

DEFENSE BASICS

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Section Seventeen

Topic 1 Movement

- 1 Defensive Position
- 2 Jump-Steps
- 3 Defensive Runs

Topic 2 Move Feet Drills

- 1 Front
- 2 Go After Pivoter
- 3 Go After Dribbler
- 4 Monkey In The Middle
- 5 Mirror

Topic 3 Forcing

- 1 Forcing Basics
- 2 Walk/Run Force
- 3 3-Yard Force

Defense is a dance that involves two types of steps: jump-steps and defensive runs. Slides, walks, and long steps don't work well because these things cause the feet to get out of good defensive position and defenders must be ready to move or sprint in any direction at every instant. And the offense only needs an instant to gain an advantage. Reaching with the arms instead of moving the feet, besides resulting in unnecessary fouls, allows the offense to do whatever they want.

Topic 1, Movement, covers defensive position and footwork. Topic 2, Move Feet Drills, presents intense drills to work on proper defensive movement. Topic 3, Forcing, introduces the method used to cover the player with the ball.

1 Movement

Briefs

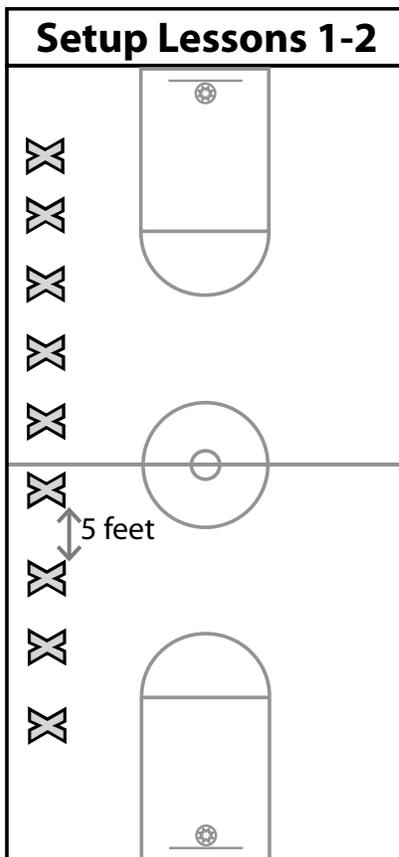
In Lesson 1, each player taps in place while maintaining the proper defensive position.

In Lesson 2, each player jump-steps while in defensive position.

In Lesson 3, each player runs two steps while maintaining proper defensive position.

FOR EACH LESSON

- individual
- 10-20 minute intro
- 5-10 minutes daily
- do 2-5 times
- assign for IPP/HW



Fundamental Notes

Defensive footwork is the key to defense, because proper footwork allows a defender to stay with the offense. A misstep or a lack of readiness allows the offense to gain the advantage. The two major ways to move on defense involve jump-steps and defensive runs.

Lesson 1 covers the defensive body position from which a player can readily sprint in any direction. This position is very similar to the dribbling position, so practicing one benefits the other.

Lesson 2 involves the jump-step, which all players normally use in tight defensive situations. However, defenders need to regularly use jump-steps. If players have great difficulty with the jump-steps in this lesson, skip to the Move Feet Drills in Topic 2 before returning.

Lesson 3 involves defensive runs, which involve sprinting two steps or more both starting from and then ending in defensive position.

1 Defensive Position

Setup

Players line up 5 feet apart on one sideline facing the other sideline. *See the diagram Setup Lessons 1-2.*

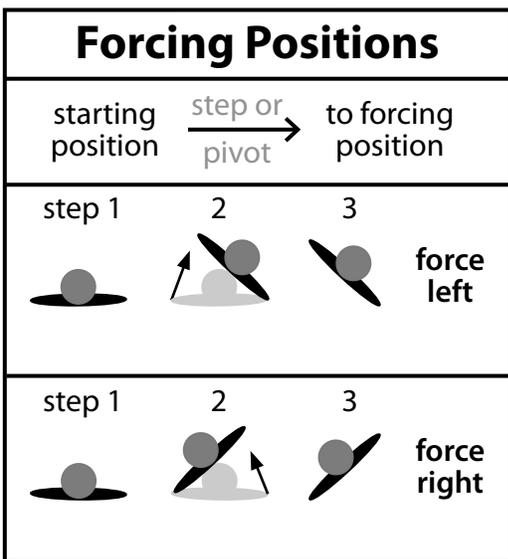
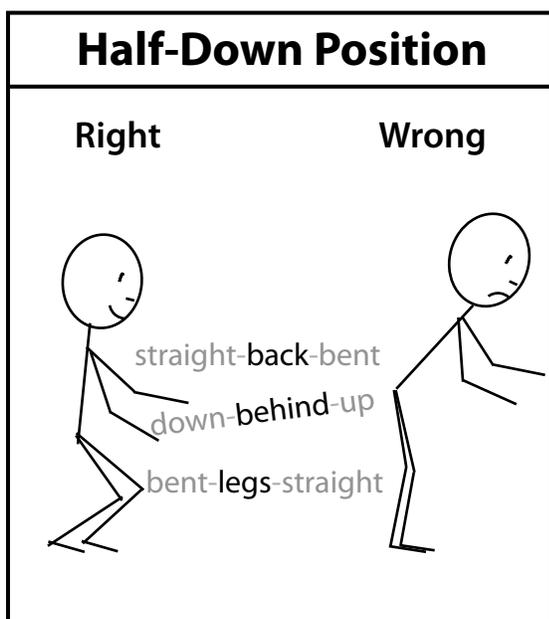
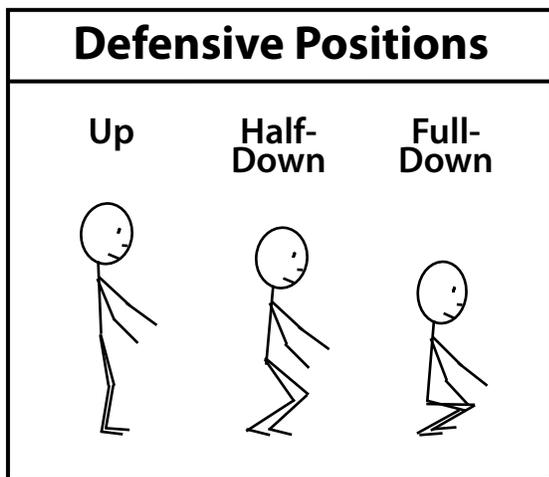
Directions For Players

1. Start in the half-down body position. This is a position where your knees are bent and you are ready to run. The feet are slightly more than shoulder-width apart. The back should be straight, not bent. Weight should be on the balls of the feet. *See the diagram Defensive Positions.*

•Check each player for body position. You also want to explain that defense is a race and a dance. For the race you need to be ready to start running in any direction. For the dance you need to know the steps that we will soon cover.

2. Go to the full-down position. Go down as far as possible.

•Overdoing in the full-down position forces players to bend the knees.



- Move players from the full-down to the half-down to the up position for 1-2 minutes. Correct stance problems, especially bent backs and straight legs, when players are in the half-down position. **See the diagram Half-Down Position.**

3. In the half-down position start tapping on the balls of the feet. This is like a football drill. Stay in the half-down position.

- You will need to yell "Behind down, back up, legs bent." If many players are not down far enough, stop, and go to the full-down position for 20-30 seconds. Explain again that they need to be in a half-down position so they are ready to run.

- Continue tapping for 20-60 seconds.

4. Turn the body 45 degrees to the right side by taking a step forward with the left foot or pivoting an eighth of a turn, while maintaining defensive position. This is the force left position. **See the diagram Forcing Positions.**

- Demonstrating is easier than instructing.

5. Turn the body back to the starting position. Now turn partially to the left. This is the force right position.

6. Jump from one position to the other while continuing to tap. Stay in defensive position.

- Instruct players to change position 5-10 times. Use words like force left and force right, even though players don't yet understand forcing.

- Jumping from one position to another, called a jump-step, is covered in more detail in the next topic.

7. Start tapping in the force left position.

- Continue tapping for one minute, changing the forcing direction every 2-10 seconds.

- Check the body position of each player before stopping.

2 Jump-Steps Setup

Players set up 5-7 yards apart in the center of the gym. **See the diagram Setup Lessons 2-3.**

Directions For Players

- If players have great difficulty with the parts involving movement, skip to Topic 2 before returning to this lesson.