
DEFENSIVE CONDITIONING & DEVELOPMENT DRILLS

CONDITIONING

- Ladder Drill
- 17's
 - Sprints
 - Slides
- Transitions
- Sprinting & Running Drills
- Shuttles
 - With Slides
- Monkey
- Wall Sits
- 2 on 1 Footfire

DEVELOPMENTAL DRILLS

- Defensive Slide Technique
- Mirror Drill
- Mass Defensive Slides
- Full Court Zig-Zag
 - Form
 - Half – $\frac{3}{4}$ Speed
 - Full Speed
 - Close – 5 count
- Shell Drill
 - Man-to-Man

- Zone
- 4 on 3 Passing
- Baylor Trap Drill
- Pressure Box
- Closeout Drills
 - 1 on 1 w/ Denial
 - 3 on 3
 - Yow
 - Villanova
- Scramble Series
 - 5 on 4
 - 6 on 5
- Team Drills
 - Man Drill
 - 3 Stop Drill
 - Cutthroat
- War Drill