

DEFENSIVE RULES

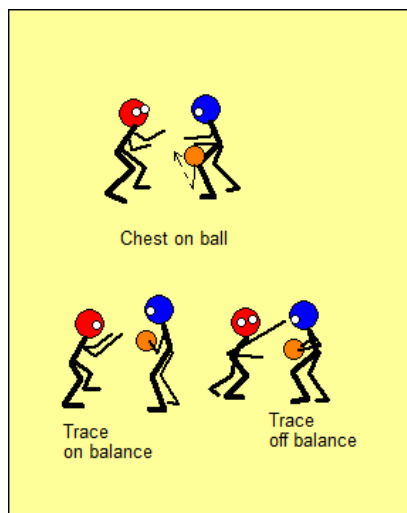
This manual will not go into elaborate details on how to teach defence. Remember that this manual is mainly about teaching the basic offensive skills of the game. In order for the offence to improve the defence needs to play progressively and become more competitive. It is suggested that the coach teach the defenders these basic rules as this will help develop a deep understanding of the game. Also it gives the offence varying reads. When the coach moves into the concepts and strategy part of the training, more detail can be added to the defence.

1 – Protect the Basket

Someone must always be responsible to protect the basket; prevent the opponent from shooting uncontested layups. By playing between the check and the basket the player is protecting the basket. Make the offence go around, not a direct uncontested line. When playing help defence and denial defence, the positioning of the players must take into account the basket and the ball.

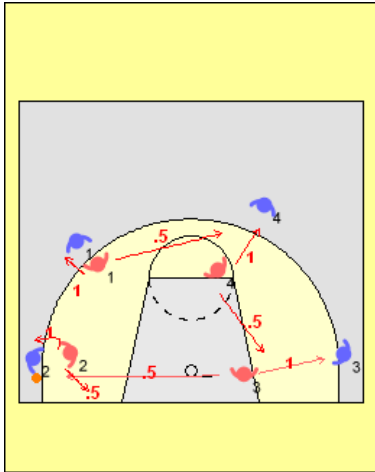
2 – Pressure on the Ball

From three-quarter court (pick up at opponent foul line) the ball-handler under pressure has to be put under pressure. Do not allow the ball-handler to easily see the other players on the floor and force them to change hands (while dribbling) and direction (crossover) as often as possible. Also, do not allow the ball-handler to determine which side to dribble to (strong-side or weak-side) this will help to confuse the team's offence. Everybody else should be in the passing lane. Once the player crosses the half-court line the defender has to keep them on the same side; do not allow any crossovers. This will allow the other four defenders to identify which is ball-side and help-side. Do not allow the offence to enter the ball where and when they want. The entry pass is the beginning of the offensive set and therefore it is important to deny as much as possible. Place the chest between the ball and the basket. Trace the ball with only the hand on the side of the ball. If reaching with the opposite hand it could cause an unbalance.



3 –Play 1.5 on the Player without the Ball

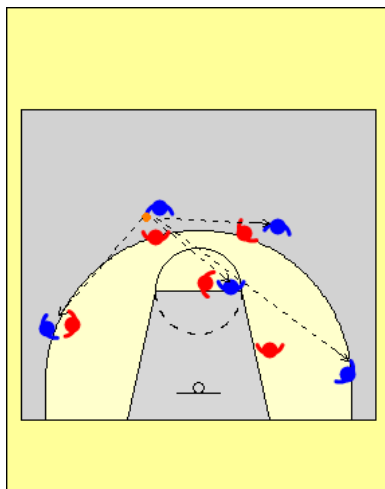
Players should be aware of the first step to playing good team defence, which is to make sure that they are always defending and ready to help on the eventual penetration/rotation.



At any point in a defensive possession, the players must know whom they are guarding (one) and whom they are helping (half). The player guarding the ball is the only person that does not have a half responsibility. The player guarding the ball must know who the next helper is if the ball is put on the floor.

4 – Always Stay in the Passing Lane

Make sure the player is always in the passing lane ready to deny the pass and to help versus penetration. Team defence will be very effective only if five players are in good position. The defence has to look like a wall. Allowing the players to play a sagging defence may work when players cannot shoot or attack a bad close out. Be reminded that as better teams are being played, this strategy will prove to hinder the development of players and more importantly the offensive players never learn to play with pressure.



5 – Make the Offensive Player Move Before the Catch the Ball

Never allow the check to catch the ball near the three-point line, make them move if they want the ball. This will help teammates to defend cuts and screens. Always make the offensive player feel under pressure.

6 – Box out

Finish the play by securing the rebound.