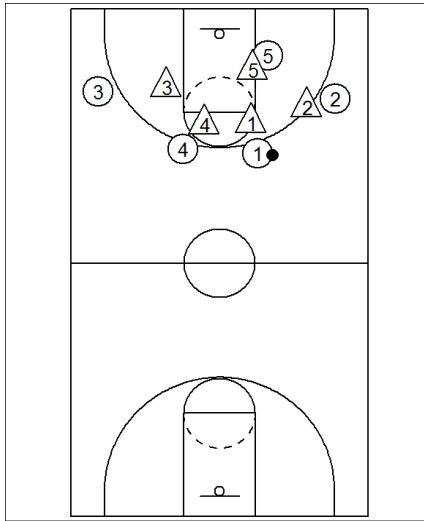




5-on-5 switch drill



DEFENSE DRILLS: 5-ON-5 SWITCH

Skills Covered

- *Transition defense
- *Transition offense
- *Communication

Alignment

- *Offense sets up to run an offense or set play that the coach calls.
- *Defense aligns to the appropriate spots depending on where their person and the ball are located.

Running the Drill

- *The offense runs through the offense or play called by the coach. If they get a chance to score, they try to score.
- *Defense plays the defense called by the coach.

*When the coach blows their whistle the offensive player with the ball will immediately drop the ball, and all five offensive players need to sprint back on defense.

*The nearest defender will pick up the ball and all five defenders are now on offense. They will sprint down the floor looking for a fastbreak basket. If they don't get a quick shot, then they will set up an offense or play that the coach calls.

*Coach can blow the whistle at any time. This signifies that the offense has to get back on defense, and the defense becomes offense.

Coaching Points

- *When getting back on defense, the first priority is to STOP THE BALL.
- *Defensive players should sprint back in or near the middle of the floor to help protect the basket.
- *Defensive players should yell out the number or name of the person they are guarding.

Drill Variations

- *Allow the offensive team to call their own plays on offense and defense.