

DEFENSIVE GUARDING AND REBOUNTING

PURPOSE

This lesson presents basketball guarding and rebounding skills, including one-on-one guarding techniques.

SKILL CUES

Guarding

1. The primary purpose of guarding is to keep the opponent from scoring.
2. The cardinal rule of guarding is to stay between the person being guarded and the basket.
3. The proper defensive stance is a forward back-stride position (dominant foot forward and non-dominant foot back), while bending forward at the waist with the knees slightly flexed. One arm is high and forward toward the opponent, and the other arm is low and to the side of the body.
4. Once an opponent is moving, the defensive guard must move too to maintain the position between the opponent and the basket.
5. The defensive guard must be moving continuously.
6. Guards should focus on the opponent's waist (center of gravity) so as not to be faked out. Do not focus on opponent's head or the basketball.
7. Keep a 3-foot cushion between you and the opponent and try to avoid crossing your feet. Instead, use the shuffle-step.

Rebounding

1. Keep the body in a low crouched position.
2. Distribute weight on the balls of the feet.
3. Extend the arms above the head.
4. Extend the legs for a wide base of support.
5. Take a wide stance with arms out and feet apart, and face the basket to block your opponent from getting the rebound.
6. "Box" out opponents by pivoting in front of them, blocking their path to the ball. 7. Pull down the ball with both hands.

ACTIVITIES (30-40 MINUTES)

1. Present the skill cues for defensive guarding, emphasizing the major rule of staying between your opponent and the basket. Demonstrate the proper guarding position and shuffling motion. (2-4 minutes)
2. Have students assume the guarding position in their own self-space. Have a leader give hand signals directing students to move in various directions-up, back, sideways, and diagonally. Players should move using a shuffle step. (4- 5 minutes)
3. In partners, the first student dribbles forward down the court while the second faces the first and moves backward in the guarding position. The second student concentrates on moving backward, avoiding body contact but keeping between the dribbler and the basket. Repeat the task, trying to deflect the ball away from the dribbler. (4-5 minutes)
4. In groups of four or six play keep-away using person-to-person defense (playing three-on-three is ideal). Restrict the space allocated for movement and limit offensive players to passing and dribbling. Emphasize to students that they should concentrate on guarding the opponent by playing the ball or potential receiver closely. This will make it easier to intercept or force bad passes. (5- 6 minutes)
5. Present the skill cues for rebounding, specifically describing the rebounding position. (2-4 minutes)
6. After dividing students into equal groups of five or six, have them stand in front of the backboards and toss the ball off them, while timing the jump to reach the ball at the highest point of the jump. (3-4 minutes)
7. Group the students into partners. Starting 15 feet away from the basket have the first student fake, drive, and shoot at the basket while the other partner concentrates on defending the play and getting the rebound. Students should repeat three times and switch roles. (4-5 minutes)
8. In groups of four (two offensive players and two defensive players), have the offensive team shoot for a goal from 10 to 18 feet away from the basket and quickly move toward the basket. The defensive players box out the offensive players and rebound the ball, trying to keep themselves between their opponent and the basket. Repeat three times then switch roles. (6-7 minutes)

CLOSURE (3-5 MINUTES)

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

1. Have students identify why it is important to box out an opponent on defense. How is this done?
2. Ask students what the cardinal rule of playing defense is and why it is so important.
3. Select two students to demonstrate the proper defensive guarding position.

