



SEAL THE HELP

— PRACTICE LAB —

Turn a help defender into an offensive advantage.

1 ADVANTAGE DRILL

SEAL THE HELP DRILL

PURPOSE:

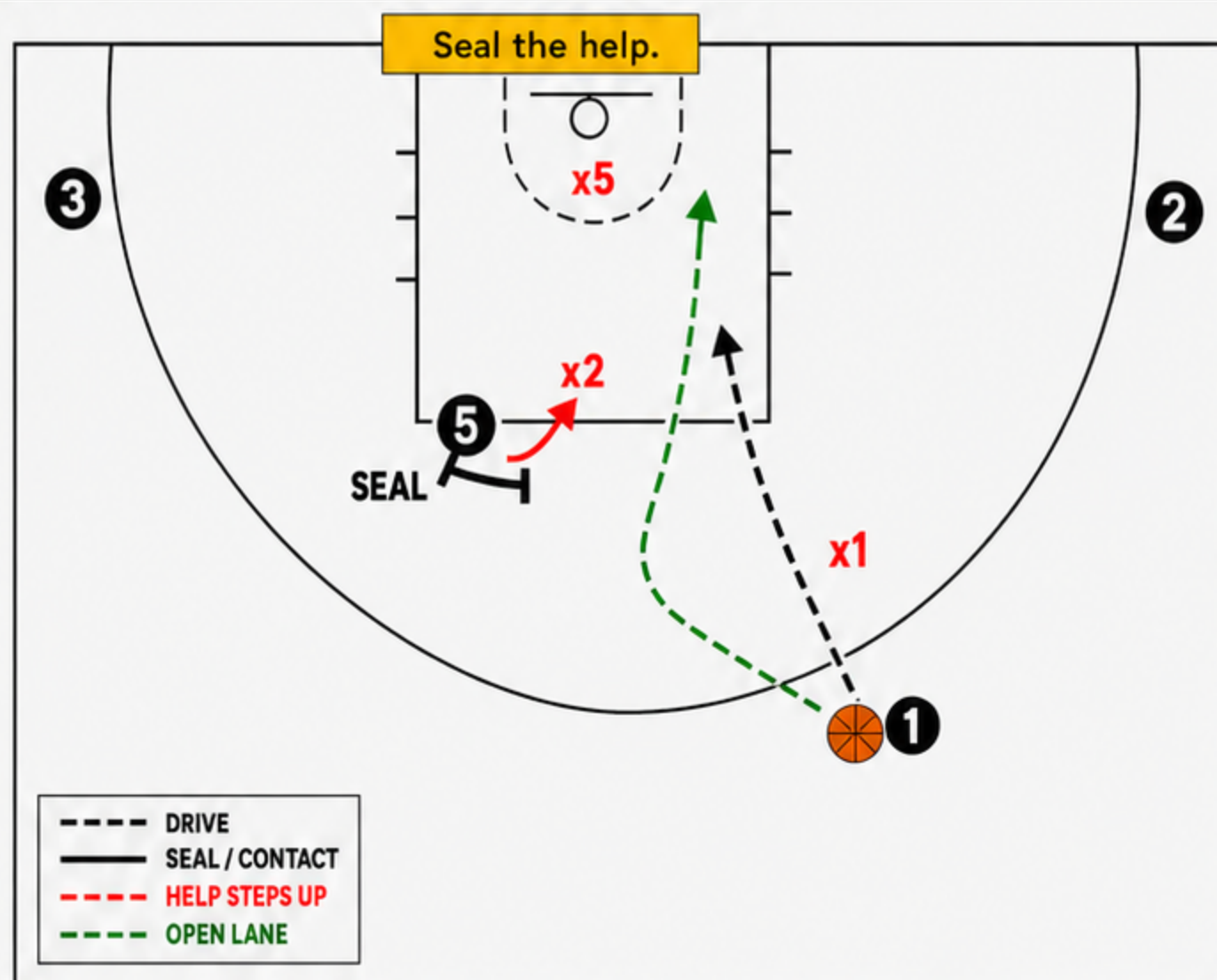
Teach the big to seal the help defender instead of always screening the ball. The seal removes the help, creates a driving lane, and turns a help defender into an offensive advantage.

SETUP:

- 4 offensive players to start: ballhandler, sealer/big, weakside shooter, opposite spacer
- 3 defenders to start: on-ball defender, help defender, rim protector/low help
- Start with the ball on the wing or slot
- Big begins near the lane line, dunker spot, or short corner area
- 1 ball
- Scoring example: 1 point for paint touch, 2 for finish, 3 for and-1 or correct kick-out read

EXECUTION:

1. Ballhandler attacks downhill off the wing and forces help.
2. The help defender steps into the driving lane.
3. The big reads that help defender and seals him by stepping into his path and making solid contact.
4. The ballhandler turns the corner off the seal and finishes, or makes the correct next read.
5. Reset and repeat from both sides.



2 TEACHING POINTS

- Read the help defender — seal him, don't screen empty space.
- Step into the help defender's path early.
- Make contact and hold position on the seal.
- Driver attacks the space behind the seal immediately.
- Keep weakside spacing so extra help is late.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add help defender
5. Add rim protector or low help
6. Play live

4 VARIATIONS

- Start from either wing.
- Allow baseline or middle attack.
- Add a drop-off read if the rim protector rotates.
- If the help defender stays home, flow into a ball screen.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film at the seal.

1. Who is the help defender?
2. What forces the help to step up?
3. When should the big seal instead of screening?
4. What space opens after the seal?
5. What is the next read if the rim protector rotates?
6. What spacing detail makes the seal work?

6 CAN YOU TEACH THIS?

- ☐ Recognizes the help defender immediately
- ☐ Seals with correct timing
- ☐ Makes solid contact and holds position
- ☐ Attacks the space without hesitation
- ☐ Makes the correct read against rim help
- ☐ Maintains proper spacing
- ☐ Executes consistently at game speed

7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense identifies the help defender, seals the help correctly, attacks the created lane, makes the correct read, and produces a paint touch or high-quality shot. Reset after a late seal, poor spacing, or wrong read.

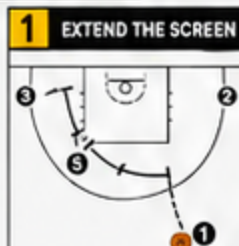
8 GAME APPLICATION

- Use this when teams load the gap or bring aggressive help on drives.
- It punishes help defenders who step up early.
- The next defensive adjustment may be earlier low help or no-help discipline.
- The next counter may be a kick-out three, a drop-off, or flowing into a ball screen.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1. EXTEND THE SCREEN
2. SWIVEL THE ANGLE
3. LIFT THE HELP
4. DROP BEHIND THE HELP



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____
TERMINOLOGY: _____
COUNTERS: _____
PRACTICE NOTES: _____
GAME-PLAN IDEAS: _____