

BYBA Basketball Fundamentals

Week 1 – Defense

11/19/11

“Defensive stance and footwork are the two most important aspects of playing good defense.”

DEFENSIVE STANCE

INSTRUCTION

If a player doesn't have a good stance, they won't have a good defensive slide, and they'll constantly be out of position and off balance. Everything begins with a good defensive stance!

- A player's feet should be slightly wider than shoulder width apart with knees bent and legs flexed.
- The entire foot is on the ground, with the weight equally distributed onto the balls of the feet.
 - Keeping the weight equally distributed creates balance which is the key to a great defensive stance and guarding the ball. If a player loses their balance – they are beat!
- The player is in a sitting position with the upper body leaning slightly forward and back remaining straight. Shoulders are square to the offensive player.
 - Keeping the butt low produces a low body position that makes for greater quickness, strength and explosiveness.
- Arms are bent, hands extended outside the knees with palms up.
 - The player's palms should be facing up so they can work the ball from the floor up. This reduces the risk of fouling which typically happens when a player slaps at a ball from the top down [palms facing down].
- The player's head is up, centered in the stance and slightly over their feet.
- Eyes are focused on the midsection (waist) or chest of the offensive player.
 - Watching the midsection or chest keeps the defensive player from falling for foot, head or ball fakes.



DEFENSIVE STANCE DRILL

- After demonstrating to your players the proper defensive stance, have them line up and practice getting comfortable with their defensive stance.
- Help your players, as needed, to achieve a good defensive stance following the instruction points above.

HOMEWORK ASSIGNMENT [5th through 8th grade only]

- A great exercise for increasing the strength and stamina needed in the legs is Wall Sits.
 - Start with your back against a wall with your feet shoulder width and about two feet from the wall.
 - Slowly slide your back down the wall until your thighs are parallel to the ground.
 - Adjust your feet if you need to so that your knees are directly above your ankles (rather than over your toes)
 - Keep your back against the wall
 - Hold your position for 10 to 60 seconds (depending on your conditioning), rest for 30 seconds to a minute and repeat the exercise three times
 - Increase your hold time by five seconds as you increase your strength

DEFENSIVE FOOTWORK

INSTRUCTION

In order to contain an offensive player with great one-on-one defense, every player must be able to execute a proper defensive slide.

- A proper defensive slide starts with a good defensive stance as described above.
- The proper way to move when guarding the dribbler is to step and push off.
- This is accomplished by stepping sideways with the lead foot (the foot closest to the direction in which the player wants to go) then pushing off with the trail foot to catch up.
 - For example, if the defender wants to move left, because the offensive player has dribbled to the right, the defender should step with their left foot while at the same time pushing off with their right.
 - If the offensive player changes direction and dribbles left, the defender steps with the right foot, as the defender pushes off their left, and then slides the left foot.
- When stepping and sliding, it is very important that the defender does not cross their feet, or bring their feet together
 - Bringing the feet together or crossing them when moving affects the players balance. It also takes longer to change direction if the feet are together or crossed.
- While stepping and sliding, the defensive player should remain under control and avoid galloping.

- Galloping happens when players come up out of their defensive stance, stand upright and the feet are then clicked together in a galloping fashion.

DEFENSIVE SLIDE DRILLS

DEFENSIVE SLIDES

- Have your players practice defensive slides going sideline-to-sideline [use your discretion on number of reps]
 - Players also could sprint up the left sideline to half court, defensive slide across half court, sprint down the right sideline to the baseline where they defensive slide back to the left sideline
- Make sure your players have a good defensive stance throughout the drill.
- Players should stay low, keep a wide base and use quick, short steps. Feet should not touch or cross. No galloping.
- The key is to “Step and Slide” [not “Slide and Step”] Step with the foot on the side of the direction you want to move, and slide the opposite foot over. For example, if moving toward the right, step laterally with the right foot and then let the left foot slide over.

Defensive Slide Drill Video:

<http://www.youtube.com/watch?v=ES6HswBmveQ>

QUICK FEET AND SLIDE DRILL

- Have your players spread out, lined up in two lines across the floor.
- Make sure players are in a good defensive stance position and on “GO”, all players start the “Quick Feet” with rapid moving of the feet up and down on the balls of their feet.
- After 10 seconds, call out “slide left” and players slide several places to the left.
 - Make sure players maintain a good defensive stance during their slide
- Then call “GO” and they resume the stationary Quick Feet.
- Have the players move right, left, forward and backward using correct sliding and stance, and no crossing of the feet.

DEFENSIVE SLIDE WITH BALL PICK-UP

- Player starts in a good defensive stance.
- Coach rolls a basketball to one side of the floor and the defender slides, with excellent defensive stance form, to get the rolling ball.
- The player grabs the ball, passes it back to the coach, and gets back in a defensive stance before the coach rolls the ball to the other side where the player slides to grab the ball.
- Player should stay low, keep a wide base and use quick, short steps.

TIPS / REMINDERS

- Mastering the defensive slide means controlled movement of the feet and arms and resisting the impulse to gallop.

- Players should stay low and keep a wide base
- Stay balanced – players shouldn't lean in the direction they are moving
- Players shouldn't cross their feet when they slide
- Defensive players should always remember to keep themselves between their opponent and the basket