



Defending

Skill Progression – Defending

Your Athlete Can	Never	Sometimes	Often
Assume proper body stance: legs bent, head and hands up and weight on balls of feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain proper body position while moving sideways, forward and backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain proper body position while moving in relation to the ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain proper body position while moving in relation to opponent and the ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Teaching Defending



Key Words

- See the Ball
- Head and Hands Up
- Slide



Defending Drills

Defensive Positioning and Movement

“Ike Like Mike”

1. Athletes spread out in the gym, at least arm’s length from one another. All athletes will move in the same way and in the same direction as the leader. Coach can also point direction of the movement and say key words as athletes follow the leader.
2. Now the leader defends a player who has a basketball. All athletes will move in the same way and in the same direction as the leader.
3. The goal for each athlete is to do cued footwork skills, not getting caught off balance, three times in a row.
4. Three times equals one point; the first athlete to accumulate five points becomes the next leader.

Key Words

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- Slide