

The Defensive Challenge Drill

Drill Purpose:

This drill is great because it provides a [positive](#), fun twist to scrimmaging that encourages and rewards defense. It also gets your players in the mentality of, "I want to play defense."

Instructions

Perform this drill with 3-on-3, 4-on-4, or 5-on-5 in the half-court or full court.

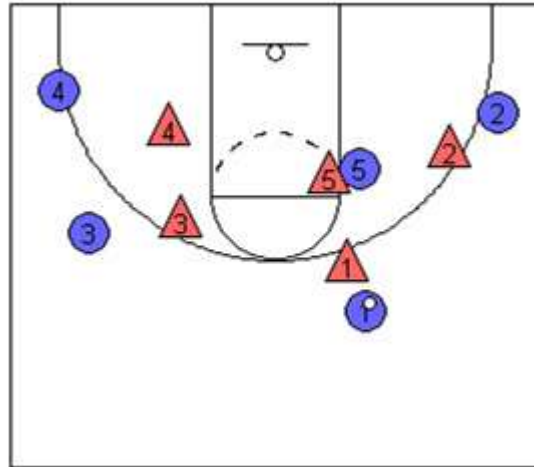
Split your players into two teams.

Only the defense can score points, either by forcing a turnover or securing a rebound.

If the defense gets a defensive stop, the team stays on defense.

If the offense gets a basket or the defense fouls a shooter, the offense and defense switch.

Play to 5 points or whatever you deem necessary.



Teaching Tip

If the defense is having a reoccurring problem, fix it immediately so they know how to react the next time.

Variations

- If the defense fouls two or three times in a row, the offense and defense switch.
- Play without any boundary lines. This gives the offense more freedom and makes the defense work harder.
- Force the defense to get 2 or 3 stops in a row before a point is awarded.
- If you have too many players, divide the group into 3 or 4 teams. If the defense does NOT get a stop, they rotate out. The offense rotates to defense and a new team comes in on offense.

