

*“Here’s what I mean by the phrase **influence your opponent**.*

In going up against a great offensive player, I knew she couldn’t score as well as going left. What I could do was force her to use her weaker hand and limit her to one shot. What I could do to stop her was to make her work so hard to get the ball that she’d be worn out just getting into position, before she ever took a shot.

Influencing an opponent is why I stress defense at Tennessee. Everybody knows we get after it. We’re not a passive defensive team. We’re the aggressor. I have to drum our defensive philosophy into our players, and it’s the least fun part of the day. People don’t naturally want to play defense. It’s tough, and it takes a long time to teach. I have to convince them of its importance year in and year out.”