



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.
4. Team defense cannot be better than the defense of each individual.
5. Ball Pressure is the single most important element of team defense. Pressuring the player with the ball makes passing and dribbling more difficult, and increases the chances of an offensive mistake.
6. Good defensive effort usually results in more playing time.
7. Defend every play with the same intensity as the last play of the game. Tenacious defensive players will never let up during the entire game. They challenge every shot, pass, dribble and cut.
8. You are never too late on defense. Always sprint back. NEVER run back on defense with your back to the ball.
9. Take full advantage of the out of bounds lines. They are great defenders that never make any mistakes.
10. Push 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.
11. Maintain vision on the ball handler. Most passers telegraph their passes.
12. Attack on defense and don't react. Be aggressive and prevent the opponent from playing their normal game.
13. Be alert and anticipate. Never be caught standing or watching. Good defense promotes most of the best scoring opportunities.
14. Communicating on defense is a must. Use quick words ("Ball", "Jam", "Shot", etc.)
15. Have active feet. Never get caught standing flat footed. Fight for good position and eliminate defensive fouls.
16. Pressure all shots with both hands up. Close out to outside shooters quickly on balance. NEVER run past a shooter or leave your feet. Stay down, box out and rebound.
17. Anticipate and take offensive charges. They are "Really Big Plays" (RBP) in basketball. They not only take away potential baskets and create offensive turnovers, but also assess the offensive players with an additional penalty of a personal foul.
18. 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.
19. Develop individual and team pride on defense. To be successful players must work together and help each other out.
20. Defend with your legs feet and don't reach. Fight for good position and eliminate defensive fouls.
21. Never give up the three point play. If you must foul, do so before the player shoots.
22. The "best defense" is an offensive rebound.