

# M2M Pressure Defense Progressions Curriculum

1. Quick Feet
2. Hops
3. Zig Zags
4. Stop the Dribbler 1x1 Drill
5. Double Teaming
6. Close Out
7. Win the Bounce
8. Deny the Wings
9. Jump Switch
10. Defend the Top Slasher: Widen or Jump Switch
11. Deny the Cutter
12. 1x5 Skeleton Shell: Deny, Help, Widen, Double Down, Rotate Down, Prevent Cuts, Lock-up, Recover
13. Low and High Post: Deny, Help, Baseline Jump, Hedge, Switch, Low Post Front, High Post Cross, Double team, Defend baseline, Bang Cutter, Talk
14. Defend Post Inside Screens
15. Defend the Seams: 2x2, 3x3
16. Defend Pick and Roll: Switch, Go Around, Fight Through, Hedge, Recover
17. Defend Down Screens
18. Defend Back Screens
19. 4x4 Shell Drill: Controlled, Rotations, picked-up ball, prevent cuts, live
20. 5x5 Shell Drill with Post defenders
21. Lock-up and Safety on Inbounds
22. Rotate Back Drill
23. Boxing Out

