



Defense and Rebounding

Skills and Drills

Defensive stance and slides - fundamentals

Defensive stance 1 <https://youtu.be/mfJ3WeVqjRs>

Defensive stance 2 <https://youtu.be/d-n9hvS7SAA>

Side lateral push breakdown drill <https://youtu.be/rJZ4BuMh7qM>

Side lateral push drill <https://youtu.be/j7JUvMrXLRk>

Defensive stance and slide drills

Follow the leader slide drill <https://youtu.be/P-fqrEYD6sQ>

Coach says drill <https://youtu.be/CRxXwyhU5Aw>

Stance and slides with drop step <https://www.usab.com/basketball/media/videos/2014/12/mass-defense-part-1.aspx>

Zig Zag dribble slides 1 <https://www.usab.com/basketball/media/videos/2017/02/full-court-zigzag-no-offense-all-slides.aspx>

Zig zag dribble slides 2 <https://www.usab.com/basketball/media/videos/2017/02/full-court-zigzag-controlled-offense.aspx>

Zig zag dribble slides 3 <https://www.usab.com/basketball/media/videos/2014/12/zig-zag-practice.aspx>

Close outs and tracing the ball

Close out breakdown drill <https://youtu.be/6mzS2sVhcdg>

Fundamentals of the closeout <https://youtu.be/nOwQXU7IHZg>

Fundamentals of tracing the ball <https://youtu.be/tjIwAgcm1ts>

Tracing the ball breakdown drill <https://youtu.be/Xh1abiF-eeM>

Close out 1 on 1 drill <https://youtu.be/FWWi46rqCec>

Close out, slide and back pedal drill <https://youtu.be/aSvFDJclzys>

Denying the pass

Fundamentals of denying the pass <https://youtu.be/nN7M6ewFqJg>

3 second deny drill <https://youtu.be/G3pVP5rktVg>

Rebounding and boxing out

Rebounding fundamentals 1 – Introduction to rebounding https://youtu.be/h53uAtzO_-E

Rebounding fundamentals 2 – toss and get it drill <https://youtu.be/rjAT8hKISuw>

Rebounding fundamentals 3 – self toss drill <https://youtu.be/gQNmBiAvJHI>

Boxing out <https://www.usab.com/basketball/media/videos/2014/12/boxing-out.aspx>

No ball box out drill <https://youtu.be/J6QmHTVdKKc>

Wall box out drill https://youtu.be/hEJ_fs4sG2w

3-second box out drill https://youtu.be/bhTAm_1UfIA

1 on 1 rebounding drill <https://youtu.be/voK-YWDQbOw>

2 on 2 rebounding drill <https://youtu.be/FkAfum45R78>