

DEFENSIVE DRILLS

Contrary to the old adage that a "good offense is the best defense," we have the newer thought that a good offense with good ball control plus a good defense is a necessity.

A good defense depends upon the individual footwork and ability of your players, their mental state, and how well they are woven into your team scheme of defensive work.

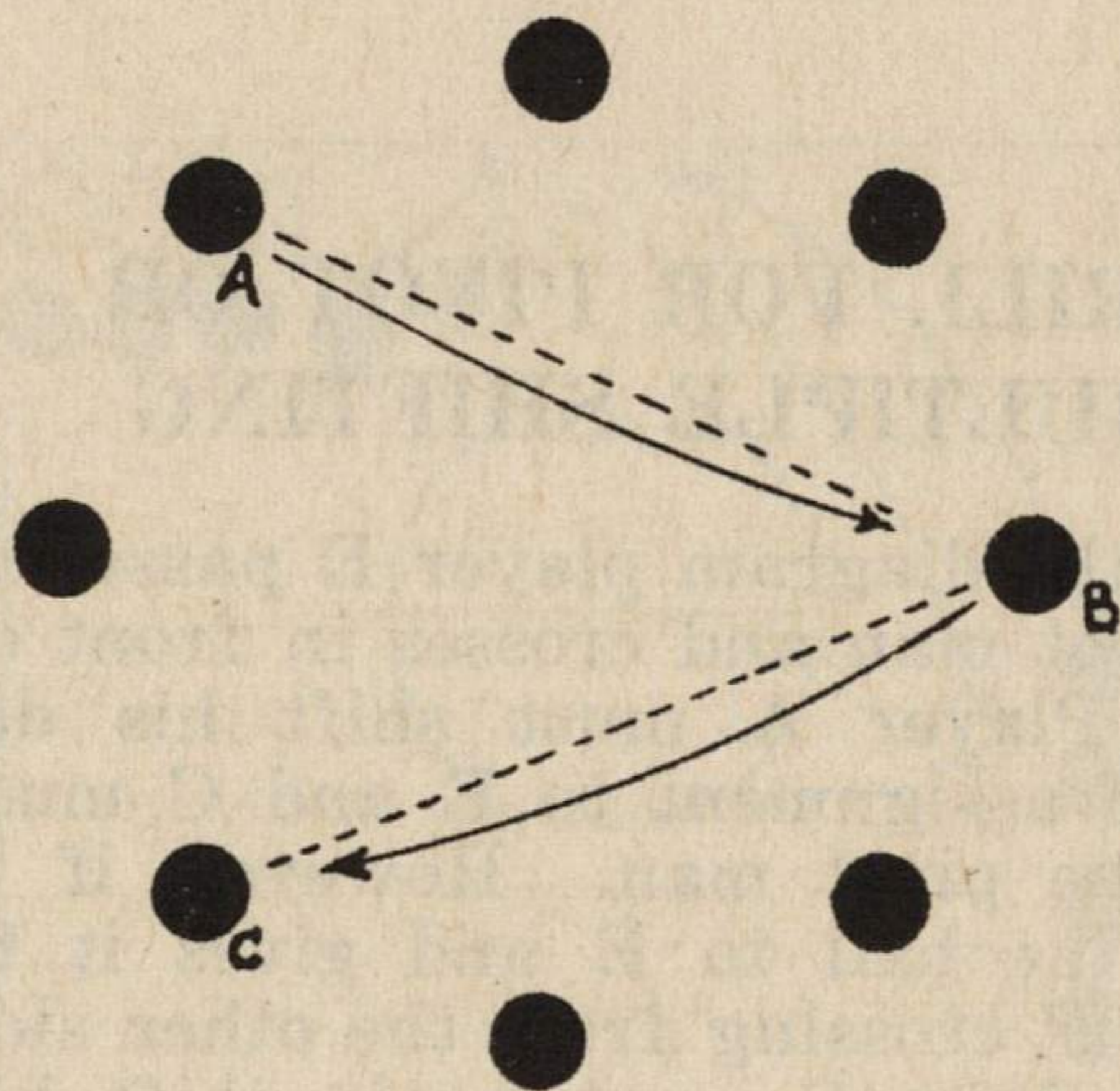
Your men should be drilled against all of the various types of offensive men, the shorter men, the taller men, faster and slower men, the good shot and the poor shot and should have the knowledge of how he should play each type. He should know how to play a man in the pivot, a man facing him, a man with his back to him, a man cutting, the dribbler, and all other possible offensive set-ups which he may encounter. Properly conducted defensive drills are very interesting to the players.

KEEP AWAY

Two squads of five men are pitted against one another. The ball is thrown up at center. There is no shooting at the basket, the purpose of the drill being to retain possession of the ball as long as possible. The center line is used and infractions of any nature result in the loss of the ball.

This is a splendid drill as it is a good conditioner, emphasizes ball control, calls for defensive fundamentals to gain possession of the ball and is interesting to the players.

PASS AND GUARD THE RECEIVER



A passes to B and takes his defensive stance for guarding this receiver. B uses his ball handling fundamentals and his footwork to evade A. He must confine any break that he may gain to the center of the circle. His feints should be of the nature that will make A change his defensive stance rapidly. When B has definitely committed himself to a dribble or has been forced to dribble and use a pivot, he passes to another member of the circle and assumes the defensive duty.

Don't allow the individuals to take too much time without advancing to another position and passing as the drill is much more effective if kept moving.