

Coach Education & Coach Development

Playing the Game (Style of Play) vs. Running Plays (Block vs. Random)

Gold Medal Profile

Top 3 Defensive Priorities:

1. Defend the Basket—your number 1 priority / ***Protect the House***
Get back in Transition and protect the basket first
Oftentimes, players will have to take turns defending the basket—first player to get there, stays there
2. Pressure the Ball
Defend the ball at all times—using D21 or D9 technique (Angles & Distances)
Oftentimes, the closest player to the ball has to pick it up—communicate!
3. Guard 1.5 Players—an effective way to teach help-side defence
Players off the ball are to defend their check (1.0) and ½ the ball (.5)
The primary reason to do this is to ***Protect the House*** and not allow teams to ***Attack the Paint***