

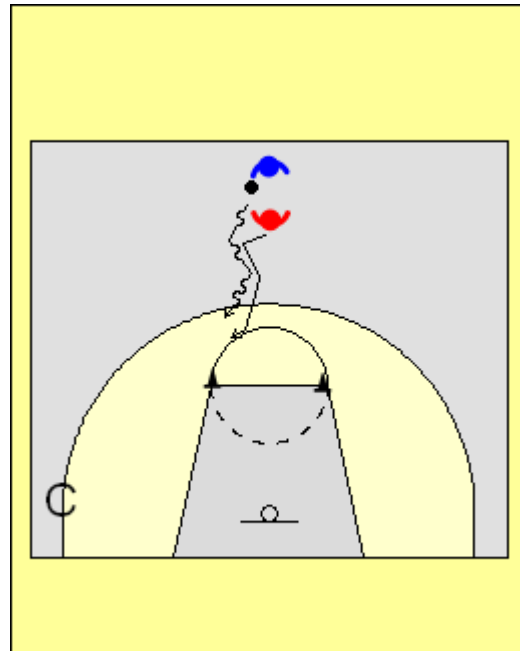
**Mike M^{ac}Kay - Manager of Coach Education and Development
CUBA**



Cuba is a defensive drill I have always used to help players defend for an entire 24 second possession. A point of emphasis was the proper stance. We want the players using hip turns and keeping the feet active. You can add different things to work on. Here is one progression we used.

Contain the ball

The offense starts with the ball at the centre circle. The defender must contain the ball in the middle of the floor. Offense is trying to attack the basket but can only drive if he/she can go between the two pylons that are at the foul line. Note: you can change the position and space for these pylons to work on different angles. I don't actually use pylons with older players. For the young ones it helps define space.

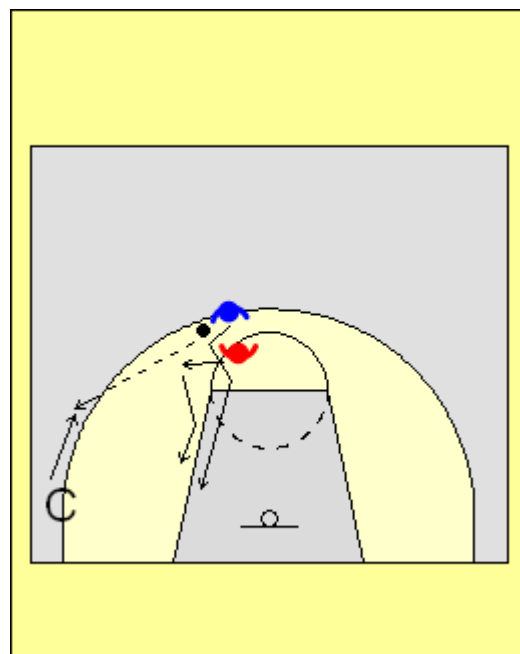


Pass to the wing

On the pass to the wing the defender must jump to the ball and not allow the offensive player's hips to beat them. The offensive player continues down and posts up on the ball side.

I emphasize guarding the hips. If I use the clock analogy the defender would front the cut in the 12 o'clock position, shading to the ball side and then do a quick hip turn to have his/her hips at a two o'clock position. (The offensive player is the middle of the clock with the basket being the 12 o'clock position).

As the cut is made to basket the defender can either open to the ball or stay closed and change eyes. At the highest levels you must maintain contact with your friendly forearm. If you don't and the rim is open it is a dunk.

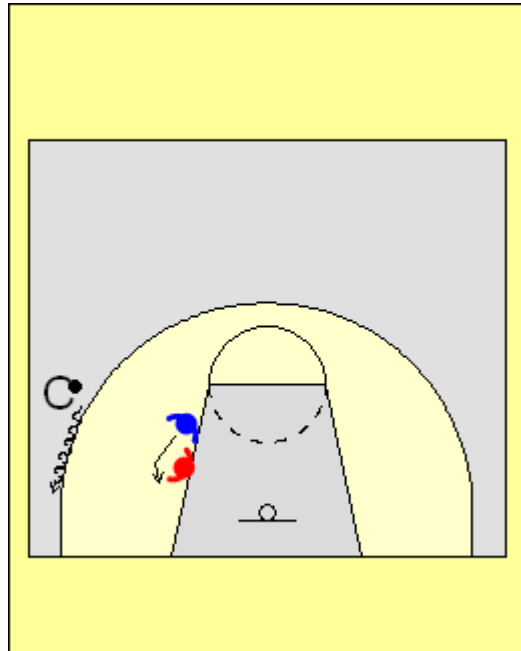


Defend the post

The defender must know guard the post. Working on proper position depending on where the ball is positioned:

- ❑ $\frac{3}{4}$ top side when ball is high
- ❑ front when on the 45° angle
- ❑ $\frac{3}{4}$ bottom side when below the block

The coach (passer) takes the ball to these various positions by dribbling.

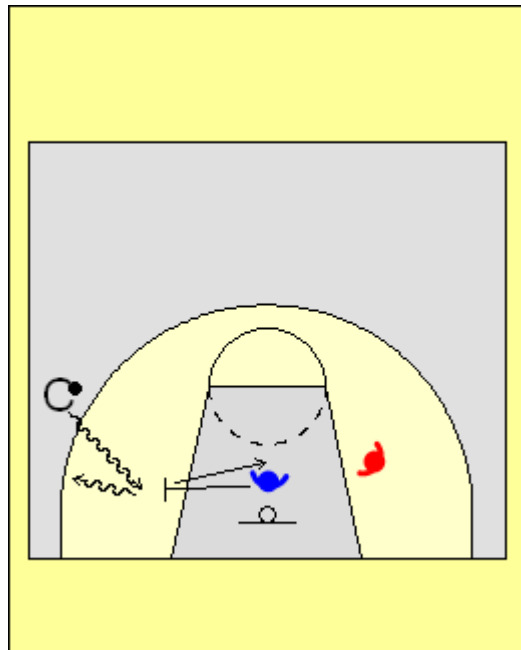


Escape the paint

The offensive player now moves away to the weak side wing. The defender establishes good help side position. We want the defender to escape the paint three times:

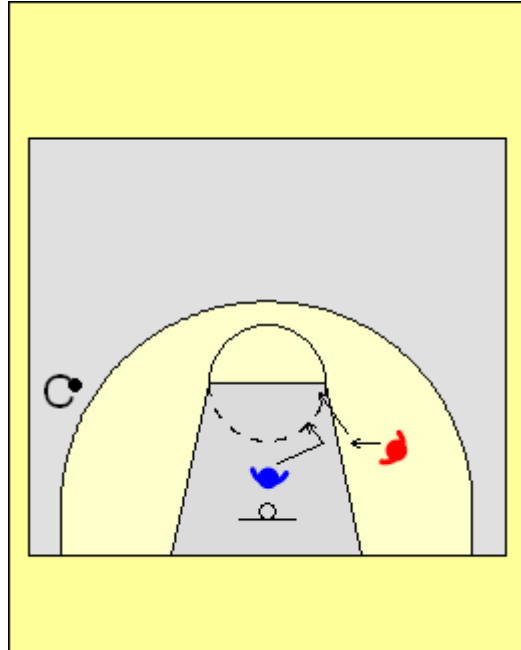
- ❑ The coach drives baseline - help outside the key
- ❑ The weak side player cuts - go and meet them
- ❑ The coach shoots - go and meet the crashing rebounder

The help side defender needs to react with cheat steps to the ball movement by the coach. If he/she stares at the ball the wing needs to cut or the ball should be skipped. As they advance have the wing player move up and down and in and out.



Flash cut

The players need to develop a plan. Are they forcing the cutter high or low? If forcing high play slightly lower, if forcing low play higher. They need to recognize where they need to be once the cut is complete. If the cutter is going along the baseline and the passer is high on the wing it is better to end up forcing the cut low so you end up in a better post defensive position.



Weak side box out

When the defender is playing help side it is good idea to skip the ball if the defender is looking down or not taking cheat steps

Note: the coach can pass at anytime during the entire drill. The offensive player must make an intelligent decision on whether to score or pass back to the coach.

