

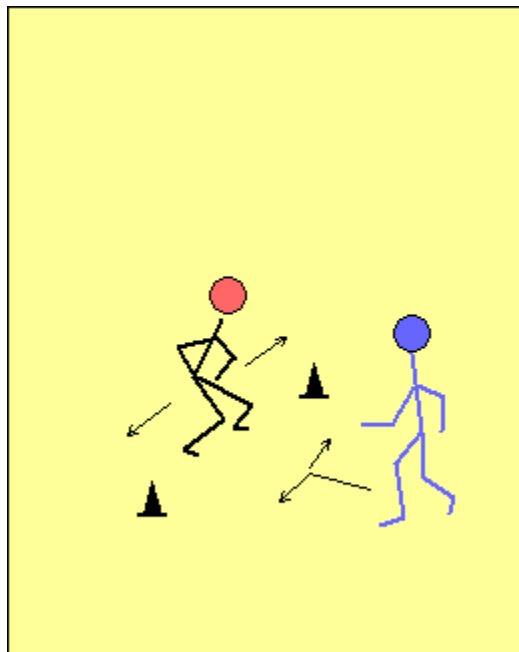


## **Discovery Approach to Teaching Defense** **CB's Coaching Education and Development**

Players are often over taught the details of defense to the point that they forget the basic concepts. There are two basic concepts that we want to teach the players who is guarding the ball handler. :

- Turn the ball handler
- Channel the ball handler

The games approach method is to help the players discover the proper way to accomplish the two concepts mentioned above without overburdening them with the details.



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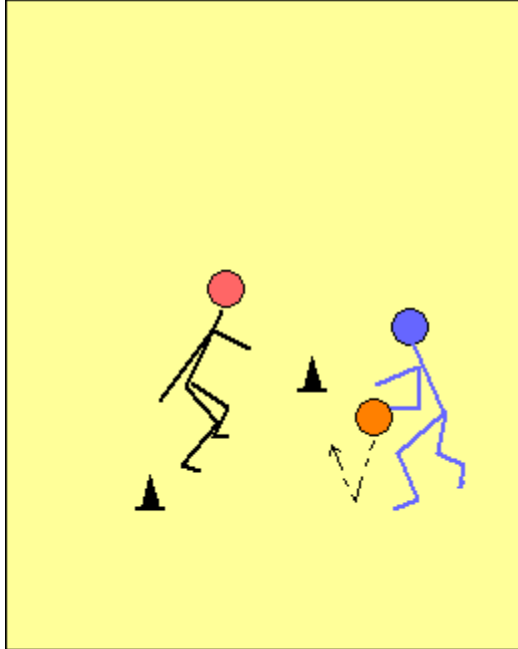
### **Turning**

The players' partner up with two pylons (if you don't have pylons use a line on the floor. Badminton court lines work very well). The offensive player is working on change of speed, change of direction and fakes to get between the two pylons. The defense is working on keeping his/her chest in front of the offensive player. Make them change direction.

You can go for a length of time or a certain number of times.

In this example we have made it even more difficult on the defense by having him/her grab onto their shorts.

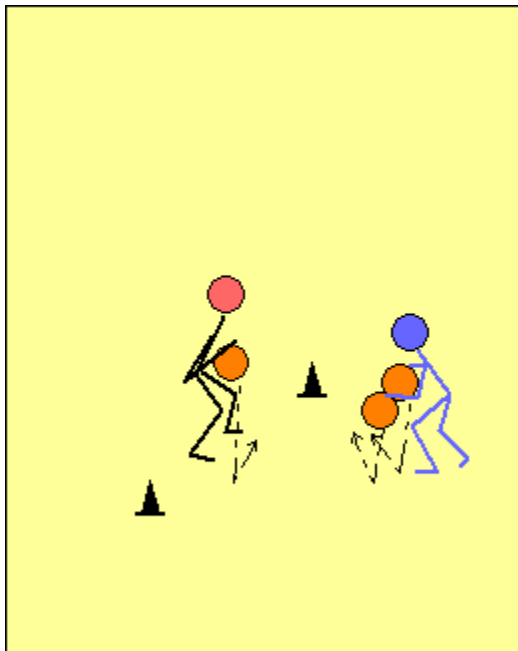
It is important to use questions to guide the defender and the offensive player into discovering what works best.



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### Loading the drill

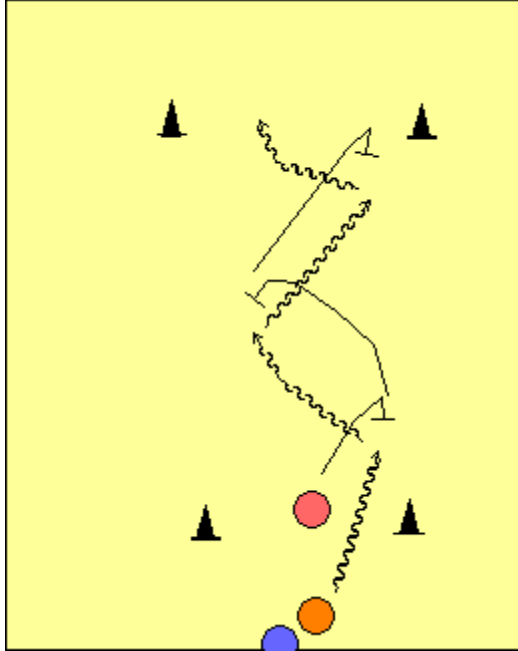
The next progression is to add a ball to the offensive player. In this case the defender is not grabbing onto his/her shorts. Make the offensive player turn and change direction.



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### Improve ball handling

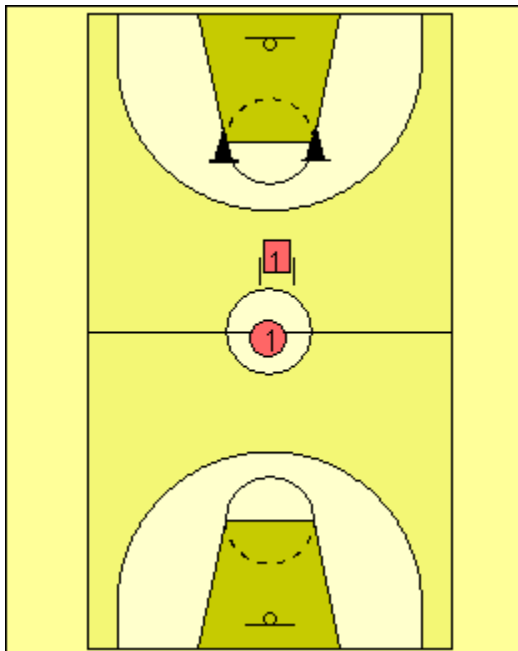
A great way to work on ball handling is to have the offensive player dribble two balls and the defender one ball.



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### Turn three times

We now give the players a rectangle to dribble in. Badminton courts work for this or the key. The defender is to turn the offensive player three times before he/she reaches the end of the rectangle. You can vary the number of turns required.



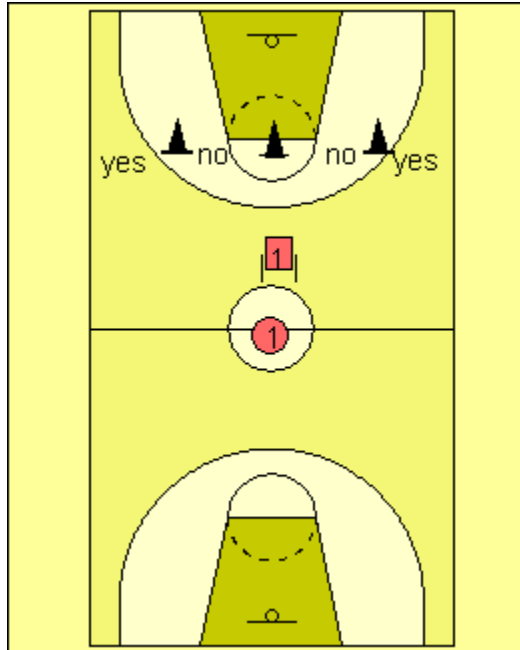
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### Channeling

We now take the drill full court. Player #1 starts in the center circle. X1 starts on the perimeter of the jump circle. With no ball involved X1 must keep #1 from running between the pylons at the foul line (you can narrow the pylons if you wish). To make it harder on the defense make the players grab their shorts.

The next progression is to add the ball.

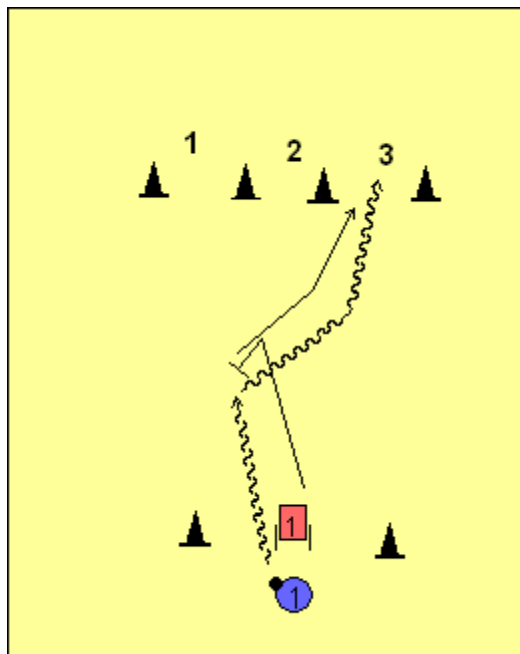
Ask questions to guide the players. They will eventually learn it is easier to start on an angle and allow the offensive player to start running in one direction. The defense needs to stay in front of the hip. The offense will also discover that changing speeds, changing direction and fakes makes them tougher to guard. In fact you can restrict the offense by only allowing change of direction or change of speed.



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### Channel

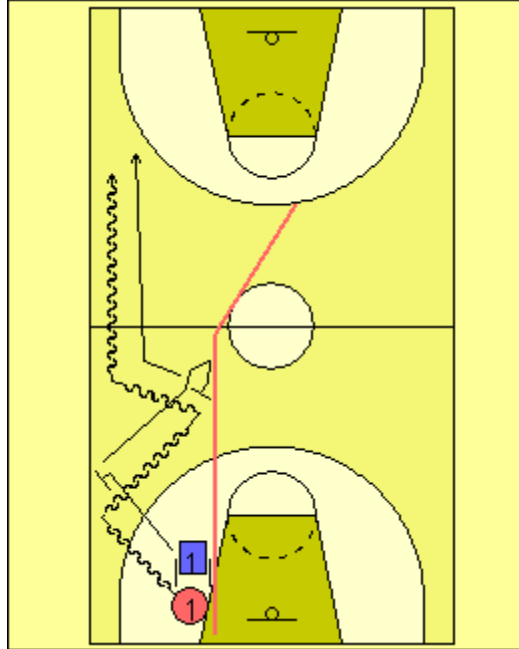
We now give the defense a reward for channeling the defense to the outside. Start with no ball. Please note that this is a very difficult drill without the ball, but players will gain confidence once the ball is added.



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### Channel plus turn

We now combine the two concepts. The coach tells the defense which hole he/she is to make the defense to go through. The offense does not know. Like a sheep dog the defender works to maneuver the sheep into the corral.



### Turn two times channel to the side

The final piece is to move the drill to the full court. The goals are:

- to force the player to dribble to the sideline first
- to turn the dribble twice in the back court
- to make the dribbler cross half at the side line
- to make the offense attack the basket from the wing position not the middle of the floor.

The defense can score a total of four points each possession. One point for each of the goals.

At first the offense is restricted to stay inside the red line. As the players improve increase the space.

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