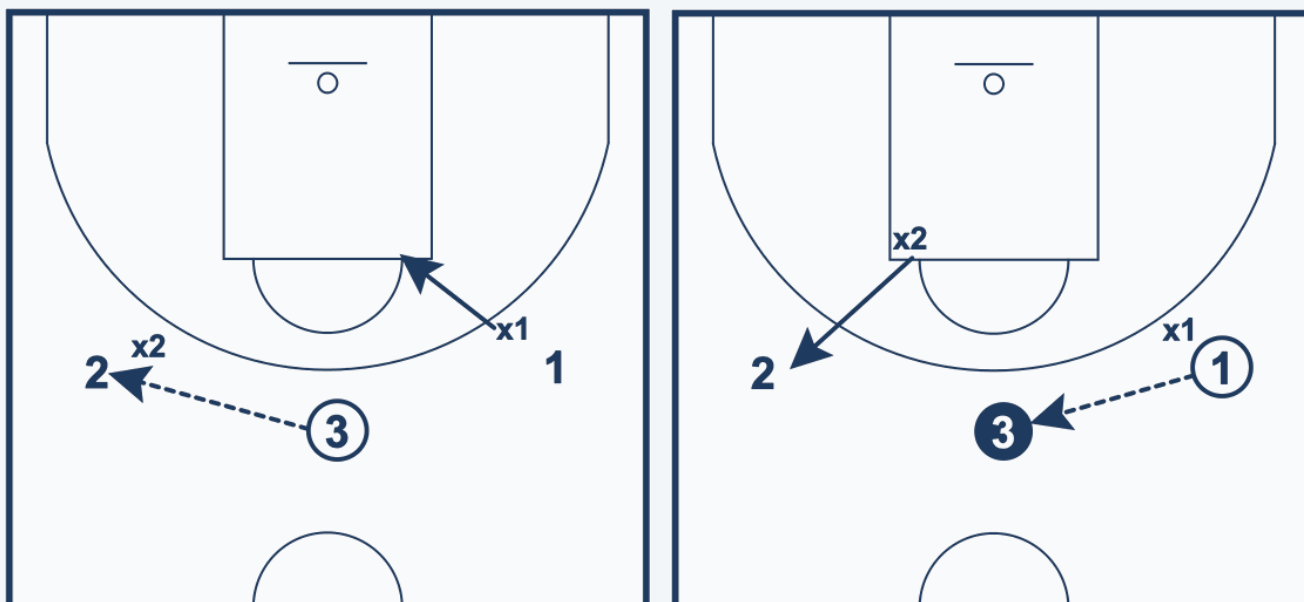
HOW TO RUN IT

Attackers occupy a wing and the opposite corner. The defender starts in help and must rotate toward the ball, then recover as possession changes sides.

09 Understand strong and weak side in 2v2

DEFENSE

COURT DIAGRAM



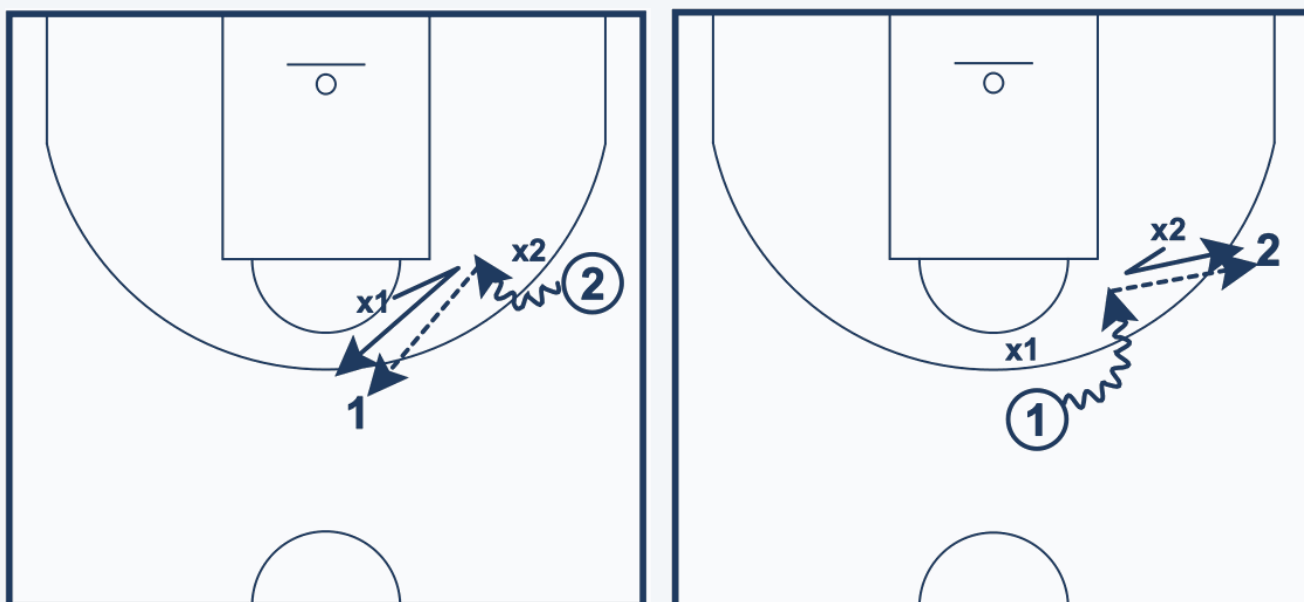
HOW TO RUN IT

Two attackers on the wings move the ball through a central passer. Defenders alternate ball pressure and help position on every pass.

10 Introduction to 2v2 coverage

DEFENSE

COURT DIAGRAM



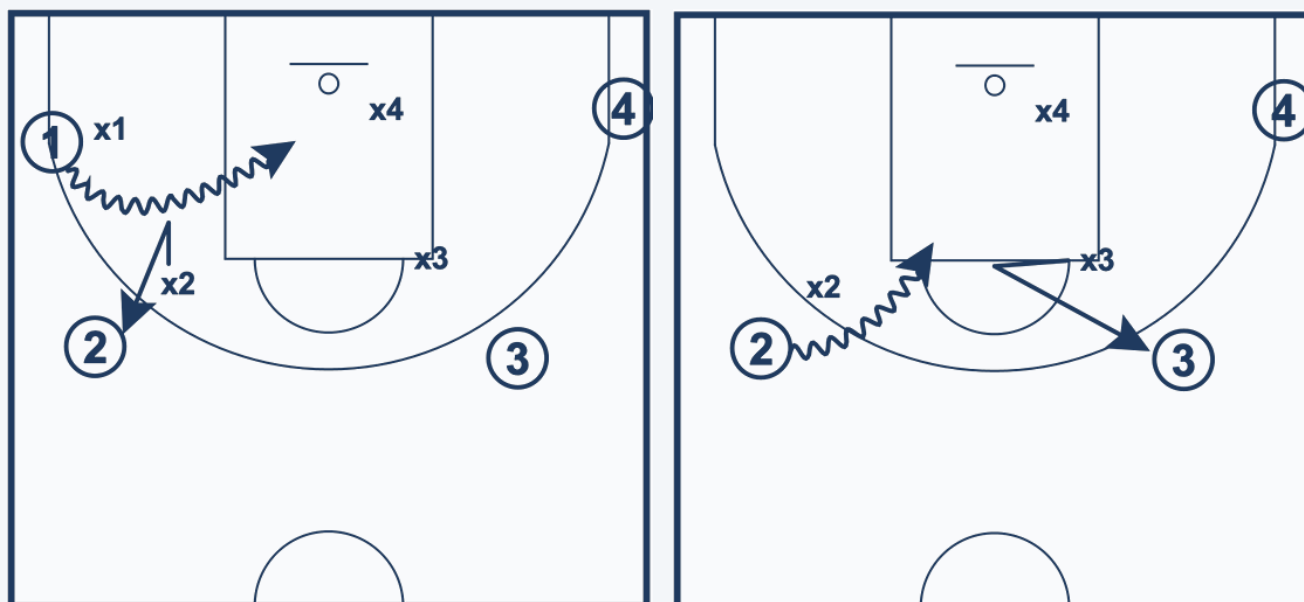
HOW TO RUN IT

Two attackers at the top and wing play against two defenders. Move from denial to safer help coverage, protecting the drive while staying ready to recover.

11 Four 1v1s with help coverage

DEFENSE

COURT DIAGRAM



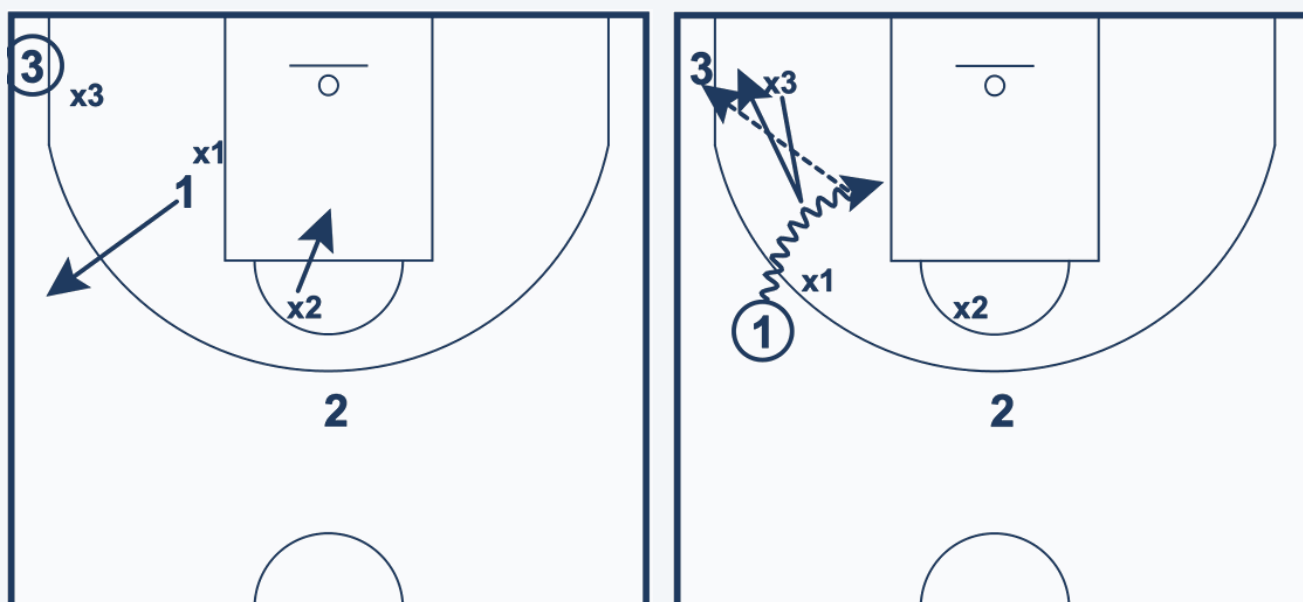
HOW TO RUN IT

Four ballhandlers face paired defenders in different half-court spots. Activate one drive at a time while the other defenders shift into coverage and recover.

12 3v3 from the wing

DEFENSE

COURT DIAGRAM



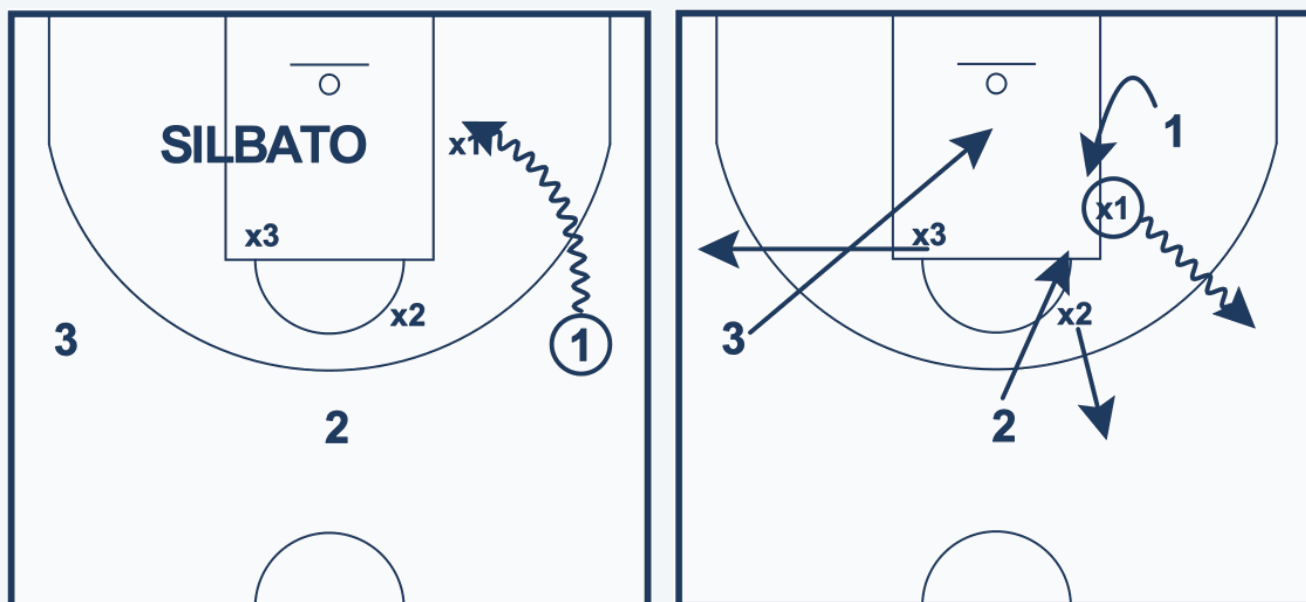
HOW TO RUN IT

Start with the ball on a wing and teammates at the top and corner. Play live 3v3; off-ball defenders react to penetration and passing angles.

13 3v3 whistle reaction

DEFENSE

COURT DIAGRAM



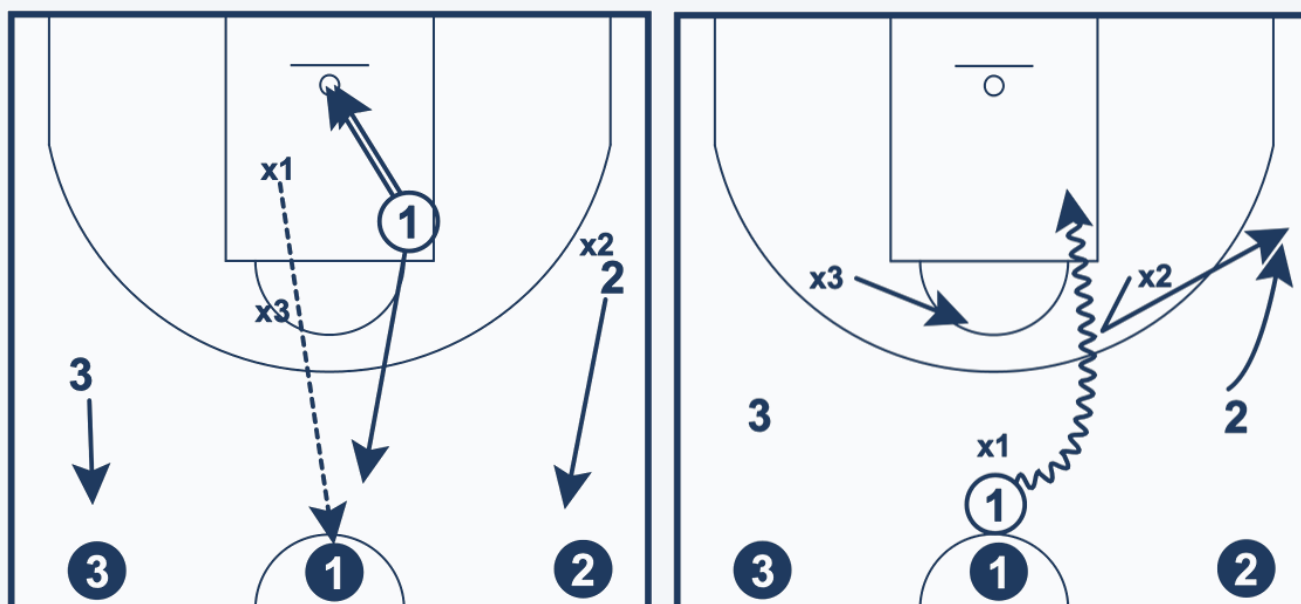
HOW TO RUN IT

Three attackers are matched at the top and both wings. A whistle changes the defensive task; players communicate and reorganise immediately.

14 Continuous 3v3, middle drive

DEFENSE

COURT DIAGRAM



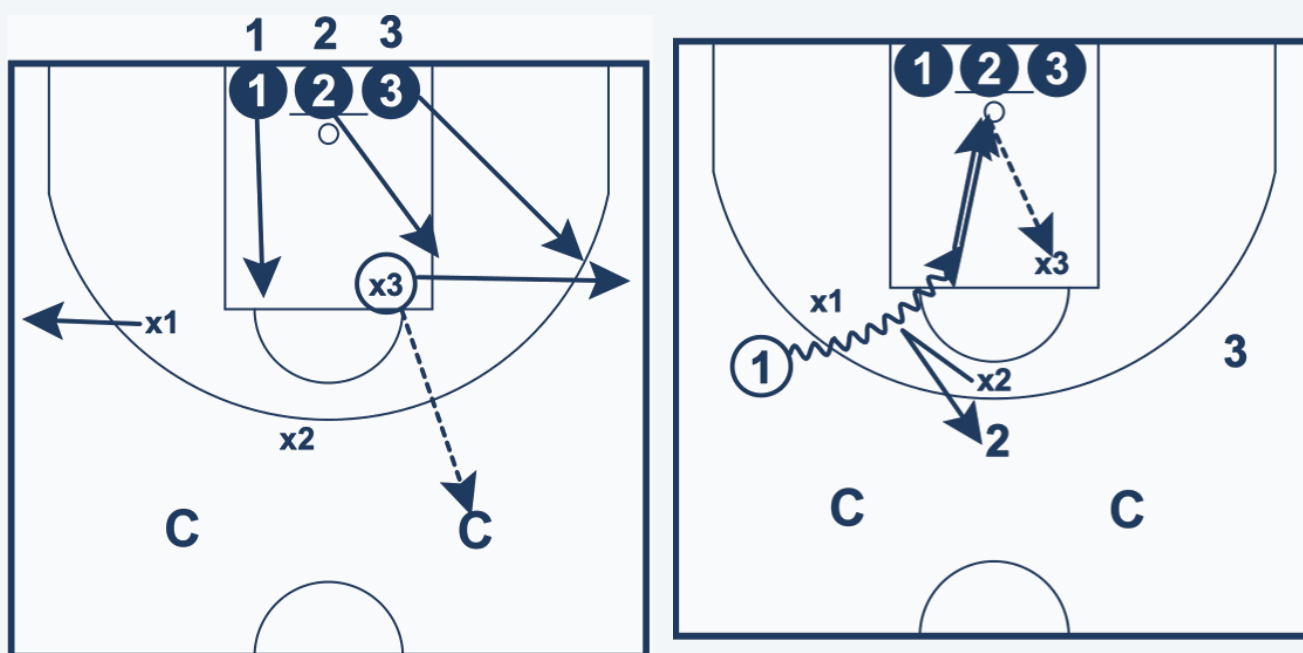
HOW TO RUN IT

Begin with a live central drive and two wing attackers. The defense rotates from the help side, then resets quickly for the next repetition.

15 Continuous 3v3 via the coach

DEFENSE

COURT DIAGRAM



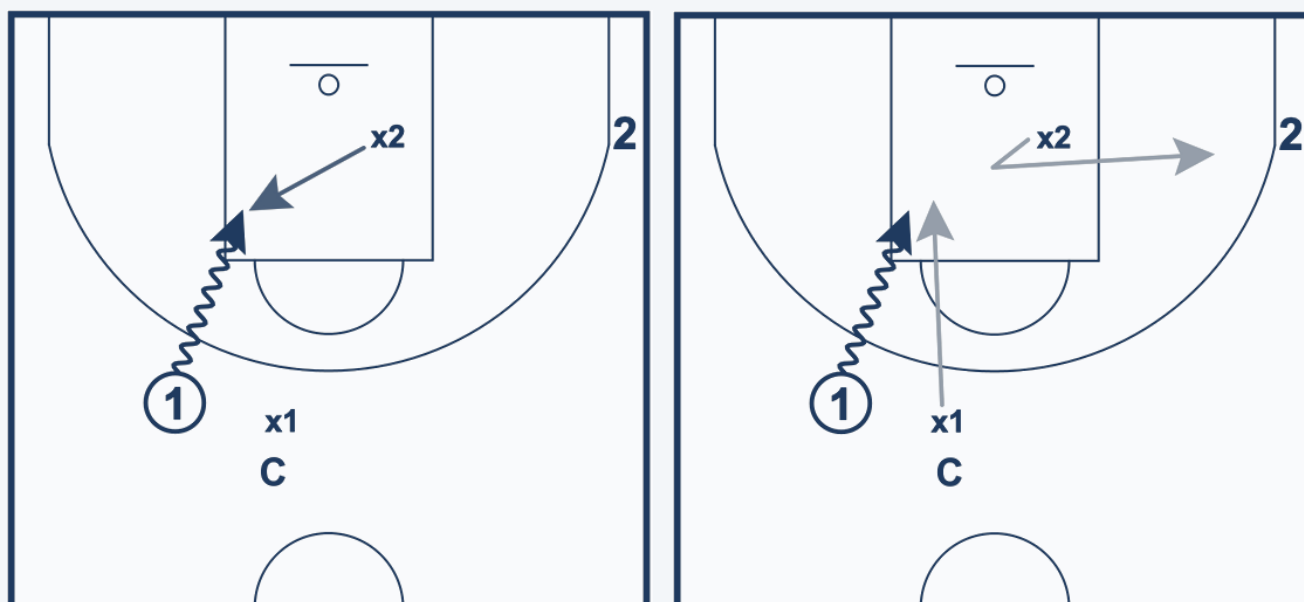
HOW TO RUN IT

Three-player teams alternate attack, defense and waiting under the rim. Pass to a coach outside the arc to trigger a new possession and rapid defensive activation.

16 Read the last defender in 2v2

DEFENSE

COURT DIAGRAM



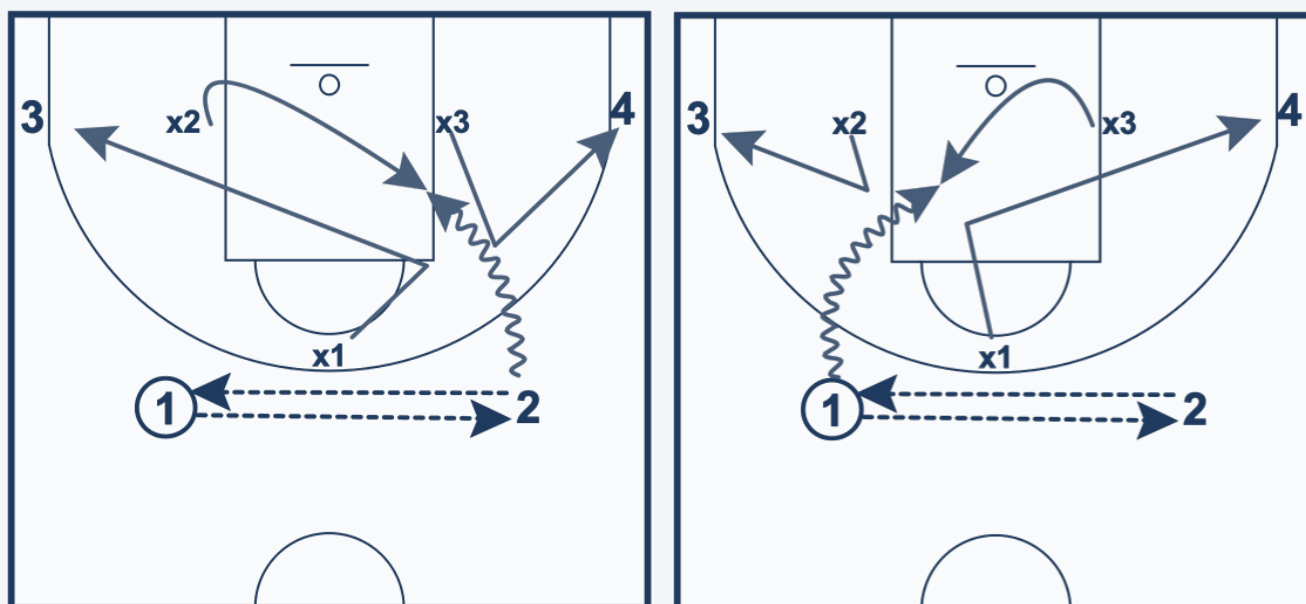
HOW TO RUN IT

A perimeter ballhandler beats initial pressure while a second attacker occupies the weak side. The last defender reads ball and receiver before committing to help.

17 3v2 plus one from the baseline

DEFENSE

COURT DIAGRAM



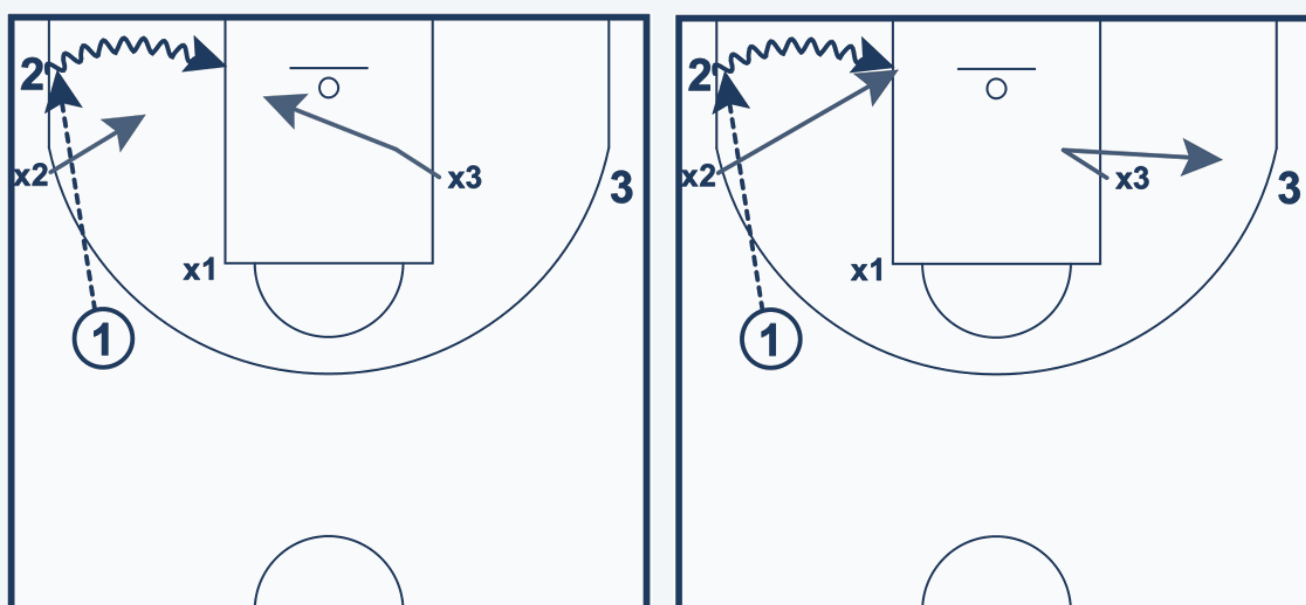
HOW TO RUN IT

A baseline action creates a temporary 3v2. The trailing defender sprints back as the two initial defenders protect the basket and communicate assignments.

18 3v3 baseline help

DEFENSE

COURT DIAGRAM



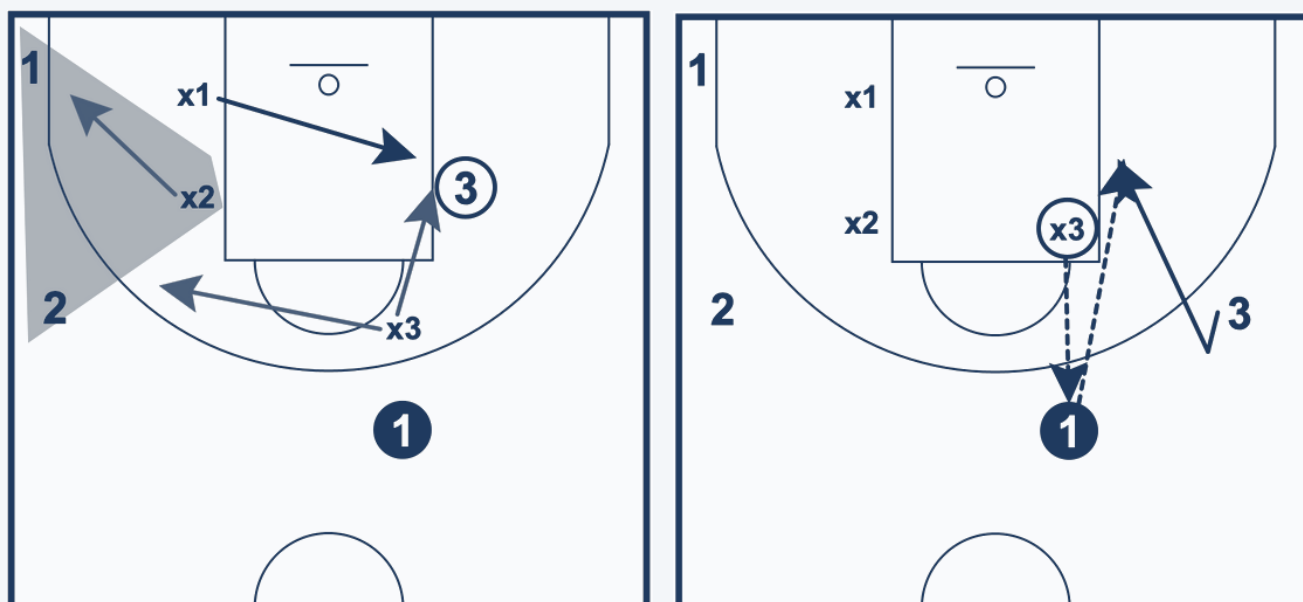
HOW TO RUN IT

Set attackers at the wing, near corner and weak side. The defender closest to the baseline rotates to stop penetration, then the three defenders recover to shooters.

19 3v2 plus one from a backdoor

DEFENSE

COURT DIAGRAM



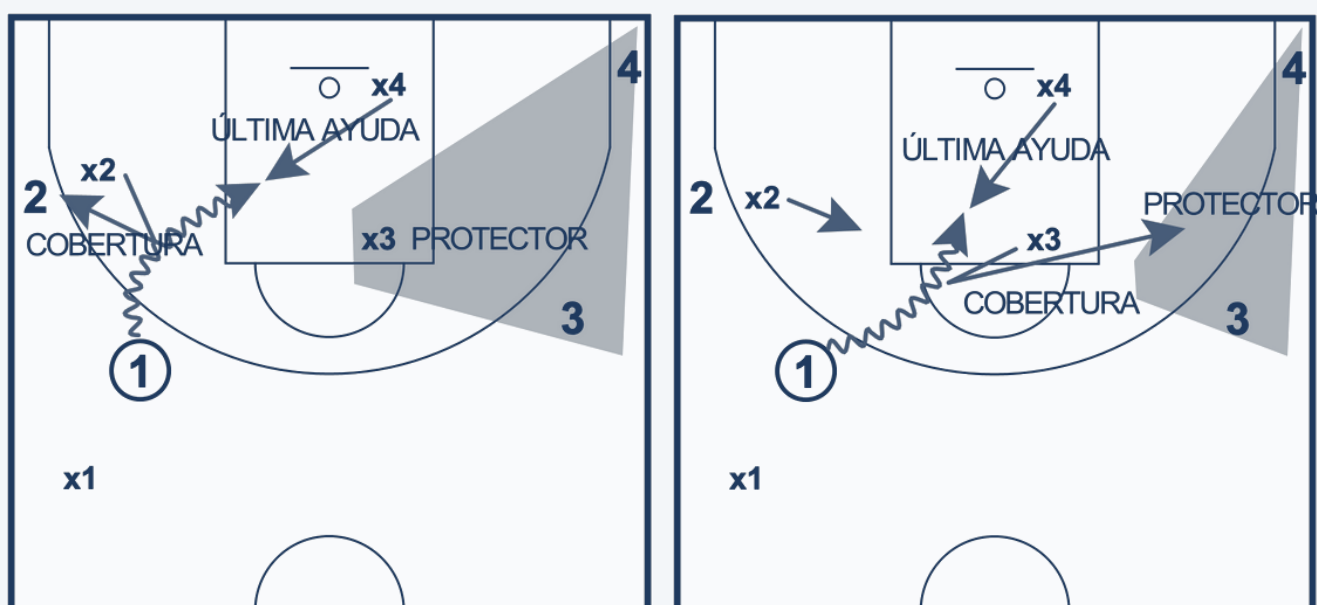
HOW TO RUN IT

A backdoor cut triggers an advantage against two set defenders. The recovering player rejoins from behind while the back line protects the rim and passing lane.

20 4v3 plus one with last help

DEFENSE

COURT DIAGRAM



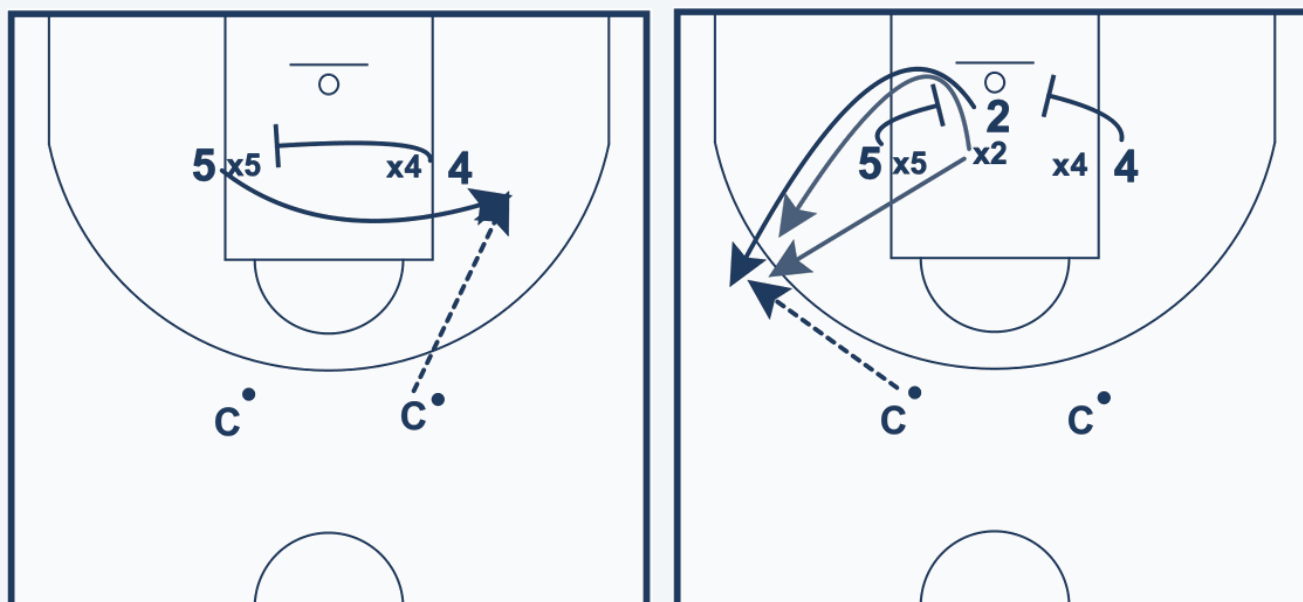
HOW TO RUN IT

Four attackers occupy both corners and wings. The last defender delays the drive in a 4v3 until the trailing teammate returns, then everyone matches up.

21 Defend diamond and cross screens

DEFENSE

COURT DIAGRAM



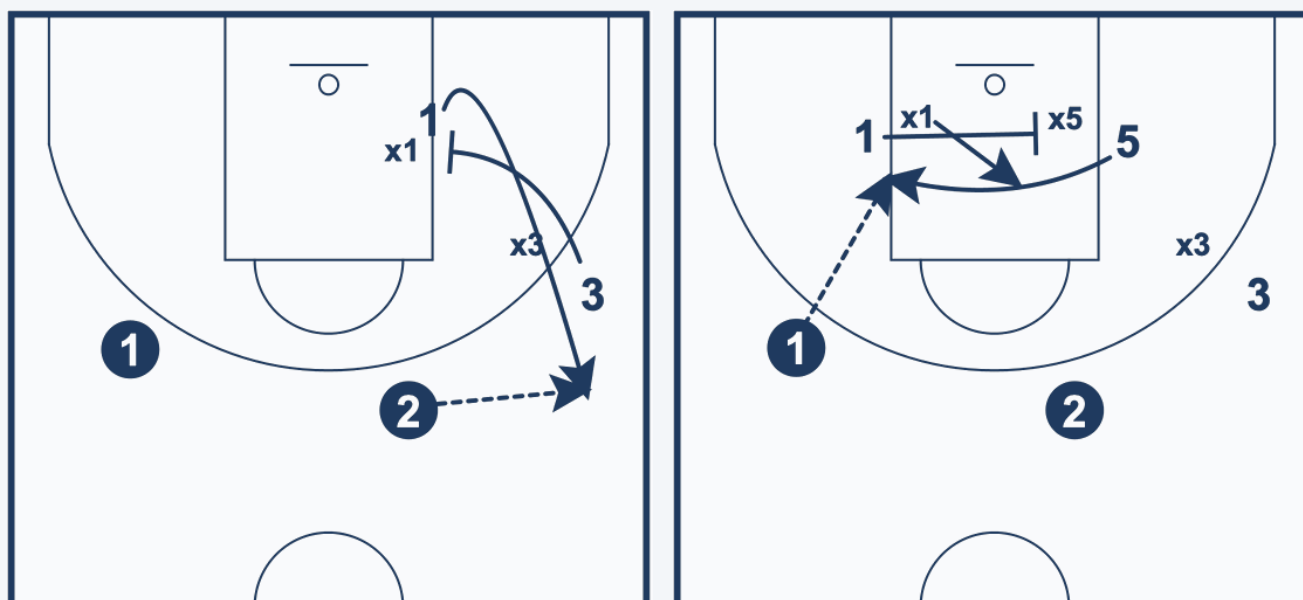
HOW TO RUN IT

Use paired guards and posts to run diamond entry into a cross-screen. Defenders communicate the first off-ball screen and then the low-post exchange.

22 Defend cross-screen and exit

DEFENSE

COURT DIAGRAM



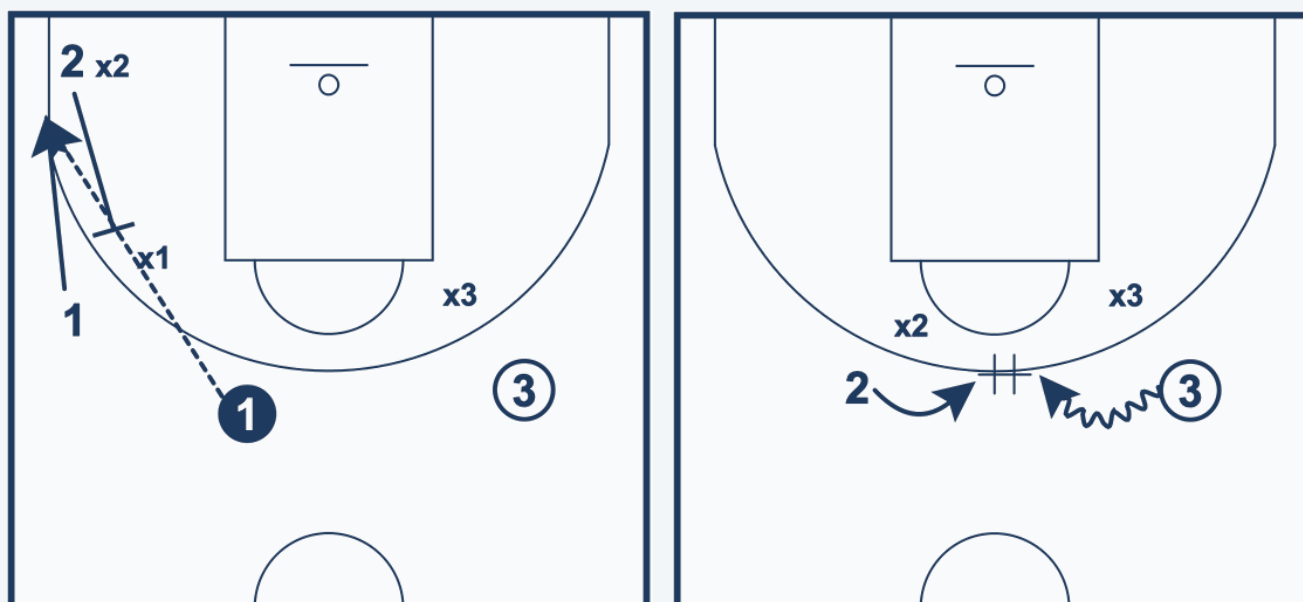
HOW TO RUN IT

A low-post cross-screen frees a receiver who then exits toward the perimeter. Defenders track the cutter, negotiate contact and close out on the catch.

23 Hammer and handoff defense

DEFENSE

COURT DIAGRAM



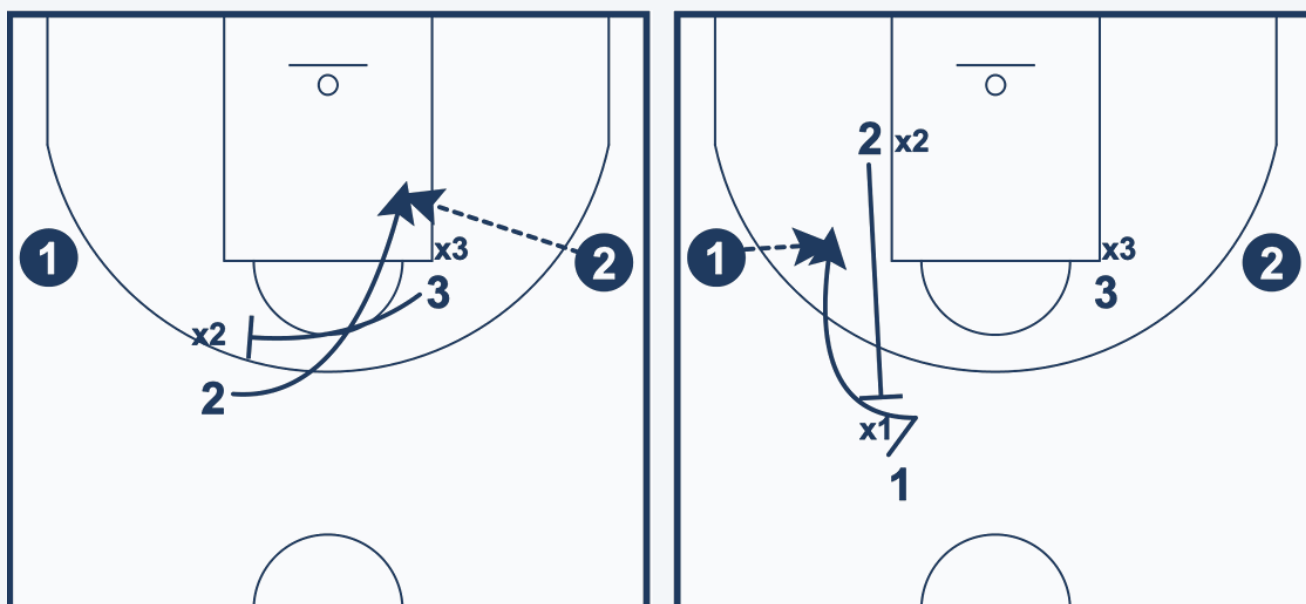
HOW TO RUN IT

Attackers combine a corner hammer screen with a handoff exit. Defenders identify the screening angle, communicate switches and protect the corner shot.

24 Defend UCLA and shuffle entry

DEFENSE

COURT DIAGRAM



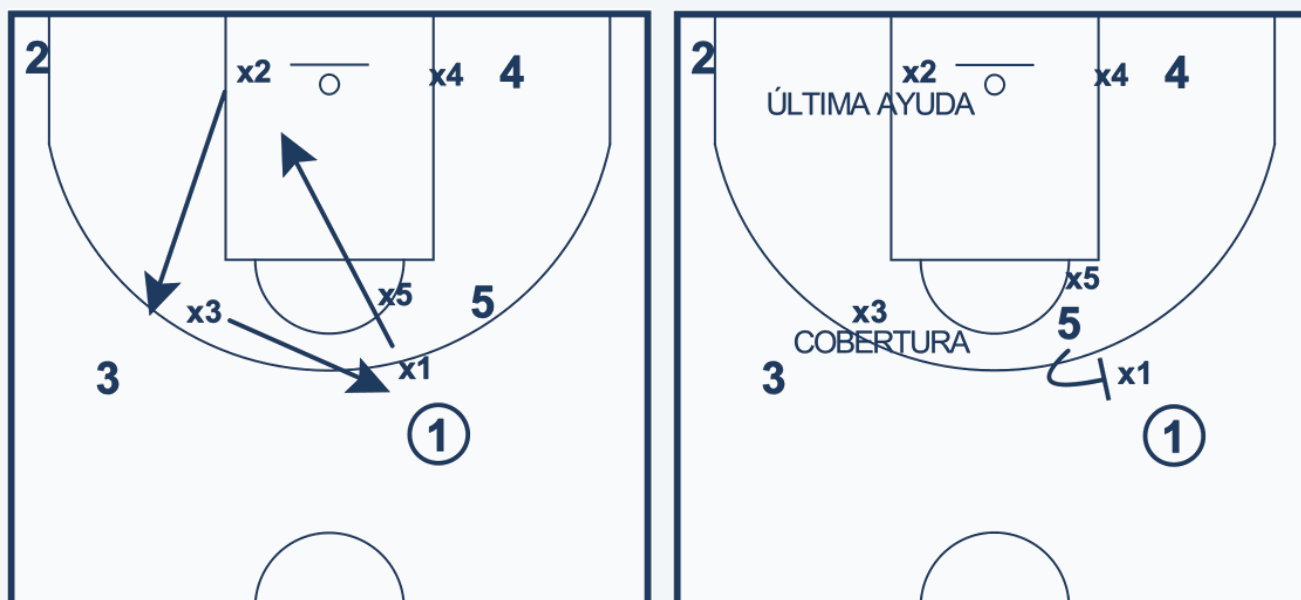
HOW TO RUN IT

Run a UCLA entry followed by a shuffle cut. Defenders stay connected through consecutive off-ball screens and protect the route toward the rim.

25 Next coverage against pick-and-roll

DEFENSE

COURT DIAGRAM



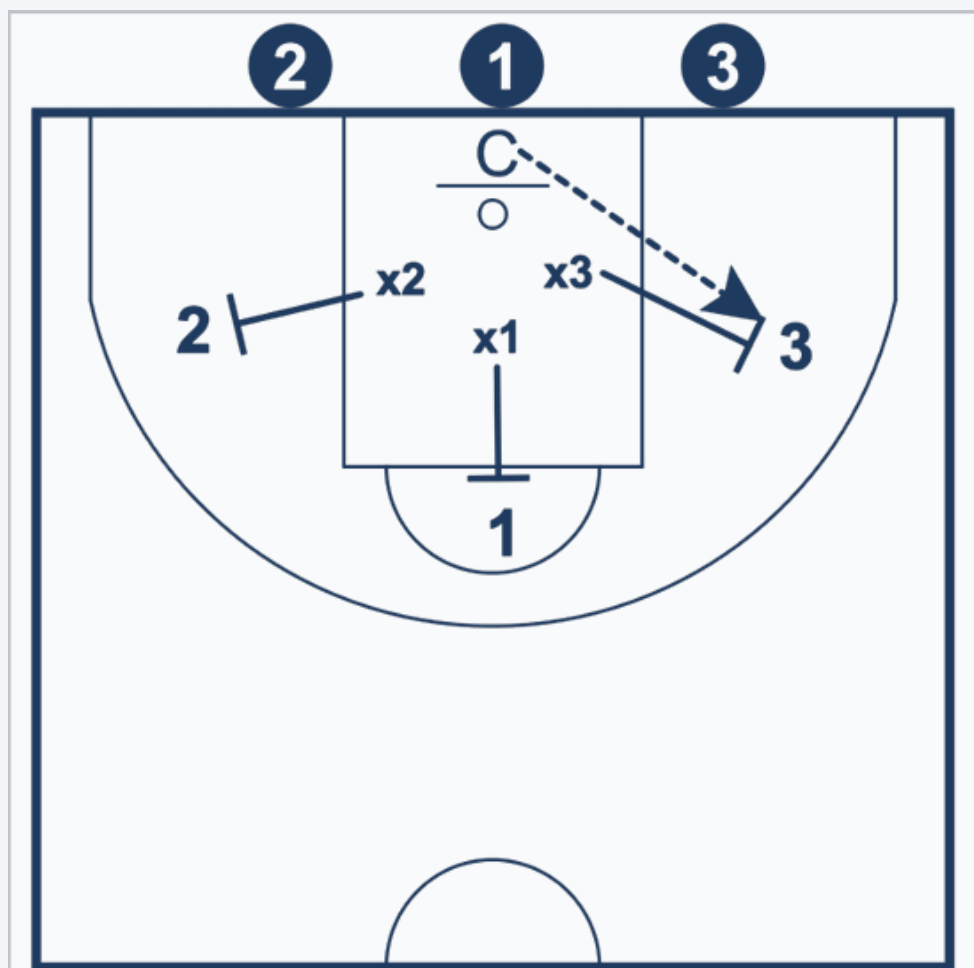
HOW TO RUN IT

Set a ball screen and involve the next defender in the coverage. The on-ball pair contains the ball while a third defender anticipates the roll and recovery.

26 Close out and box out

REBOUNDING

COURT DIAGRAM



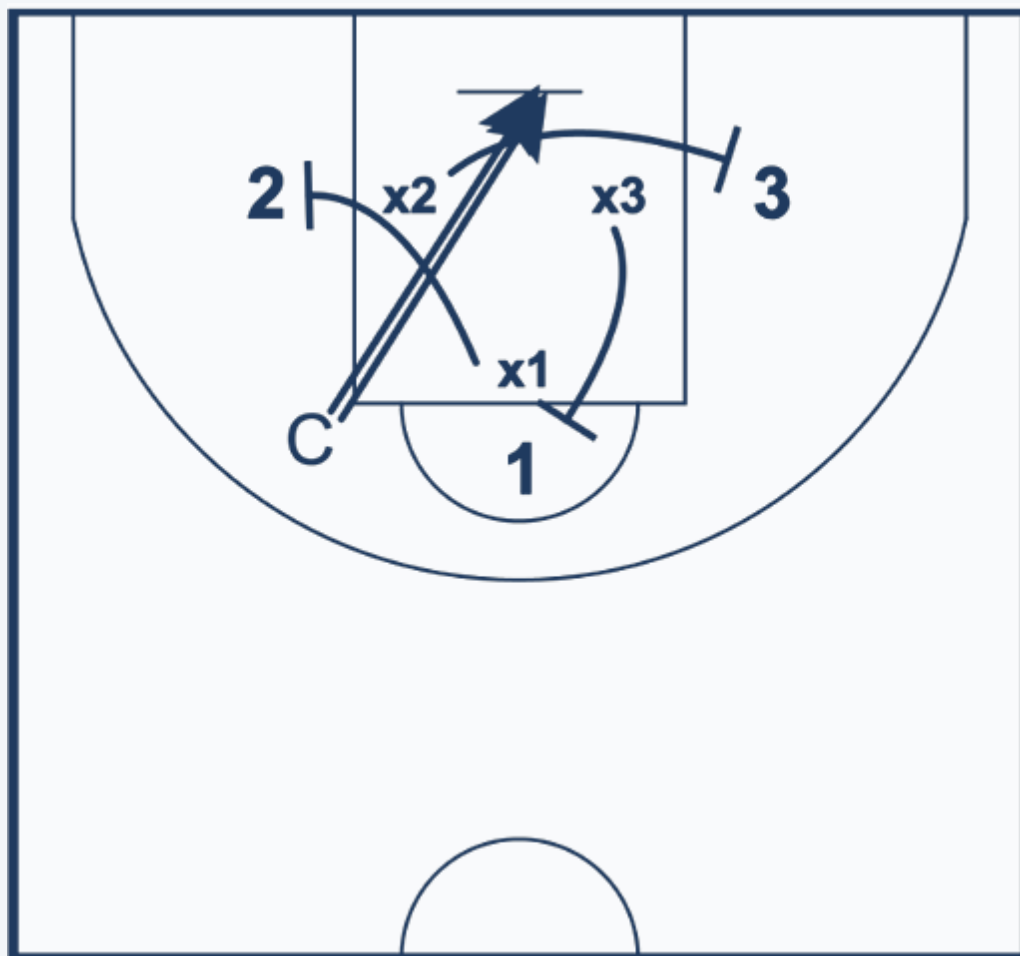
HOW TO RUN IT

Three attackers face three defenders, with a coach holding the ball. Close out on the pass or shot, then locate an opponent, make contact and secure the rebound.

27 Three-player rebounding rotation

REBOUNDING

COURT DIAGRAM



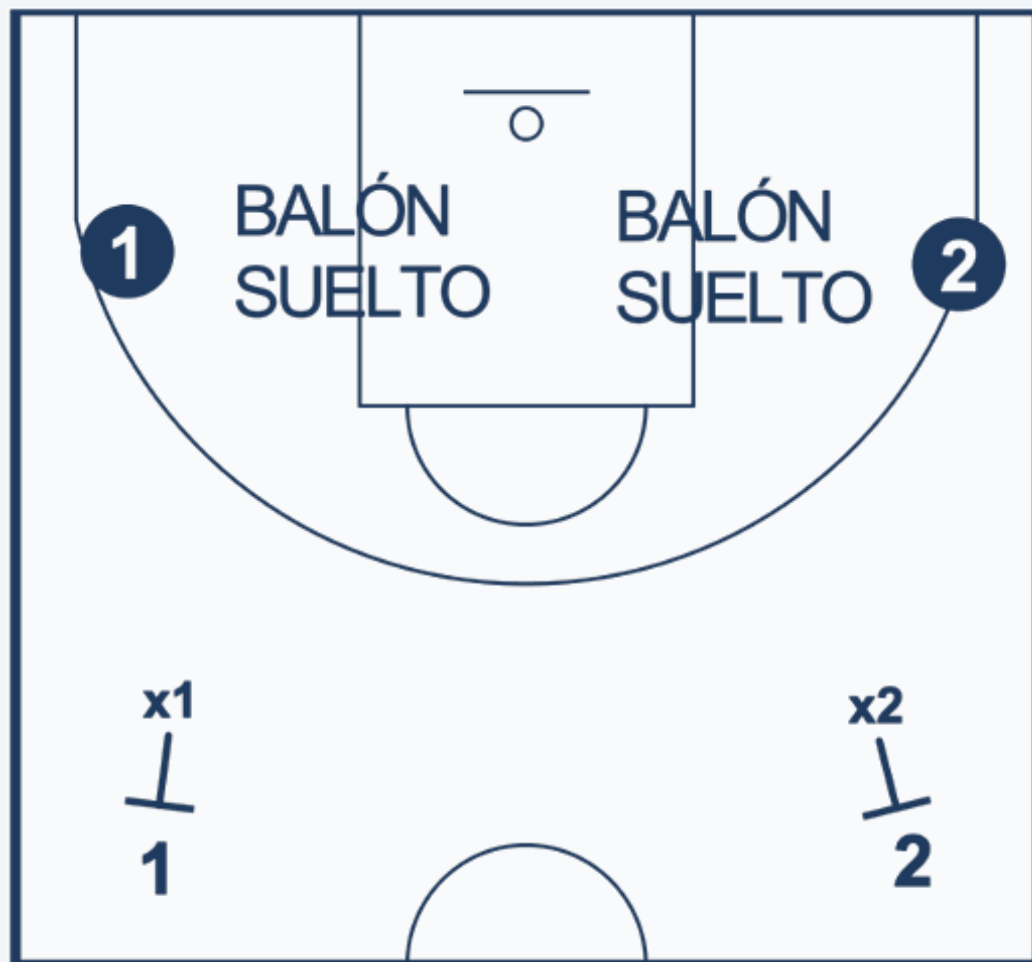
HOW TO RUN IT

Three defenders start near their attackers. The coach shoots; defenders rotate to the nearest threat, box out and pursue the ball.

28 Sumo rebounding

REBOUNDING

COURT DIAGRAM



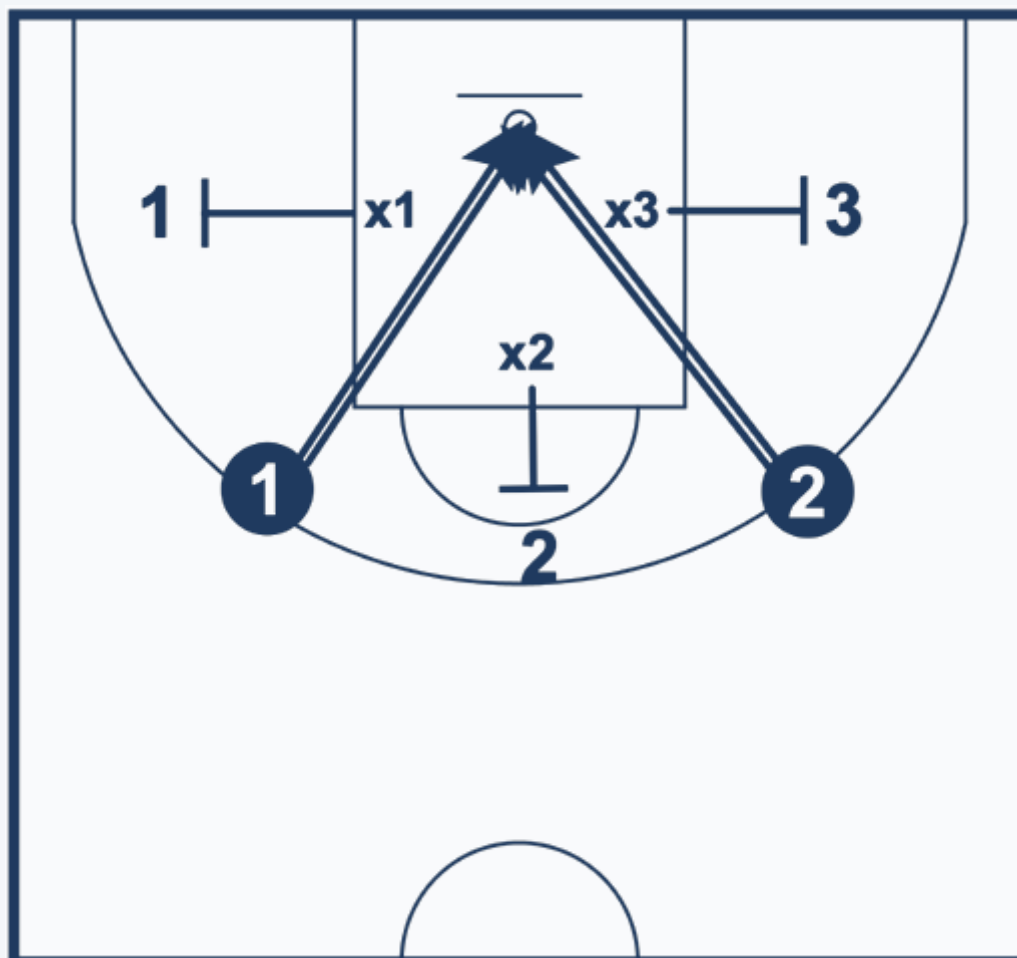
HOW TO RUN IT

Place a loose ball near the mid-post. Two players compete for inside position using balanced footwork and legal body contact before collecting it.

29 Two-ball rebounding

REBOUNDING

COURT DIAGRAM



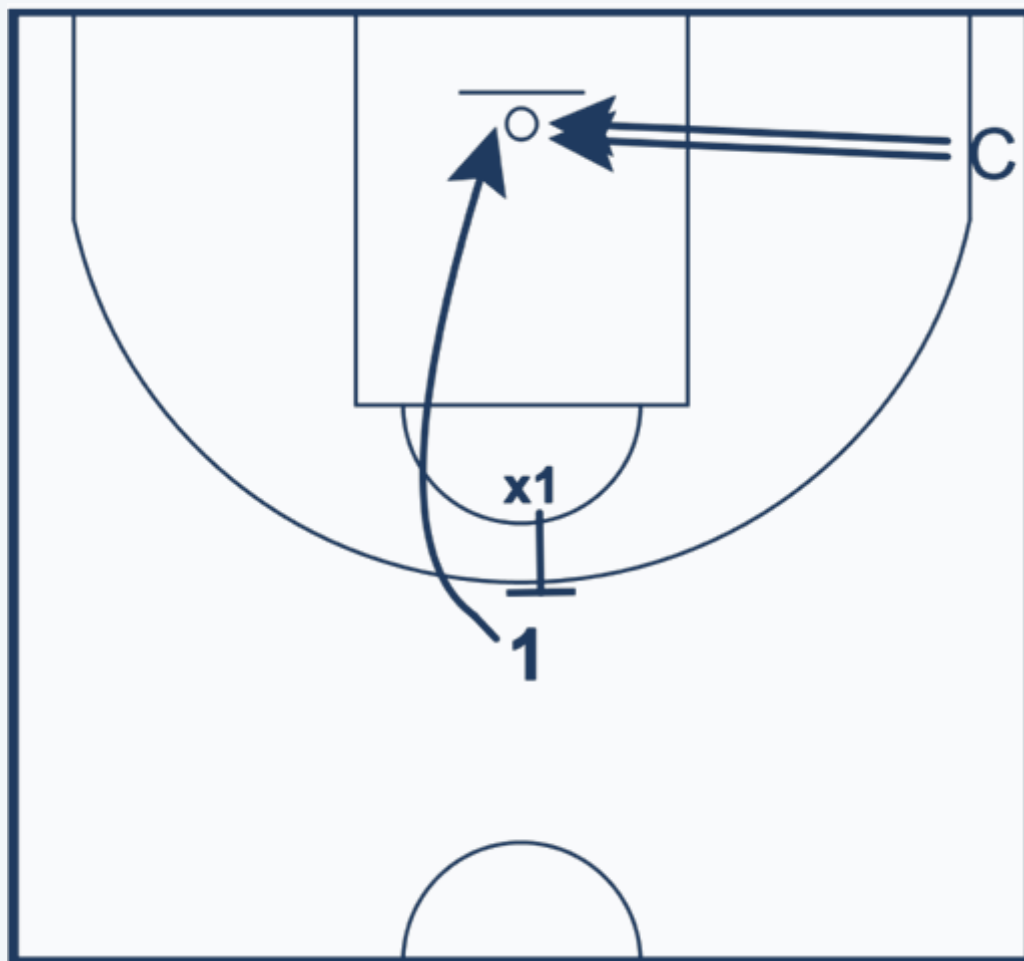
HOW TO RUN IT

Two passers with balls start on the wings; three attackers and defenders occupy the lane. React to either shot, rotate, box out and pursue the live rebound.

30 Break the mirror

REBOUNDING

COURT DIAGRAM



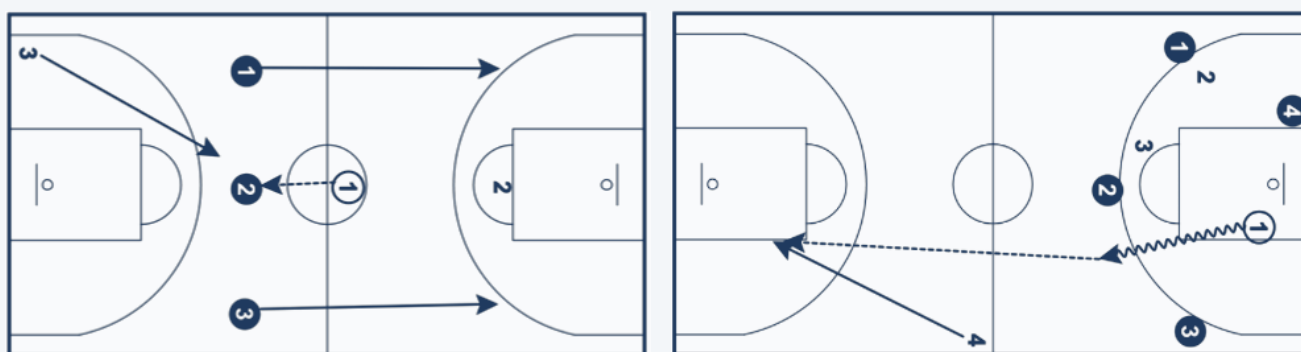
HOW TO RUN IT

An attacker and defender face each other while a coach shoots from the corner. The attacker breaks the mirror movement to reach the rebound; the defender must find and seal them.

31 Foosball transition

DEFENSE

COURT DIAGRAM



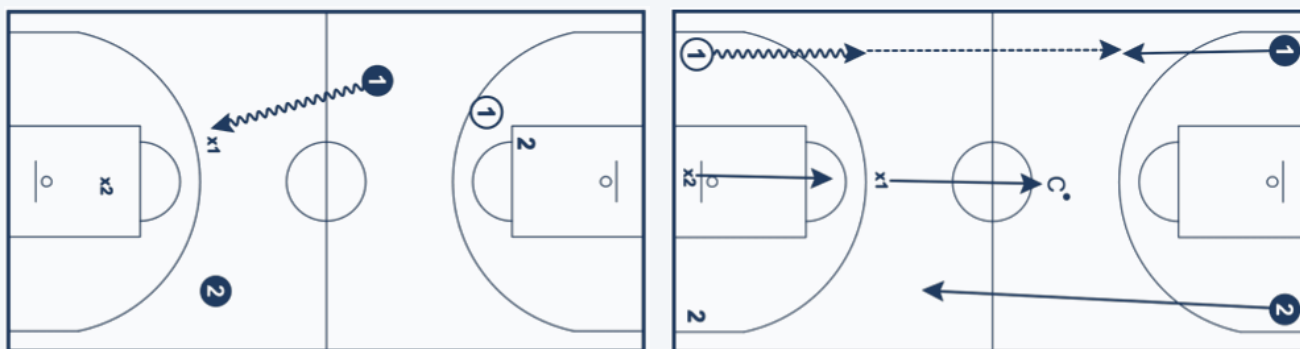
HOW TO RUN IT

Three attackers start in a line against a defender who passes to one of them. The group breaks forward while the defense forms a temporary 3v2 and recovers.

32 Launched transition

DEFENSE

COURT DIAGRAM



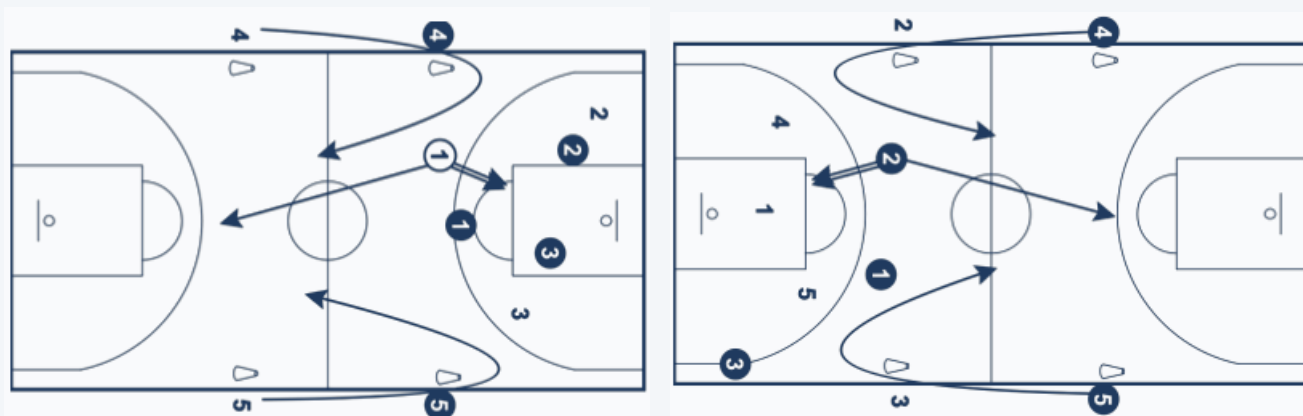
HOW TO RUN IT

A running pass starts the attack from one end. Attackers sprint into lanes and defenders activate at the same moment to stop an early shot.

33 Continuous 3v3 activation

DEFENSE

COURT DIAGRAM



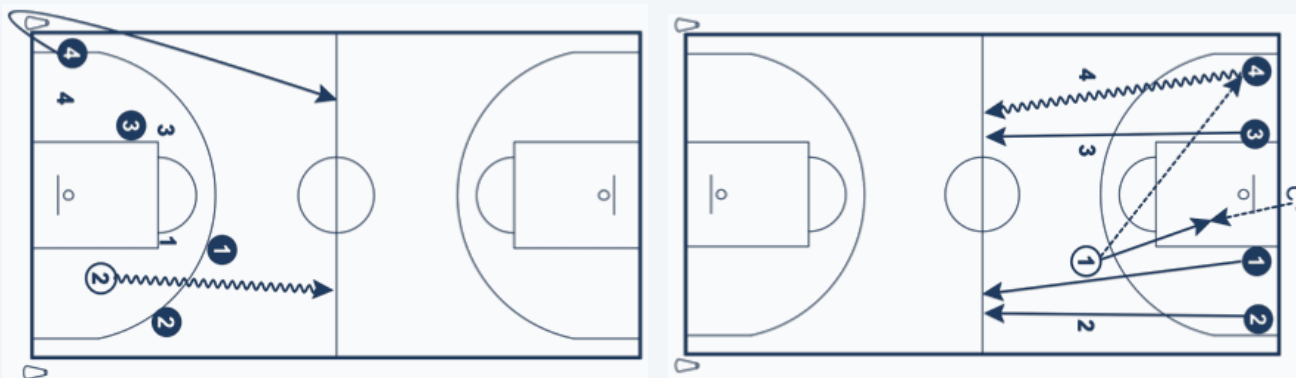
HOW TO RUN IT

Two teams of five cycle through live 3v3. A pass to a runner activates new attackers and defenders; communicate early on each change.

34 4v3 plus the scorer

DEFENSE

COURT DIAGRAM



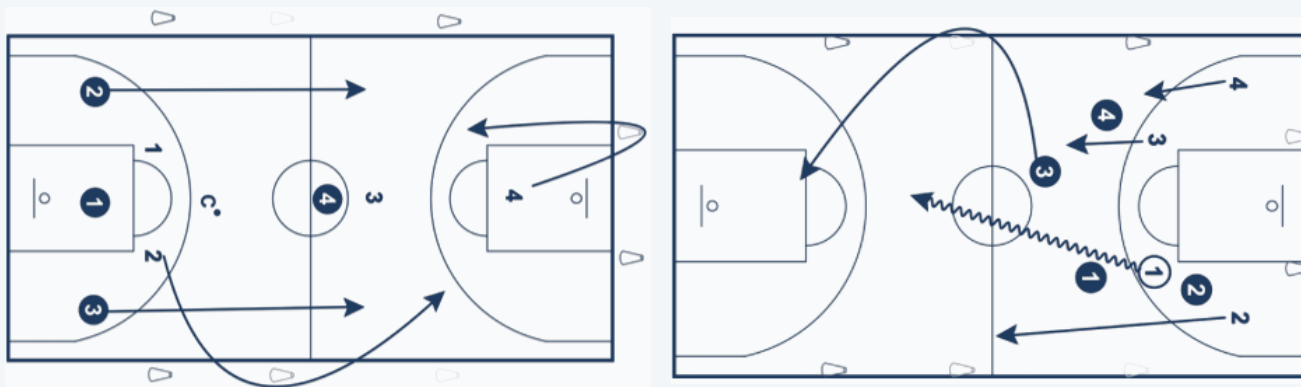
HOW TO RUN IT

Four attackers break against three defenders after an outlet. The previous scorer must recover into the fourth defensive spot to complete the matchup.

35 4v4 with colour calls

DEFENSE

COURT DIAGRAM



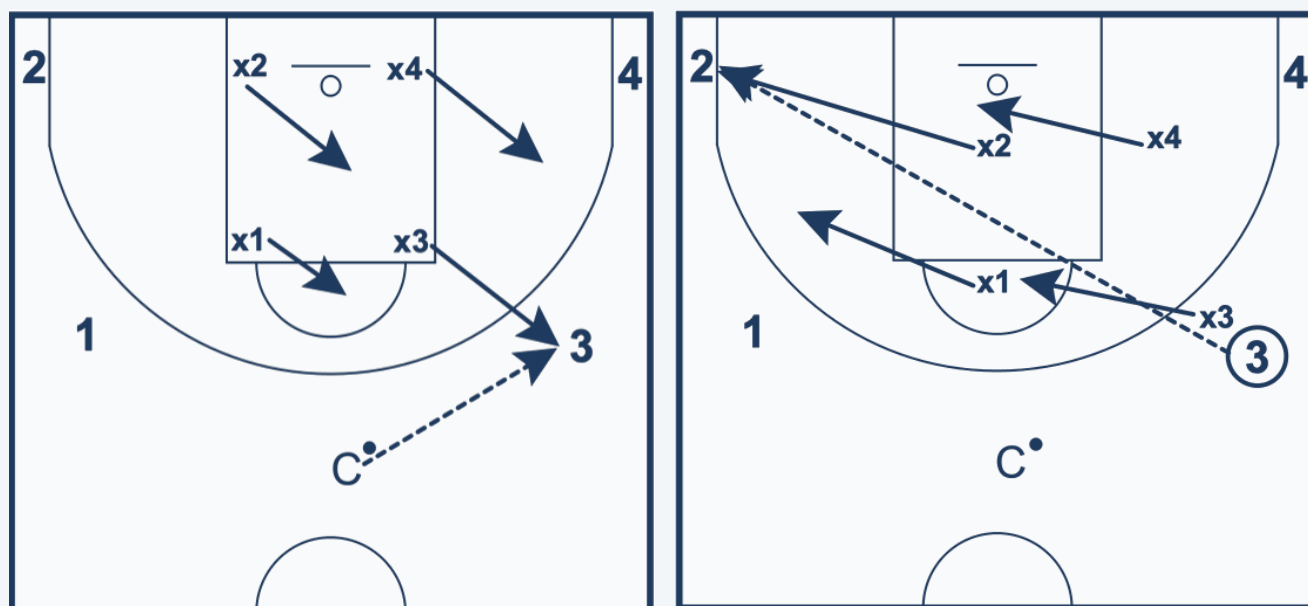
HOW TO RUN IT

Coloured cones mark recovery routes. During the coach's shot, call a colour; two defenders loop around those cones before rejoining the transition defense.

36 Basic shell drill

DEFENSE

COURT DIAGRAM



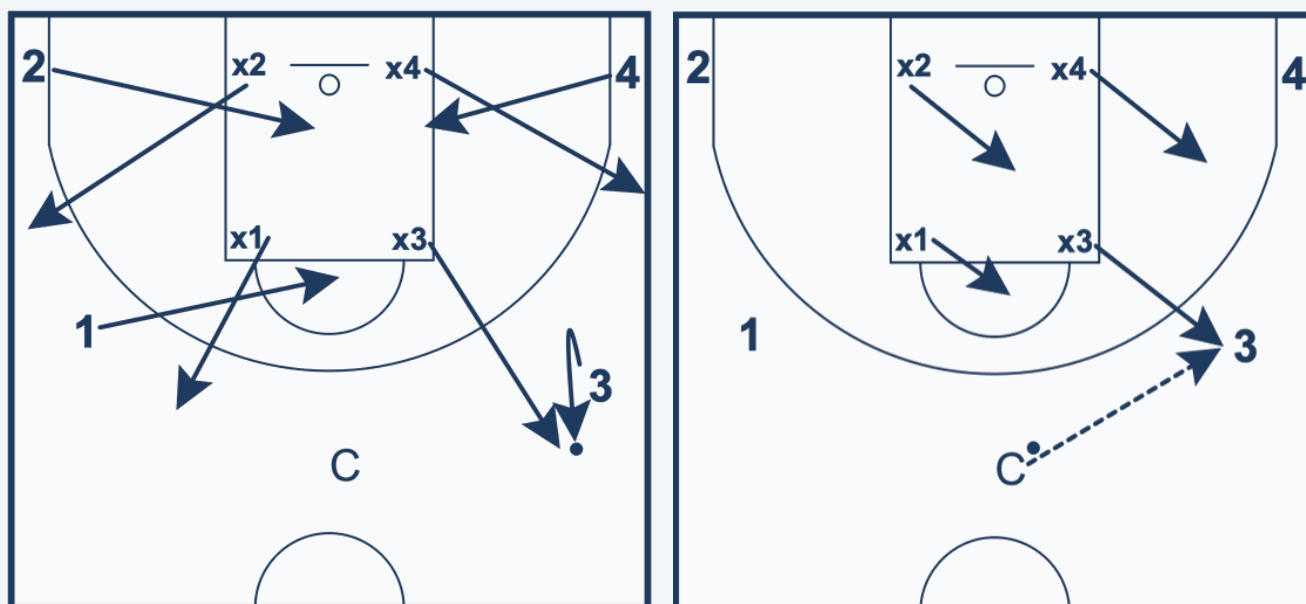
HOW TO RUN IT

Four attackers occupy both wings and corners. The coach passes; defenders rotate through on-ball pressure, first help, last help and recovery positions.

37 Switch shell

DEFENSE

COURT DIAGRAM



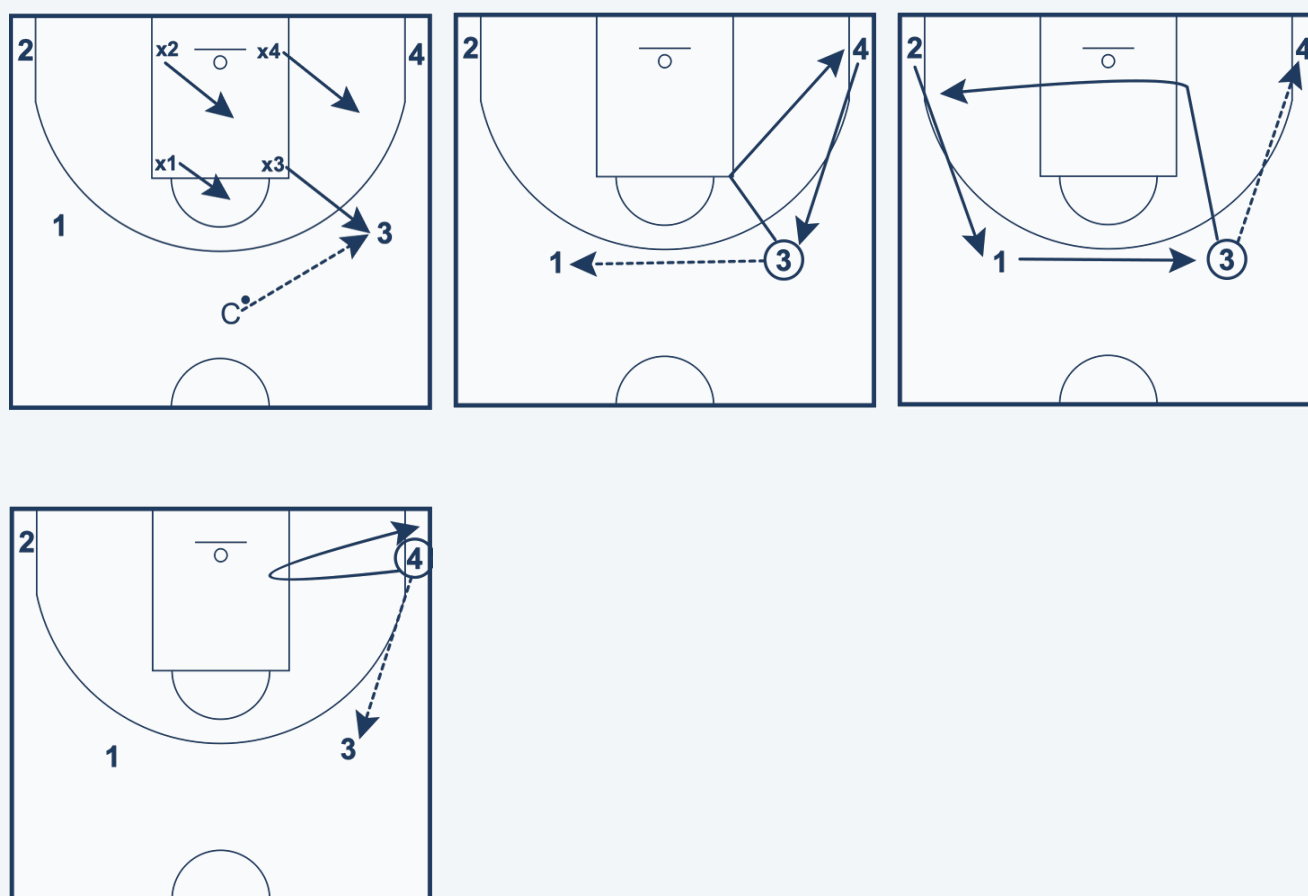
HOW TO RUN IT

Start from the basic shell with a one-dribble limit. On the coach's signal, change the defensive matchup and communicate each switch without losing help shape.

38 Motion shell

DEFENSE

COURT DIAGRAM



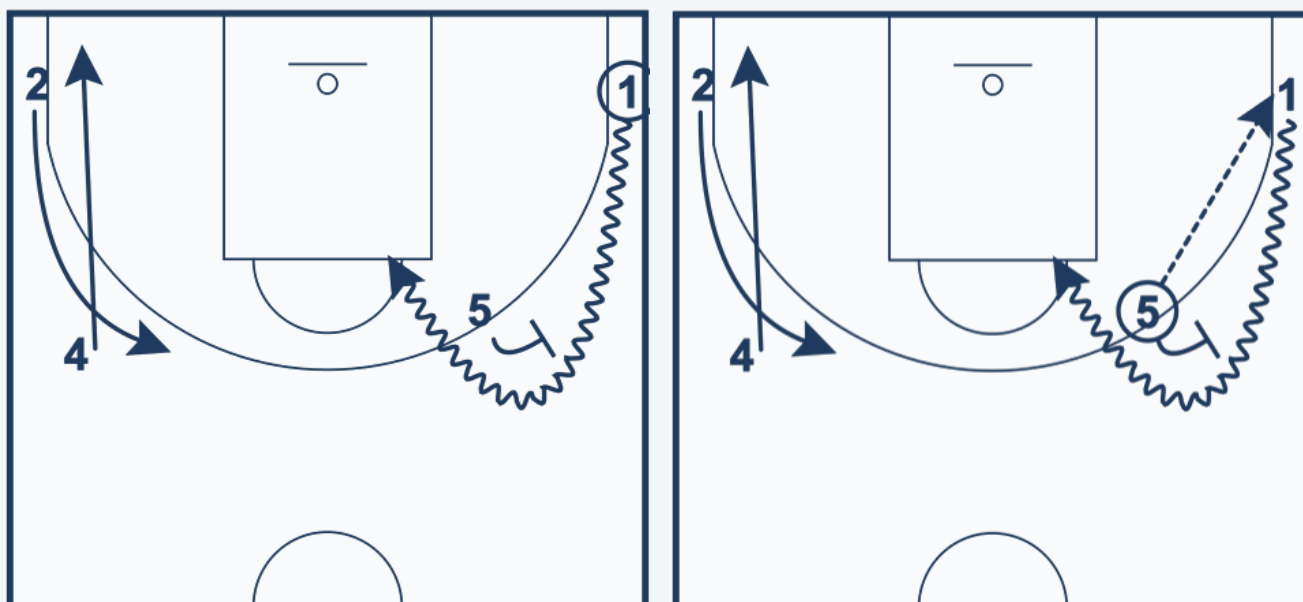
HOW TO RUN IT

Keep the four-out shell alignment, then add simple cuts and offensive movement. Defenders adjust to the ball and cutters on every action.

39 Screening shell

DEFENSE

COURT DIAGRAM



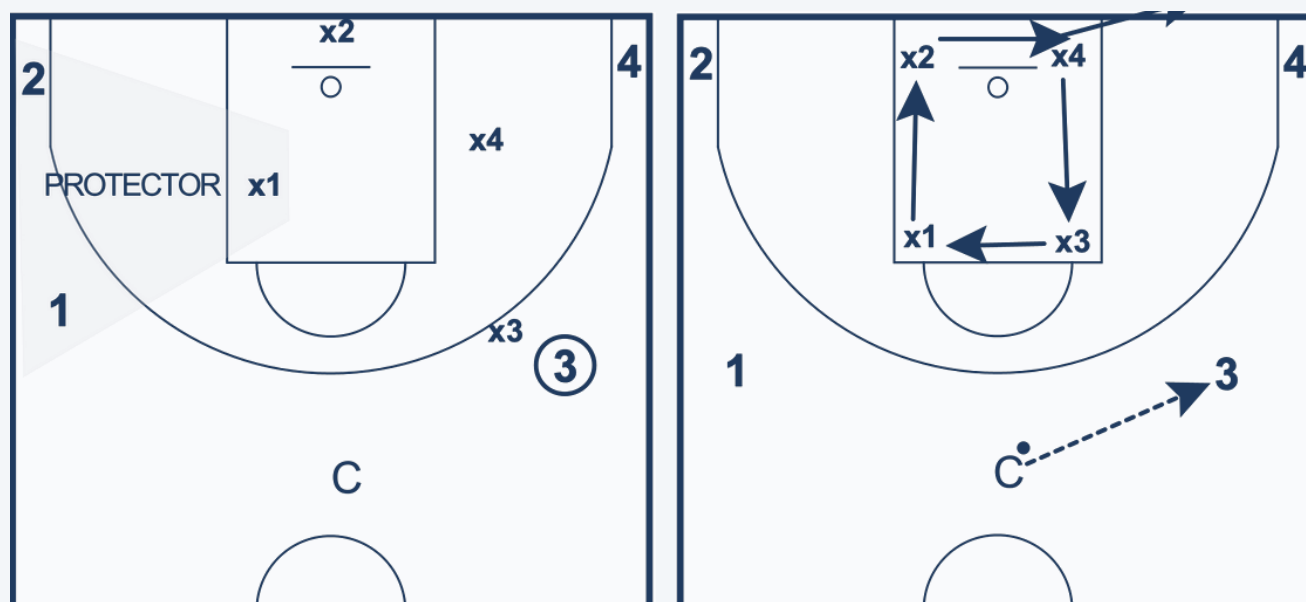
HOW TO RUN IT

Play wing pick-and-roll within a shell setup. The defense applies its chosen screen coverage, including help and recovery behind the ball.

40 Disadvantage shell

DEFENSE

COURT DIAGRAM



HOW TO RUN IT

Four defenders rotate inside the paint before a pass. When the coach releases the ball, three close out first and must cover the fourth attacker until the last defender arrives.