

NEBRASKA WOMEN'S BASKETBALL

Defense – 4 Questions to Ask

1. Will our defense allow us to beat the BEST teams in our league?
2. Will we win on the road with our defense?
3. Will our defense help us win in post season competition?
4. Does our defense get better as the season progresses?

Know your "NO's"

1. No Paint
2. No Fastbreak points – decide a. ball stopper, 2 back
3. No Baseline - not forcing middle but we are not giving up the baseline
4. No DIRECT DRIVES – "Driving lines"
5. No Rhythm jump shots
6. No 2nd shots – rebounding position
7. No fouls

Pressure the ball – "the better you do pressuring the ball w/o getting beat – the more you keep your person in front, the more you play!" **Ball pressure is a MUST – pressuring without getting beat**

- A) Every drill has consequences – COMPETITIVE DRILLS
- B) Closeouts/Driving lines – EVERY DAY – even game day – no straight line drives
 - A) No straight line drives
 - B) No Baseline Drives
 - C) Keep your player in front
- C) TALK/COMMUNICATION/ECHO name of drill – teach what talk you expect
 - A) On the ball "ball"
 - B) Off Ball "GAP" or "Help" pending 1 or 2 passes away

Two kinds of teams that don't talk: 1) scared teams 2) selfish teams – **Great Defenses talk**

OFF Ball Perimeter "D"

- A) Closed Stance off the ball – 4 off ball are in help – 4 defenders in 16ft. arc
- B) Guards guard the BIGS; Bigs guard the GUARDS
- C) Sprint to GAP – off the ball – flat triangle – jump & swipe
 - i) Swipe – discourages – **help across not up** – talk
 - ii) GAP – IF too flat – suspect to 3's; IF too high – suspect to back door cuts
 - iii) Where you are off the ball is determined by 2 things:
 - 1) How fast you are
 - 2) Who you are guarding – don't split hairs on helpside "D" positioning
- D) Ball above the FT line = outside the lane – flat triangle – closed stance
- E) Ball below the FT line – straddle the lane lines – flat triangle
- F) Force the next pass: Do **not** give in – force the next pass – use the shot clock
- G) Be two places at once – 1 pass away – swiping & moving to discourage drives

You can't prevent the offense from getting shots, but you can dictate or influence what TYPE of shots they are getting.

Post Defense

A) Tape a rectangle box on the floor in post – above first peg above block to just below block – step outside lane – rectangle – (floor tape)

B) 3/4 Top side – forcing low post off the sweet spot

*******FRONT if "O" gets "sweet spot"** – dead front or circle front

C) No catches w 2 feet inside the box –force "O" off position – don't allow post player to catch the ball with 2 feet in the box- Do your work early – before the catch

D) No passes entered to low post from point – top – off floor

E) Hit & Peel- Off the ball cutters, take the contact to cutter – don't wait; then force out of rectangle box *** may have to front

F) Wall UP & Walk INS - HOLD your ground, Keeps you in Rebounding Position

Pop Back – show your hands to officials

Don't BLOCK SHOTS – NO FOULS

Make it uncomfortable

**WALL UP on "O" BDS & WALL UP – Take a CHARGE

When post steps outside the box to catch – Post Defender slides BEHIND – Play outside shoulder – ½ arms length between you & the post player low & wide

Ball Thrown into the Post

A) Crowd from the Perimeter

a. Ballside Corner Defender – seldom chokes/digs down – know shooter vs non-shooter

b. Top Defender – "2 places at Once" – Chokes/Digs on middle dribble by Post O

i. Choke down = dig on post down dribble – "lime"

c. Weakside Defender – crowd the post but mostly helps the TOP DEFENDER when ball is thrown out to TOP – then recovers to own player – HOLDS/JABS – 2 places at once