

# WISE Defense

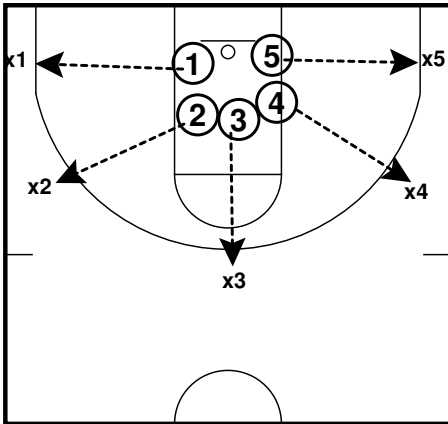
## Table of Contents

1.	Vise Defensive Drills	2
1.1	WISE Defense - 1v1 Closeouts	2
1.2	WISE Defense - 1v1 Spin Ball Compete	3
1.3	WISE Defense - 2v2 Baseline Drift	4
1.4	WISE Defense - 2v2 Rope Closeouts	5
1.5	WISE Defense - 3v3 Help the Helper	6
1.6	WISE Defense - 4v4 Ball Screens	7
1.7	WISE Defense - 4v4 Help the helper	8
1.8	WISE Defense - 4v4 Cut-throat	9
1.9	WISE Defense - 4v4 Screen Aways	11
1.10	WISE Defense - 5v5 Transition Defense (Formation Drill)	12

# Vise Defensive Drills

WISE Defense - 1v1 Closeouts

Frame 1



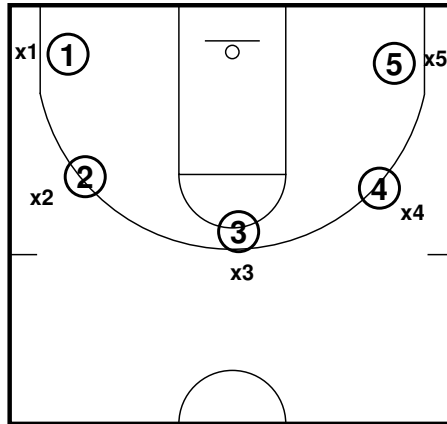
This 1v1 closeout drill starts with 5 players in the paint, close to the rim, all with a basketball.

On coach's whistle, each player passes the ball to their partner and follows with a closeout.

In initial "install" phase, it's best to treat each closeout as closing on a complete player who can shoot and drive. You can progress into different closeouts for 3 different types of off players (shooter, driver, player)

WISE Defense - 1v1 Closeouts

Frame 2



The defensive player(s) is working on active feet and active hands while staying in the bubble.

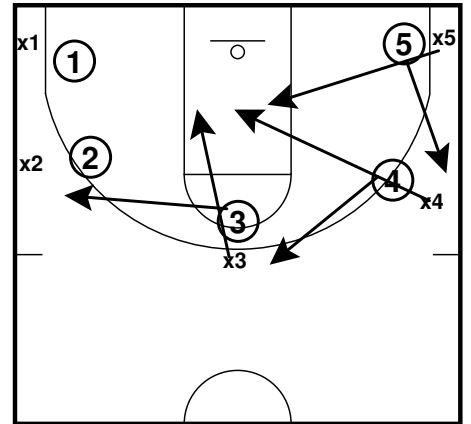
The defense wants to focus on the footwork to make sure they're forcing sideline. Top of key is forced to weak hand.

It's important that off. player works on good habits and keeps the def. honest by not going through the motions.

After 5 - 7 seconds, the coach yells "Up" which tells the offensive player to hold the ball above head. The defensive player then crowds off player and "slaps up" on the ball to knock it out and secure it with 2 hands.

WISE Defense - 1v1 Closeouts

Frame 3

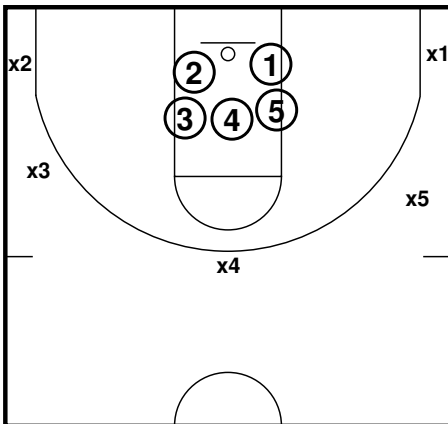


After each partner plays defense, the coach will say "rotate" and each partner group will rotate to their left.

If you have more than 10 players at a basket, the players on the baseline will rotate on to the right corner spot.

WISE Defense - 1v1 Closeouts

Frame 4

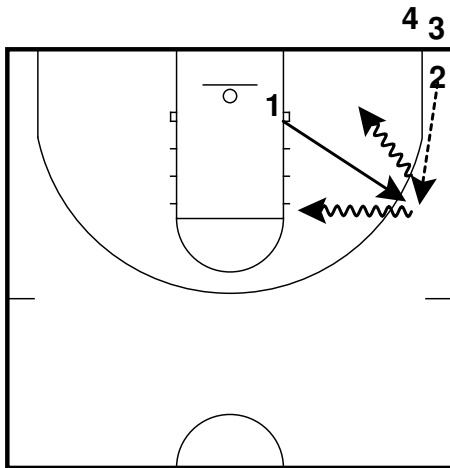


Ideally, each player will defend all 5 spots on the floor.

Side note: this drill can also be done with 6 spots on the floor if your numbers warrant it. Two corners, Two wings, Two slots.

# Vise Defensive Drills

WISE Defense - 1v1 Spin Ball Compete  
Frame 1



The defensive player starts with 1 foot on the block and 1 foot in the paint.

The play starts when the offensive player spins the ball out from the corner to the wing.

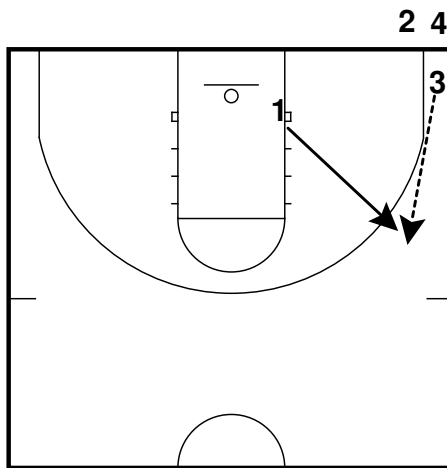
The defensive player is closing out, looking to take away shot, take away middle drive and battle for the sideline/baseline drive.

A couple of restrictions coaches can use are:

1) Time (players on baseline are active counters (3 or 4 seconds - example: "4-3-2-1")

2) Dribble limit: Coach's discretion. Recommend 2-3 dribbles depending on age & stage.

WISE Defense - 1v1 Spin Ball Compete  
Frame 2

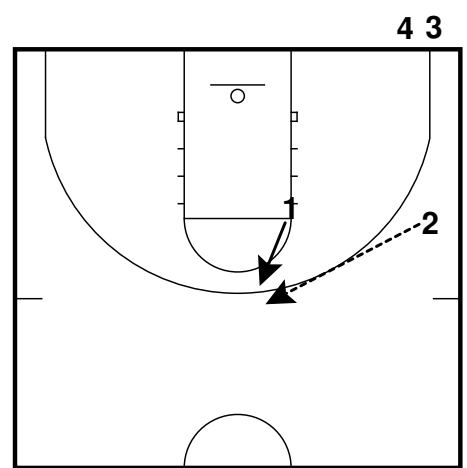


If the defense gets a stop (1 in this diagram), they stay on defense. You earn your way to defense by scoring.

Coach discretion on how to win the drill or game. 3 stops in a row is a commonly used method.

Another way to improve conditioning and keep this drill fresh is to have players rotate baskets if they lose the 1v1 battle. You can even put time limits on how long they have to get to the basket they rotate to.

WISE Defense - 1v1 Spin Ball Compete  
Frame 3

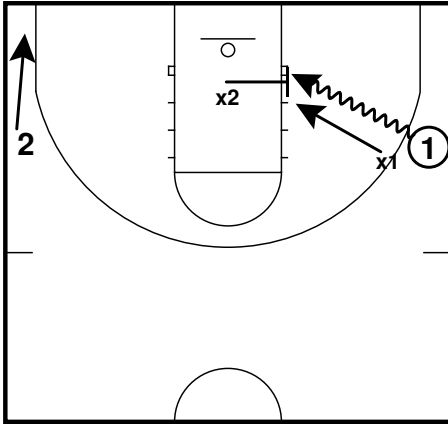


This can be done at different spots on the floor. You can put the defensive player at different spots to change the distance of the closeout.

In this diagram, the defense starts at the ball side elbow.

# Vise Defensive Drills

WISE Defense - 2v2 Baseline Drift  
Frame 1



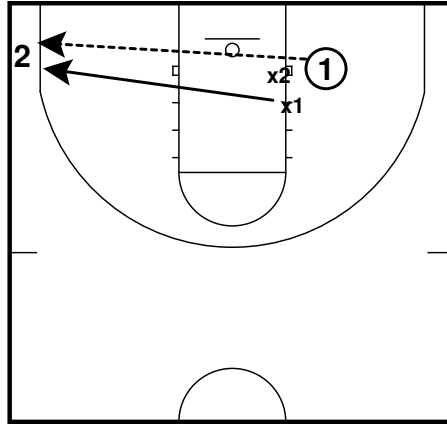
In this 2v2 drill, the defense is working on helpside rotation, switching, communication and solving problems.

The play can start a couple different ways. Typically, it's best to give the offensive player with the ball the advantage. They can use a "Harden" start with live dribble or play off the rip. The play starts when the off player attacks across the 3pt line. The defense can't move until the off player steps over the 3pt line.

The help-side defender will rotate if the on-ball defender can't recover to cut off their man.

The weakside off player (2 above) drifts to corner for better passing angle ready to catch and shoot

WISE Defense - 2v2 Baseline Drift  
Frame 2



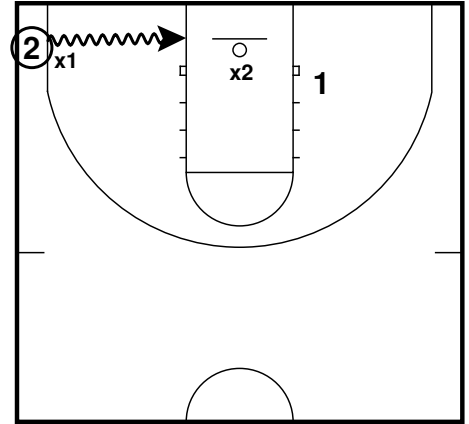
The weakside defender (x2) needs to cut off penetration outside the lane to help minimize scoring efficiency at the rim.

On the pass, x1 is switching & sprinting to cover "2" in the corner.

It's important that when x2 comes to help, they aim to make the ball handler throw a bounce or lob pass so that it gives more time to their rotating partner defender

It's easier for a switch in this situation b/c x1 has a better body position than x2 who would have to completely turn their body and hips to rotate out.

WISE Defense - 2v2 Baseline Drift  
Frame 3

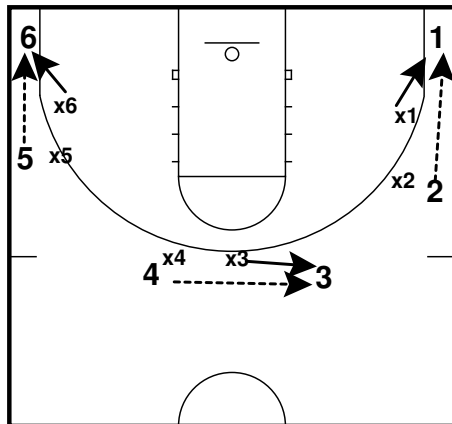


x1 defender is trying to arrive at the ball in time to take away the shot and secondly force the ball handler back to the baseline.

A coach can limit the offense if they wish. You could give complete freedom to the offense with no dribble or pass limits. Or you can have a 2 dribble and 2 pass limit giving the defense a higher chance of success and make it more game-like.

# Vise Defensive Drills

WISE Defense - 2v2 Rope Closeouts  
Frame 1



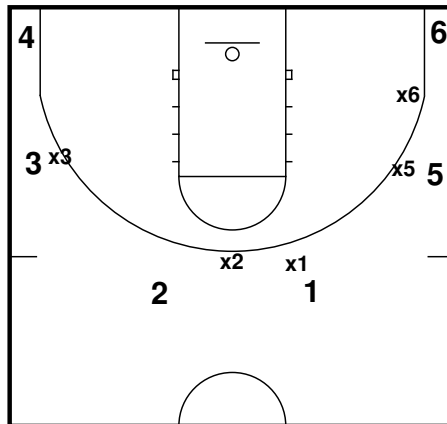
This 2v2 drill helps players work on 1 pass away positioning, closeouts, ball pressure and communication.

The off player with the ball works the defense for 3-5 seconds.

The off-ball defender is "grabbing the rope" and working on stance & eye discipline while communicating help to the their on-ball defender.

There are 3 different groups going simultaneously. Each group has 2 offensive and 2 defensive players

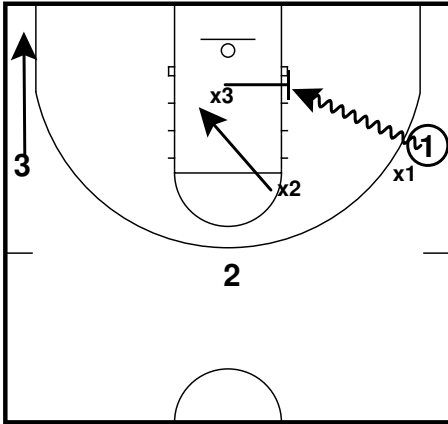
WISE Defense - 2v2 Rope Closeouts  
Frame 2



After each team of 2 plays defense, the coach can rotate the players to different spots on the floor.

# Vise Defensive Drills

WISE Defense - 3v3 Help the Helper  
Frame 1



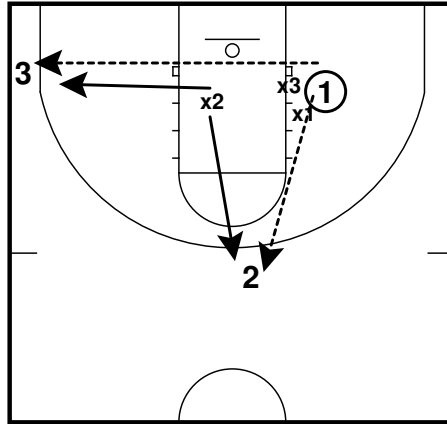
In this 3v3 drill, the defense is working on helping the helper and rotations out of a disadvantage situation.

The drill starts when the ball handler crosses the 3pt line. Both the ball handler and on-ball defender should start behind the 3pt line.

The helpside defender (x3) should stop the ball handler outside the lane.

The initial gap defender (x2) drops down to become the "Help the Helper" defender. x2 now plays two defenders and will take the first pass out.

WISE Defense - 3v3 Help the Helper  
Frame 2

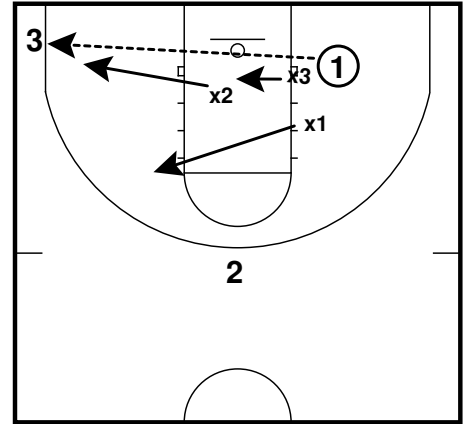


The help the helper defender (x2) takes the first pass.

The help defender (x3) will stay home with original ball handler.

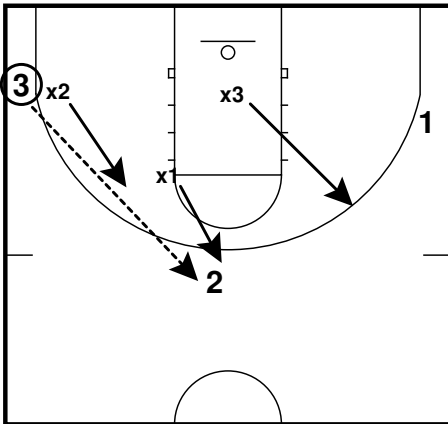
x1 defender is sprinting to next off. player. (See next diagram).

WISE Defense - 3v3 Help the Helper  
Frame 3



On the pass, all defenders should be moving/sprinting to their help positions.

WISE Defense - 3v3 Help the Helper  
Frame 4

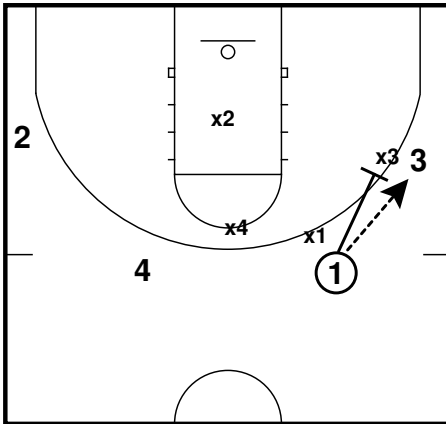


If 3 makes a quick "1 more" pass, each defender would move on air time to their respective help/gap positions.

# Vise Defensive Drills

WISE Defense - 4v4 Ball Screens

Frame 1



This 4v4 ball screen defense drill really helps teach the details of how we want to switch or "Black" ball screens and create pressure on the offense when they're trying to create scoring options or mismatches.

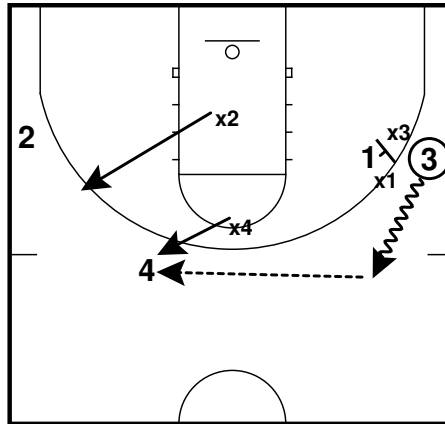
It begins with one of the slot players making a wing entry pass and following with a ball screen.

Its important that we communicate the screen is coming.

This drill also offers a great opportunity to build strong weak side defensive habits and principles.

WISE Defense - 4v4 Ball Screens

Frame 2



When 3 comes off 1's screen, x1 wants to "jump-switch" by showing big and facing their chest at the ball handler. We want the ball handler's first dribble at point of screen to be towards half-court.

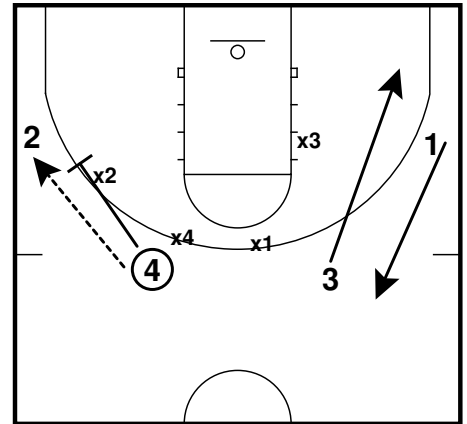
x1 needs to put their foot at the screener's foot so the ball handler cannot split the screen.

x3 must quickly get back to the ball side on 1 so they are in good gap/help position.

3 uses the screen and will reverse the ball to 4.

WISE Defense - 4v4 Ball Screens

Frame 3



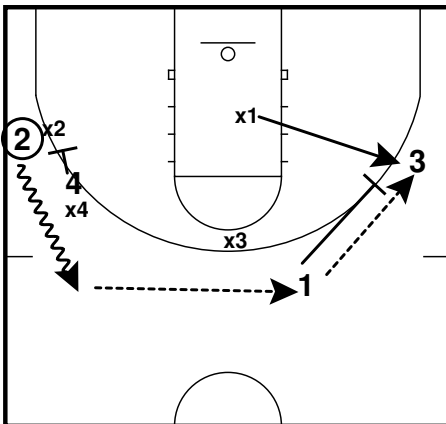
4 will reverse the ball to 2.

As the screen is happening, offensive players 3 and 1 will interchange.

The interchange does two things: It forces the helpside to maintain vision of the ball with false action. It also ensures x1 and x3 guard different spots and you don't have the same on-ball defender and same hedge defender every rep.

WISE Defense - 4v4 Ball Screens

Frame 4

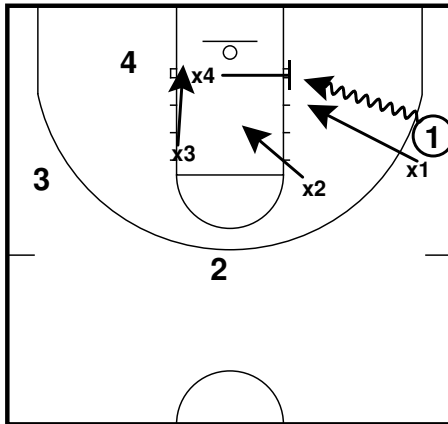


Once 2 uses the off screen and reverses the ball, we continue the same action and "black" or switch the ball screens.

A couple of additional thoughts: You can drill it and have the defense get multiple reps and then switch. This is often a good starting place on the first day of teaching. Another option is to make it live after the 3rd ball screen and the defense has to execute while the offense is trying to score.

# Vise Defensive Drills

WISE Defense - 4v4 Help the helper  
Frame 1

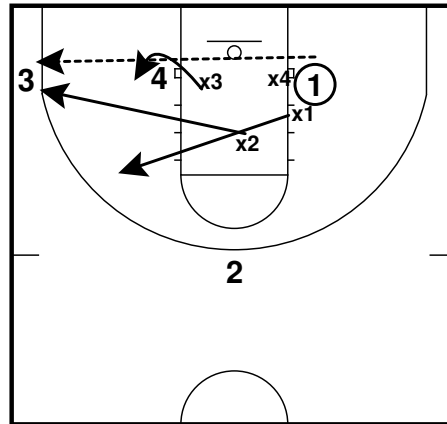


This is a progression from 3v3 help the helper drill.

The help defender now is x4 who is guarding the offensive weakside post player.

Now, there are 2 defenders that are helping the helper. Those 2 defenders are guarding 3 offensive players once the initial drive happens.

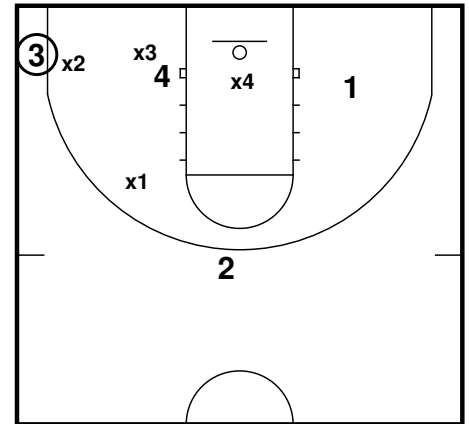
WISE Defense - 4v4 Help the helper  
Frame 2



x3 needs to get inside the low off. player (4).

x3 and x2 must communicate as they are guarding 3 people (2, 3 & 4).

WISE Defense - 4v4 Help the helper  
Frame 3



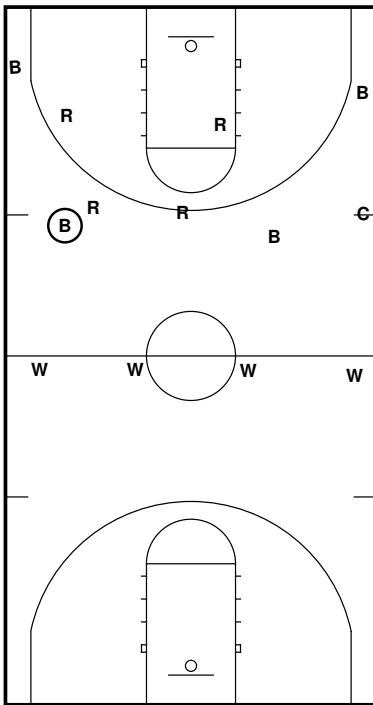
On 3's catch, all players are sprinting to their "help" positions, not their "man"

It's live on the catch and the defense is trying to get a stop.

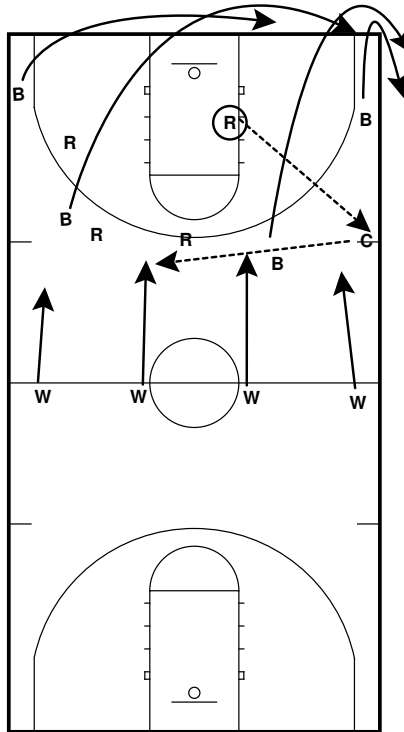


# Vise Defensive Drills

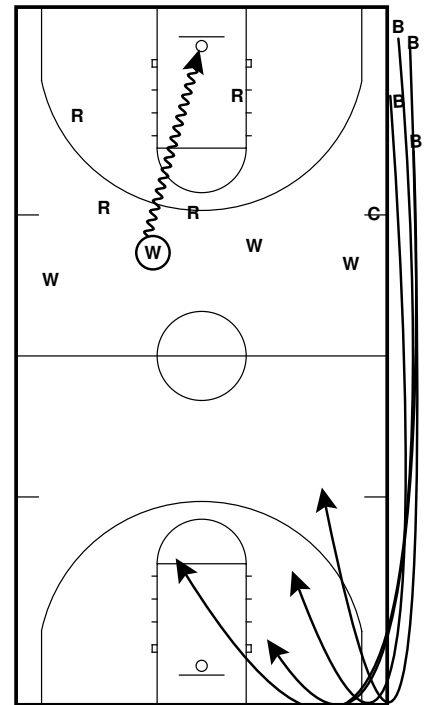
WISE Defense - 4v4 Cut-throat  
Frame 1



WISE Defense - 4v4 Cut-throat  
Frame 2



WISE Defense - 4v4 Cut-throat  
Frame 3



This 4v4 cut-throat drill is great for tying many parts of your VISE defensive principles together in a competitive way.

In this diagram, we have a R (Red), W (White) & B (Blue) team.

Blue is starting on offense, Red is defense and White will roll onto offense next.

There are many different ways you can "load" and "layer" this drill to make it more challenging on the defense. You win by getting 3 stops in a row. If defense gets a stop, they stay on defense. Offense exits baseline and sprints down the designated sideline to opposite baseline. Team (White in diagram) at half-court flows into offense. If the offense were to score, defense would exit baseline-sideline-baseline and offense would become next defensive team.

Each possession can be initiated by a coach who passes the ball into the next offensive team. "C" represents a coach in diagram.

If R gets a stop, Blue is sprinting/exiting baseline and out to sideline. It's important that they don't go sideline and get in way of next possession.

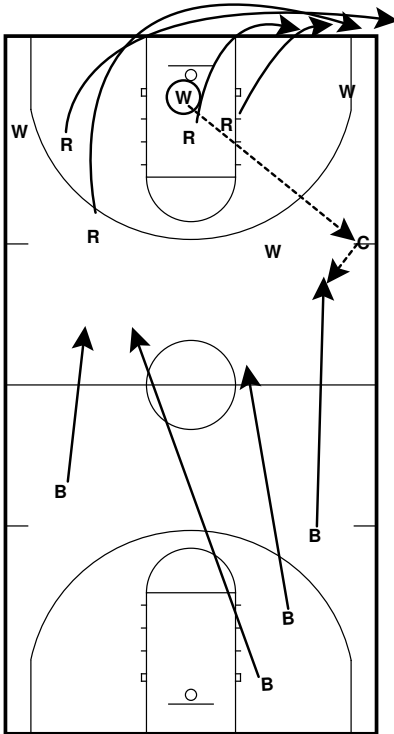
The W team is entering in play. R player who secured rebound or turnover is outletting to coach who is quickly getting it to W team. This should be a fast-pace (maybe Chaotic) drill, where players are transition urgently.

You can put a time constraint of 6 seconds on the team sprinting to opposite baseline to help have accountability for hustle. Have an asst or manager in charge of counting.

If W team were to score, they would become next defensive team. R would exit baseline and sprint to opposite baseline as seen in next diagram.

# Vise Defensive Drills

WISE Defense - 4v4 Cut-throat  
Frame 4



Blue team is flowing up quickly into offense.

You get a stop, you stay on defense. 3 stops in a row wins it. Team that loses (gets scored on or gets stopped always exits baseline.)

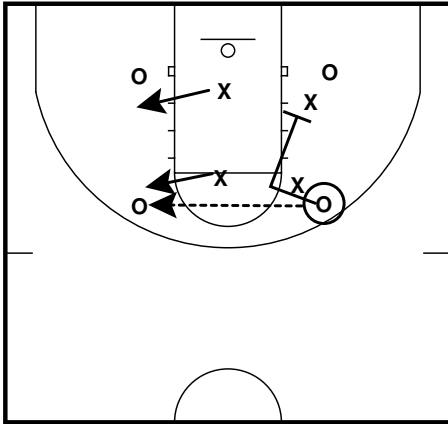
Now, to increase difficulty on defense, you can have standards that if you don't close out with high hand & say "ball", offense wins possession. Another way is all 4 have to communicate or all 4 defenders have to box out/make contact with their off player. You can also say "no middle drives".

2 ways to approach if defense doesn't do one of the above things mentioned. You can immediately kill possession and have defense exit baseline or you can play the possession and out and if they still get a stop, they get to stay on defense but don't get the 1 point. In this event they could get 6 stops in a row but have only 1 point because they aren't communicating or giving up middle drives.

Place the constraints or standards according to where you want them to improve that day or that segment of practice. This is typically a very competitive & spirited segment.

# Vise Defensive Drills

WISE Defense - 4v4 Screen Aways  
Frame 1



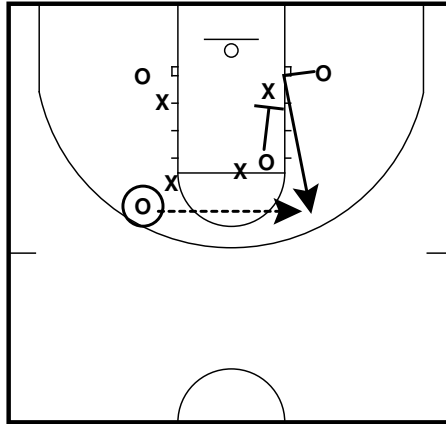
This 4v4 screening drill focuses on a few things. The primary goal is to build out how you want to defend off-ball screens.

Also, defensively, you are working on helpside, seeing ball and man, while communicating.

On the offensive side, players work on their precision in screening, coming off tight on a screen, and being patient.

The drill starts with the off. player with the ball making a slot to slot pass then setting a down screen.

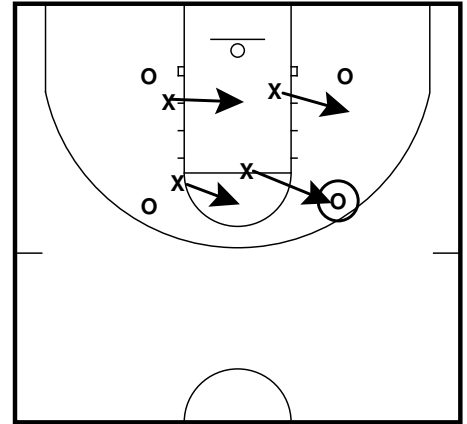
WISE Defense - 4v4 Screen Aways  
Frame 2



It's important that the screener's defender does two things. They must communicate the screen is coming. They also want to have eye discipline in maintaining vision of the ball. A tendency for players in this as the drill gets going is to get undisciplined with their vision.

There are 3 basic ways you can defend the screen. You can get on the hip and chase out (shooter). You can shoot the gap (non-shooter) with the screener's defender opening up and letting cutter's defender through. Or lastly, you can switch, where you want to come together to help prevent slips.

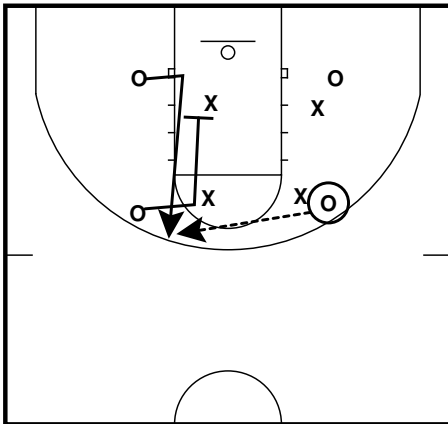
WISE Defense - 4v4 Screen Aways  
Frame 3



It's important that on every pass, all 4 defenders are jumping to the ball. An emphasis on "air time" and not moving on the catch is a good teaching point.

For offense, the passer on the release of their pass is always screening away. This is a continuous pass and screen away drill.

WISE Defense - 4v4 Screen Aways  
Frame 4

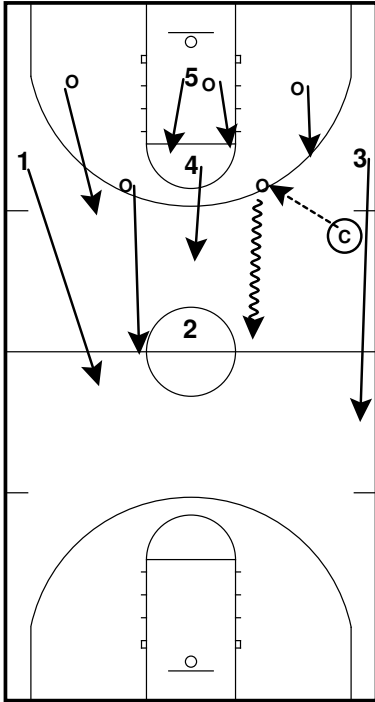


All 8 players will be covering all aspects in this drill. Each off. player will be a screener and a cutter. Each defender will guard the ball, be a help-side defender, guard the screener and guard the cutter (unless you are switching every time).

There is value in teaching the defenders the 3 different ways of defending the screen (chase, shoot the gap and switch) as you may encounter different opponents during the season that require different defensive strategies.

# Vise Defensive Drills

WISE Defense - 5v5 Transition Defense  
(Formation Drill)  
Frame 1

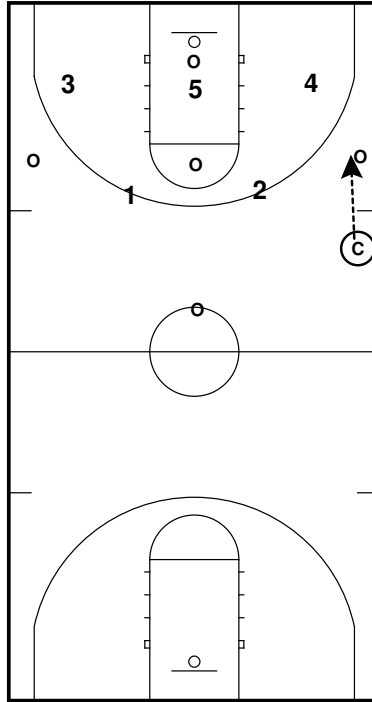


This 5v5 drill's goal is to work on transition defense. The majority of transition defense in a game will be played off a missed shot or turnover. This is also when your team is most vulnerable and disorganized. It's important to drill, train and practice with this in mind.

This is called "formation drill" because the coach will say "Offense, 2-3" - "Defense, 1-3-1". Whatever the coach puts each unit in, they quickly communicate and get to spots. The coach can start drill with a pass to one of the off players. In this diagram the defense is in a 1-3-1 formation. The offense (O's) are in a "2-3" formation.

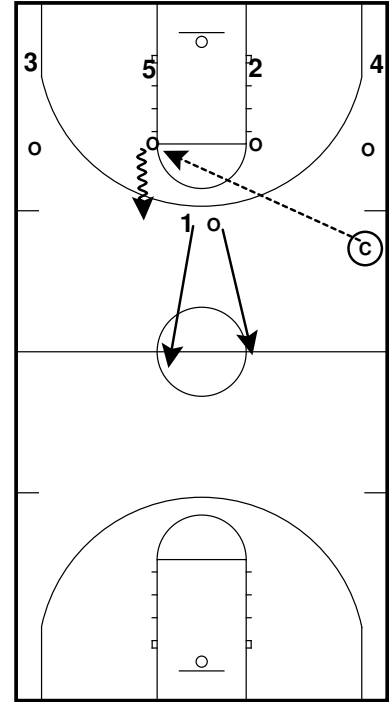
This can be made competitive by only allowing the transition defense team to play offense by getting a stop. If offense scores, possession ends and restart with offense getting to stay on offense.

WISE Defense - 5v5 Transition Defense  
(Formation Drill)  
Frame 2



This diagram is an example of the coach saying "Defense, 2-3" & "Offense, 1-3-1". The coach can pass it to any of the offensive players. This forces players to react and move quickly, all while communicating and getting back to match-ups, stopping ball, and protecting the paint.

WISE Defense - 5v5 Transition Defense  
(Formation Drill)  
Frame 3



This diagram is an example if the coach said "Defense, 1-4 low" & "Offense, 1-4 high".

Obviously, in this situation, the defense is in an initial disadvantage. They have an interesting but common problem to solve, which is game-like.

The different formations a coach can call can range from 1-3-1, 2-3, 3-2, 1-4 high, 1-4 low, 5 low (baseline), 5 high (all 5 along FT line). Coaches can be creative or basic in the formations they choose.

Using a variety of formations relates to what players experience in games.