

## LOCK LEFT DEFENSE

### Course Outline

#### **Video 1: Introduction**

#### **Video 2: Layer 1 - Cross Half**

Layer 1 is the first building block of the Lock Left foundation. Shrink the floor by controlling and influencing the ball to cross half on the left-hand side of the floor.

#### Warm-up Drill - Skip Dribbles

The athletes are taken through a warm-up to begin working on their body position when defending the ball in the backcourt. An added bonus is the offensive skill development of their left hand.

#### Reminders:

- Arm's Distance - Understand your capabilities as a defender, you don't want to get beat.
- Stick Stance - Show your hands, don't get off balance by reaching.
- 45-Degree Angle - Keep your nose on their right shoulder, don't open up completely.

#### 1 v 1 Drill

Using a third of the floor and playing a competitive game to half court.

#### Individual Scoring:

- Offense wins (1 pt) - If the offensive player gets two attacking dribbles with their right hand and crosses half court under control.
- Defense wins (1 pt) - If the offensive player turns the ball over, doesn't make it to half court, doesn't get two attacking right-hand dribbles, or doesn't stop under control.

#### **Video 3: Layer 2 - Gap & Deny**

5 Keys Drill - Tyler created and uses the 5 Keys drill to emphasize the five keys to an effective Lock Left Defense and begins with gap position.

#### The 5 Keys:

1. The closeout - How we closeout is a new technique and will require many reps for your athletes.
2. Jump to the ball - This will depend on which side of the ball the defender is (gap v. deny).
3. Talk - Communicate to the ball and your teammate.
4. Vision - Never lose vision of the ball. The ball is what scores.
5. Skirmish - From gap position, it is a lunge and stab at the ball with a recovery on the line of the pass.

The drill begins with a closeout to the left wing and an offensive teammate on the left slot.

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### **Video 4: 5 Keys Drill Continued - Deny Position**

The athletes continue to progress through the 5 Keys drill and begin working on jumping from on-ball stance to a deny position. We want the ball to be influenced further left and deny anything back to the right. The drill begins with a closeout to the left slot and an offensive teammate on the left wing.

### **Video 5: Layer 3 - Closeouts**

Within the same 5 Keys drill, Tyler begins teaching Layer 3 – closeouts – and the appropriate technique.

Reminders:

- Aggressive sprint to the right ear. Contest all shots. Don't want to give up threes.
- Closeout close enough to touch the ball with your forearms in stick stance.
- The goal is to dictate where the ball is going and influence an immediate left hand dribble.
- If the offensive player holds the ball, defender may adjust stance to ensure a lateral drive to the left.

### **Video 6: Athlete Review**

Tyler reviews the first three layers with the athletes. Remember, wrong answers are as important as right answers. Check for understanding, how well you have taught, and check often throughout a practice.

### **Video 7: Small Side 2 On 2**

Tyler takes the athletes through an offensive skill and decision-making drill that transitions into a live 2 on 2 game where the defense is working on the Lock Left principles.

Reminders:

- Players are working on different passes as they move up the floor.
- When they get to half court it doesn't matter which person ends up with the ball.
- The next sequence of moving across the court should be quick and efficient – one dribble max – as players are working on controlling momentum and vision.
- When the athletes get to the opposite sideline, the ball needs to start in the hands of the player closest to the basket before beginning 2 on 2.
- The offensive teammate in the corner can only catch and shoot and they are allowed to cut backdoor.
- Offensive players are not allowed to cross the midline. Offense only gets one shot per possession before rotation occurs.

### **Video 8: Conclusion**

The first three layers are the foundation of the Lock Left Defense. You can't move on until your team has consistent control of the ball, appropriate position in both gap and deny, and consistent closeouts – taking away both uncontested threes and right-hand drives.