



ON BALL DEFENSE



Defensive Balance

1. Weight is balanced on feet, which are shoulder-width apart.
2. Hands are in a position of quickness, palms up.
3. When offensive player drives to basket, hands go up to shoulder-level height.



Good defensive balance.



Hands go up when offensive player drives.



Defensive Influence

1. If defender closes out with inside foot up, he can influence offensive player to drive toward the outside of the court - this is called "fanning."
2. If defender closes out with outside foot up, he can influence offensive player to drive toward the center of the court - this is called "funneling."
3. A third way to influence the ballhandler is for defender to position himself so that offensive player must use weak hand to drive (ie. Force a right-handed player left)



Funneling to the middle



Fanning to the outside



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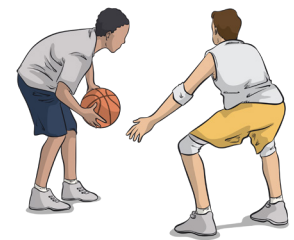


Hands & Spacing

1. When the ballhandler has the ball above his head – defender can close the spacing and try to force the player to keep the ball up where he is very limited in what he can do (pass or shoot).
2. When ballhandler brings the ball down – defender widens the spacing to prepare to defend the drive.
3. Distance of cushion should be based on the quickness of the defender vs the ballhandler – allow quicker ballhandlers more space so you have more time to react and recover



Defending closely when offensive player holds the ball up – playing the shot/pass



Defending with more space when the offensive player holds the ball down – playing the drive



Lead Step

1. If defensive player is getting consistently beaten on drives it often can be traced to an incorrect lead step.
2. When the ballhandler puts the ball on the floor, step with the lead foot in the direction he is going. Push hard off the back foot and slide it to catch up
3. Bring the hands up to shoulder level while sliding
4. If you are completely beaten, turn and run to catch up (especially in the open court)



1. Lead step with the right foot and push off with the left



2. Catch up step with the left