



LIFT THE HELP

— PRACTICE LAB —

Create the long closeout before attacking baseline.

1 ADVANTAGE DRILL

LIFT THE HELP → ATTACK BASELINE

PURPOSE:

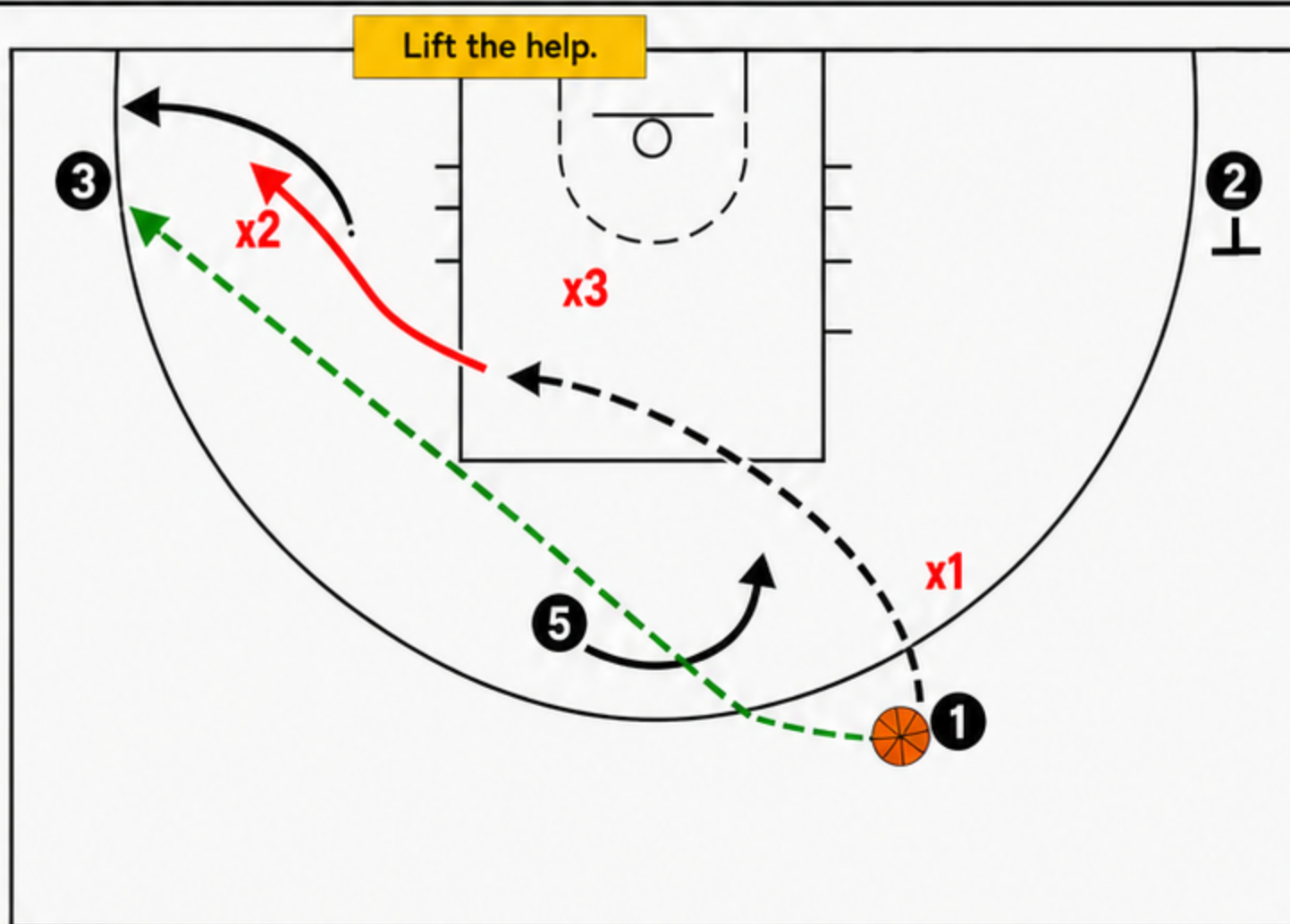
Teach players to move the help defender with a diagonal skip pass, force a long closeout, and immediately attack baseline before the defense can recover. Emphasize manipulating off-ball help before the drive.

SETUP:

- 4 offensive players to start (passer, receiver, baseline driver, corner spacer)
- 3 defenders to start (on-ball defender, help defender, closeout defender)
- Start with the ball on one side of the floor
- Weakside player lifted on the diagonal
- 1 ball; optional coach as extra help defender
- Scoring: 1 point for paint touch, 2 for kick-out three, 3 for finish through contact

EXECUTION:

1. Drive or paint touch draws help.
2. Diagonal skip pass lifts the help defender and creates a long closeout.
3. Receiver catches and attacks baseline immediately.
4. Read low help for finish, drop-off, or kick-out.



2 TEACHING POINTS

- Move the help before you attack.
- Lift the weakside defender with the diagonal pass.
- Catch ready and beat the closeout baseline.
- Hold spacing so the next help rotation is longer.

3 PROGRESSIONS

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

4 VARIATIONS

- Start from either wing.
- Require a one-dribble baseline attack.
- Add a dunker-spot or corner drift option.
- Change the help coverage.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film at the catch.

1. What moved the help defender?
2. Why is the closeout so long?
3. What is the first read on the baseline drive?
4. Which defender is late to rotate?
5. Where is the next pass if low help steps up?
6. What spacing detail makes the closeout harder?

6 CAN YOU TEACH THIS?

- ☐ Recognizes when help has been lifted
- ☐ Delivers the diagonal skip on time
- ☐ Catches ready to attack
- ☐ Attacks the closeout baseline without hesitation
- ☐ Makes the correct read versus low help
- ☐ Maintains proper spacing
- ☐ Executes consistently at game speed



7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense lifts the help defender, creates a long closeout, attacks baseline, makes the correct read, and produces either a paint touch or high-quality shot. Reset after a poor skip pass, slow catch, or wrong read.

8 GAME APPLICATION

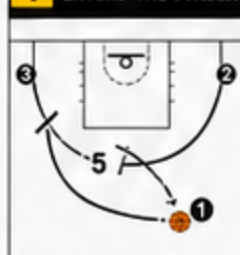
- Use this when help is sitting in the gap or low-man area.
- It punishes heavy help and late closeouts.
- The next adjustment may be an earlier stunt or switch-out.
- The next counter may be a drop behind help, one-more pass, or kick-relocate attack.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1. EXTEND THE SCREEN
2. SWIVEL THE ANGLE
3. DROP BEHIND THE HELP
4. KICK. RELOCATE. ATTACK AGAIN.

1 EXTEND THE SCREEN



2 SWIVEL THE ANGLE



3 DROP BEHIND THE HELP



4 KICK. RELOCATE. ATTACK AGAIN.



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____

TERMINOLOGY: _____

COUNTERS: _____

PRACTICE NOTES: _____

GAME-PLAN IDEAS: _____