



Team Defense

Athlete Readiness

- Athlete can pass and catch, dribble, defend and move to the ball.
- Athlete can recognize and work with teammates.
- Athlete does not defend nor take the ball away from teammates.
- Athlete recognizes which basket to defend.
- Athlete understands the basic rules of the game.

Certainly, the aim of the game is to score more points than your opponent. Conversely, it is also to limit the number of points your opponent scores. Team defense is the concept that focuses on that aspect.

- When teaching team defense, it is much easier to begin by teaching a zone defense. Each team member learns how to defend an opponent, but within the safety of a smaller space.
- The 2-1-2 zone defense is one of the more easily taught zones. The coach is able to use court markings to place athletes close to the basket to prevent high percentage shots. Each athlete has one task to perform. It is important for the coach to recognize the abilities and capabilities of all team members for their strategic placement in the zone, making the team defense most effective.
- Concerning the placement of athletes, it is suggested that the most skilled all-around athlete (#1) be placed in the middle of the zone. This person is a stabilizing force, helping teammates and protecting the most vulnerable area (the middle). The smaller and quicker athletes take the top spots (#2 and #3). Taller athletes are at the bottom spots (#4 and #5) and closer to the basket. However, it is suggested that at least one of the positions be played by a smaller athlete who is assertive and who jumps or moves to the ball strongly.