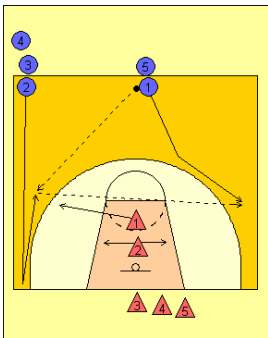
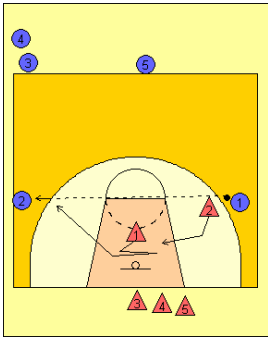


# Drill Outline – Help & Recover

i. 2 v 2 Help and Recover Drill																															
<p style="text-align: center;"><i>Purpose</i></p>	<p>Purpose of this drill is to work on players understanding of 'cheating' on the ball and moving when the ball moves. Players will also work on closeout technique and defending cutters away from the ball.</p>																														
	<p>Set up the drill with two offensive lines at half way, middle line with a ball, and two defensive players on split line. These players start in a defensive pattern. The drill starts with 02 sprinting the outside lane and leading back to the ball. 01 makes a pass to this player then flares to the weak side (although not a focus of the drill this allows players to practice offensive transition principles)</p> <p>Once the pass is in the air the defensive players closeout, through strategic communication one player closes out of the ball (02) one player defends the weak side player (01). After catching the ball 02 must make a pass fake, shot fake and a retreat dribble move before skip passing to 01. The defensive players cheat with the ball (move as the ball moves).</p>																														
	<p>On the skip pass X2 closes out on the wing, this should be a high shoulder close out allowing no middle penetration. X1 opens up to the ball and 'cheats' to the help lane.</p> <p>After catching 01 must complete a pass fake, shot fake and a retreat dribble move then skip passes the ball back to 02.</p> <p>After this skip pass the drill is live, however the offensive players are limited to two dribbles.</p> <p>The drill continues through the score and rebound phase and finishes when the defensive team secure the ball and progress it across halfway.</p>																														
<p style="text-align: center;"><i>Coaching Cues &amp; Key Teaching Points</i></p>	<p><b>Closeouts</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">'High hands'</td> <td>Carry hands to shooter on closeouts, Throw palms up</td> </tr> <tr> <td>to get body down</td> <td></td> </tr> <tr> <td>'Low stance'</td> <td>Hips below knees, head over toes</td> </tr> <tr> <td>'Quick feet'</td> <td>Active feet on closeouts</td> </tr> <tr> <td>'High shoulder' closeouts</td> <td>Nose to high shoulder on closeouts</td> </tr> <tr> <td>'Back to basket' gate</td> <td>Keep the back to basket to close gate</td> </tr> </table> <p><b>Containment Defence</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">'Close Gate'</td> <td>Keep back to the basket to close 'gate'</td> </tr> <tr> <td>'Retreat steps'</td> <td>Move outside foot, keep gate shut</td> </tr> <tr> <td>'Beat to the spot' the spot</td> <td>Contain by beating the player to the spot</td> </tr> <tr> <td>'Hand pressure' hand in and dig)</td> <td>High hands (Lead hand up, trail hand in and dig)</td> </tr> </table> <p><b>Off Ball Defence</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">'See Both'</td> <td>See the ball and your man at all times</td> </tr> <tr> <td>'Ball side, basket side' side of your man</td> <td>Stay ball side and basket side of your man</td> </tr> <tr> <td>'Flat triangles' triangles to shorten closeouts</td> <td>Flatten the ball-basket-man triangles to shorten closeouts</td> </tr> <tr> <td>'Cheat on the ball'</td> <td>Move laterally with the ball</td> </tr> <tr> <td>'Help lane' and recover in an open stance</td> <td>Use whole key; Hedge</td> </tr> </table>	'High hands'	Carry hands to shooter on closeouts, Throw palms up	to get body down		'Low stance'	Hips below knees, head over toes	'Quick feet'	Active feet on closeouts	'High shoulder' closeouts	Nose to high shoulder on closeouts	'Back to basket' gate	Keep the back to basket to close gate	'Close Gate'	Keep back to the basket to close 'gate'	'Retreat steps'	Move outside foot, keep gate shut	'Beat to the spot' the spot	Contain by beating the player to the spot	'Hand pressure' hand in and dig)	High hands (Lead hand up, trail hand in and dig)	'See Both'	See the ball and your man at all times	'Ball side, basket side' side of your man	Stay ball side and basket side of your man	'Flat triangles' triangles to shorten closeouts	Flatten the ball-basket-man triangles to shorten closeouts	'Cheat on the ball'	Move laterally with the ball	'Help lane' and recover in an open stance	Use whole key; Hedge
'High hands'	Carry hands to shooter on closeouts, Throw palms up																														
to get body down																															
'Low stance'	Hips below knees, head over toes																														
'Quick feet'	Active feet on closeouts																														
'High shoulder' closeouts	Nose to high shoulder on closeouts																														
'Back to basket' gate	Keep the back to basket to close gate																														
'Close Gate'	Keep back to the basket to close 'gate'																														
'Retreat steps'	Move outside foot, keep gate shut																														
'Beat to the spot' the spot	Contain by beating the player to the spot																														
'Hand pressure' hand in and dig)	High hands (Lead hand up, trail hand in and dig)																														
'See Both'	See the ball and your man at all times																														
'Ball side, basket side' side of your man	Stay ball side and basket side of your man																														
'Flat triangles' triangles to shorten closeouts	Flatten the ball-basket-man triangles to shorten closeouts																														
'Cheat on the ball'	Move laterally with the ball																														
'Help lane' and recover in an open stance	Use whole key; Hedge																														

	<p>'Early help' enters the lane          'Early rotation' ball enters the lane          'Cover down' cover down</p> <p><i>Rebounding</i></p> <p>'Bodies' pursuing the ball          'Reads' reverse pivot dribble)</p>	<p>Help on penetration before the ball</p> <p>Rotate on penetration before the</p> <p>If home helps (closed stance); high side</p> <p>Focus on blocking out bodies then</p> <p>Read defence on outlet (outlet,</p>
<i>Rebounding &amp; Transition Element</i>	<ul style="list-style-type: none"> <li>• After securing the ball the defensive team must get the ball over half way.</li> </ul>	
<i>Scoring System</i>	<ul style="list-style-type: none"> <li>• 1 point for a score; 1 point for a rebound and the defensive team get 1 point for every pass they force the offence to make in the transition phase.</li> </ul>	
<i>Player Cues</i>	<ul style="list-style-type: none"> <li>• On ball defence - 'ball'</li> <li>• Home defender - 'home'</li> </ul>	

**Submitted by Helen Richardson**