



Attack (Offense) vs. Defend (Defense)

Athlete Readiness

- Athlete can dribble, shoot and move to the basketball.
- Athlete can move forward, backward and sideways while keeping hands up.
- Athletes should move in a step and slide motion (illustrate to players).
- Athlete can grab the basketball.

Teaching Attack vs. Defend

1. Place one athlete with the ball on offense; direct that athlete to attempt to score.
2. Place one athlete on defense, facing offender an arm's length away and with back to basket.
3. Direct defender to stay between offender and basket. Wherever offender moves, defender moves to prevent offender from dribbling to basket.
4. When offender picks up ball, defender places nearest hand over ball, preventing or discouraging shot.
5. Athlete should play defense while trying not to foul the offensive player.

Mini-Basketball: One-on-One

1. One offensive player and one defender are at the foul line.
2. Goals for defender are to stay between offensive player and the basket and to obtain the ball before offender scores.
3. Offensive player can dribble as well as shoot.
4. After the ball is shot, defender actively goes for rebound.
5. If offensive player gets rebound, that player stays on offense.
6. As soon as score is made or defender gets ball, play is over.
7. Rotation is defense to offense to end-of-the line to defense, etc.

Key Words

- Attack - Offense
- Defend - Defense

Coaching Tips

- When you begin, physically prompt athletes by placing them in the correct positions. Stand behind defender. For athletes with lower ability, the coach may have to physically assist the athlete in moving to stop the offender. With repetition, less and less prompting will be required.
- While playing, each athlete must recognize when he or she is on offense and when on defense. Some athletes get the ball under a basket and shoot, regardless of whether they are at their offensive or defensive baskets. As soon as athletes shoot at the wrong basket, stop play and correct.
- Make the most out of each moment. Ask your athletes:
 1. What do you do when you have the ball?(Attack the Basket)
 2. What do you do when the opponent has the ball? (Defend)