



20+ PLAYS & DRILLS INCLUDED INSIDE

PRACTICE & GAME PREP

PLAYBOOK

BY COACH PAT HEAD SUMMITT

FROM THE CLIPBOARD OF CHAMPIONS

PRACTICE & GAME PREP PLAYBOOK

**WITH THE
COACH PAT SUMMITT**

JANUARY 2020

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JANUARY 2020

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PRACTICE & GAME PREPARATION

WHOLE PART, WHOLE METHOD

Our defensive drills start with a simple 1-on-1 defensive cycle. Defensive players line up on the baseline, and we usually get a few practice players to line up at the top of the 3 point line as offensive players. Offense will attack to score and the defense aims to keep them away from the basket and to get a defensive stop.



1-on-1 Defensive Drill

- ◆ Defensive stops are steals, box-outs that result in a rebound, or when we force turnovers.
- ◆ We also run a version of this 1-on-1 cycle called "keep out of middle" where the focus of the defense is keeping the offensive player outside of the middle of the court/paint.

Remember to give your players goals for example # of stops, # of rebounds, etc throughout your drills.

2-on-2 Defensive Drill

We then move on to a 2-on-2 defensive drill where we begin to work in more defensive concepts like ball-denial and helpside defense.

Again, the goal of the offense is to attack and score, but with our defense we are focused on making sure they get to their spots, and that they rotate effectively. The weak side player needs to watch for back cuts, and both players need to box out the second a shot goes up – covering all the defensive fundamentals.



3-on-3 Defensive Drill

3-on-3 is next. In our 2-on-2 defensive drill you have an opportunity to work on your responses to skip passes where you have to sprint to help. In 3-on-3, you build upon that work by practicing the same action, but you also get the opportunity to challenge your rotation defense.



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