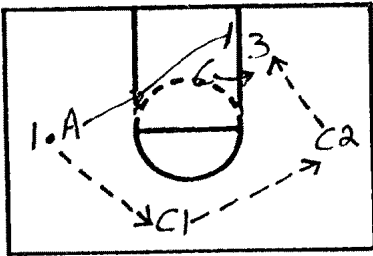
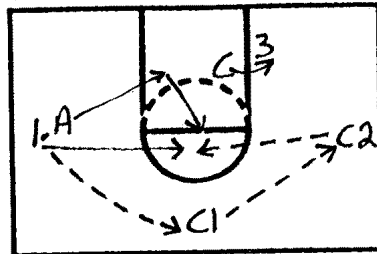


### HELPSIDE DEFENSE

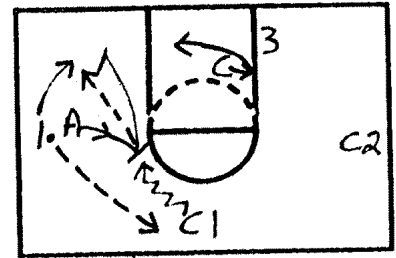
The following three defensive drills are ideal to teach helpside defense. Each drill places the helpside defensive player in game situations. Once each drill has been taught, reaction can be improved by allowing C the freedom to choose which drill to run without telling the helpside defense.



"Dive To The Ball" - #1 passes the ball to #C1 who passes to #C2. #C2 looks to pass the ball to #3. #A must jump off #1 into help position on the pass to #3. #A dives to the ball.



"Defend The Flash" - #1 passes the ball to #C1 who passes to #C2. #A must jump off #1 into a help position. #C2 fakes the pass to #3 and #1 flashes to the middle. #A must deny #1 the ball.



"Help And Recover" - #1 passes the ball to #C1. #A jumps off #1 into help position. #1 drives towards #A until #A stops the drive. #1 curls down. #C1 passes to #1 and #A must recover and contain #1.