

## Things to Remember About Defense

1. Poor defense is the number one cause of defeat.
2. Good defensive teams are the ones that win big games and championships.
3. Defense is stable, and seldom has bad nights. Good defense beats good shooting.
4. Team defense cannot be better than the defense of each individual.
5. Tenacious defensive players will never let up during the entire game. They challenge every shot, pass, dribble and cut.
6. Ball Pressure is the single most important element of team defense.
7. Pressuring the player with the ball makes passing and dribbling more difficult, and increases the chances of an offensive mistake.
8. Good defense promotes the majority of best scoring opportunities.
9. Good defensive effort usually results in more playing time.
10. Play every play with the same intensity as the last play of the game.
11. You are never too late on defense - always hustle back.
12. Attack on defense and don't react. Be aggressive and prevent the opponent from playing their normal game.
13. Be alert and anticipate. Have active feet and never be caught standing flat footed or watching.
14. Communicating on defense is a must. Use quick descriptive words such as "Ball", "Push", "Shot", etc.
15. Pressure all shots with both hands up. Stay down and box out.
16. Assume all shots will be missed. Box out and rebound.
17. Close out to outside shooters quickly on balance. NEVER run past a shooter or leave your feet.
18. Develop individual and team pride on defense. To be successful players must work together and help each other out.
19. Defend with your legs feet and don't reach. Fight for good position and eliminate the defensive foul.
20. Force the ball handler toward a sideline. In keeping the ball out of the middle, it not only reduces the offensive operating area, but it also establishes helpside defense.
21. Never give up the three point play. If you must foul, do so before the player shoots.

22. See the ball. Maintain vision on the ball handler. Most passers telegraph their passes.
23. Post defense is not just limited to the tallest players on a team. On the contrary, smaller players can definitely expect to be posted up.
24. Anticipate and take offensive charges. They are "Really Big Plays" (RBP) in basketball.
25. The "best defense" is an offensive rebound.