

Defense Basketball Drills

Everything you wanted and more about defense basketball drills , basketball defense drills, defense tips, defense drills, basketball defense youth, and Much More So Start Improving your Basketball Game [HERE](#)

Basketball Defense Drill #1

Defense Stance

The player stands in **defense stance** like he is defending another player. Then he starts moving is leg quickly like in the stutter step fake. The player does **defense stance** for one minute. **Defense stance** if favorite for being in the movie Hoosiers!

The player can repeat this drible for 1-3 times

Basketball Defense Drill #2:

Jump to the Ball Defense

The best way I was taught **Jump to the Ball Defense** was the idea to think that you are chained to the ball and where ever the ball goes you have to **jump to the ball**. You stay low at all times while literally sprinting or **jumping to the ball** which will be new postion towards the ball, while keeping your eyes on both you man and the ball. Always us your fingers which we taught to be your pistols to shoot down your man and the ball. So point at the ball and man at all times this will help you keep an eye on both. Also, most coaches want communication between players on the court. So every time **you jump to the ball** your calling out or yelling out help, deny, or ball. Though the three positions that you should be on. Either you man as the Ball, and your calling ball and keeping him in front. Your one pass a way so your in denial position calling out deny. Or Help that means the ball is on the side of the court and you in the middle of the court which most coaches want you under the basketball if your low or if your up then at least in the middle of the court while calling out help. In this position it's very important to keep an eye on ball and man, because your man might be cutting or the ball might be skipped you have to stop either/or. **Jump to the ball defense** is nothing new, but it's a good to learn early in your years of playing.

Basketball Defense Drill #3:

Cat and Mouse Drill

The **cat and mouse drill** is done with partners. One person with the ball takes two dribbles then picks the ball up, while the other player who's playing defense staying low in defensive position. When the player with ball picks up his dribble. The defense of player yells ball while the mirroring the ball, at this time the offense of player moves the ball around and the defensive player has to continue to mirror the ball with two hands. Then the after a one two three count the offensive player takes two more hard dribbles and does it all over again. Some of the keys in this **cat and mouse defense drill** is to keep the defensive player in low denfesive position, comminucating by calling ball or whatever word you want them to use (hot, dead), and lastly to work on keeping ball pressure without fouling.