

# DEFENSIVE STRATEGY

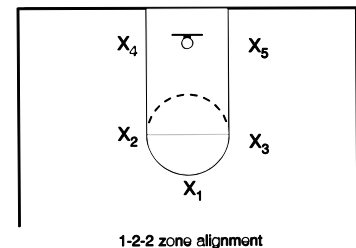
## SKILL CUES

### *One-on-One Defense*

1. As a defensive player, you must guard an assigned offensive player no matter where that player goes on the court. Try to guard your assigned opponent on defense and evade that player on offense.
2. Positions do change on the playing court, and it is sometimes advantageous for defensive players to switch assignments (in case of being screened or picked).
3. When switching assigned players stay with that player until you can return to the originally assigned player .
4. Defensive players must communicate with each other during a game, especially on picks and screens.
5. Be ready at all times to switch from a defensive to an offensive role the moment your team gains possession of the ball.

### *Zone Defense*

1. In a zone defense a player is assigned an area instead of a person.
2. A defensive player is responsible for any player in the assigned area.
3. Have your arms and hands up in the air on a zone defense to restrict passes across the court.
4. A player's defensive position remains relatively constant regardless of the ball position.
5. If your zone is overloaded guard the nearest player to the basket or the one with the ball.
6. On the change of possession from offense to defense get to your zone quickly and set up.
7. Zones are numerically named and identified by the arrangement of the defensive players (for example, the 1-2-2, which will be presented, 2-3, 3-2, or 2-1-2).



## ACTIVITIES

1. Present the skill cues for the one-on-one defense. Give examples of when players may switch on defense and when to switch back. (3-5 minutes)
2. Divide the class into groups of six, one group at each basket using half the court. The three offensive players pass the ball to each other, attempting to complete 10 consecutive passes without allowing the defense to deflect or intercept the ball. No picks, screens, or pick and rolls are allowed. The defensive team's assignment is to play strict one-on-one defense trying to deflect or intercept the ball before the offense completes its 10 passes. After 10 consecutive passes or an interception, have students switch roles. Emphasize that shooting at the basket is prohibited. (5-7 minutes)
3. Using the same arrangement, allow the offensive team to use all the techniques (screens, cuts, and picks and rolls) to complete the 10 passes. The defensive players must call out picks and switches and should actually practice switching the players they are guarding. Emphasize that students are not to shoot at the basket. (6-7 minutes)
4. Present the skill cues for playing a zone defense. Demonstrate the court assignments for the basic 1-2-2 defense. (6-7 minutes)
5. Group students into teams of five. Assign each student a defensive position within the 1-2-2 zone. Require two teams at a time to spread out at midcourt. On command both teams quickly drop back into their zone positions. Rotate all teams and repeat three times. (5-7 minutes)
6. Divide class into groups of eight. Assign five players to be the zone defense and three to be the offense. Have the three offensive players pass, dribble, and move around the court while the defensive players adjust to the ball movement and the position and location of the offensive players. Eventually move one and then two additional offensive players into the task. Rotate students into all positions. (5-7 minutes)

## CLOSURE

Review and discuss with students the content of the lesson. Use the following ideas to reinforce learning, check understanding, and give feedback.

1. Discuss with students the major differences between the one-on-one defense and the zone defense.
2. Have students identify the location of each of the five positions in the 1-2-2 zone defense and then discuss possible ways to develop teamwork while playing defense.