

CORE DEFENSIVE PRINCIPLES

Recognizing/ Anticipating/ Making Plays

Goal is to gain an advantage by applying constant ball pressure, trapping, and denying the passing lane. We are an attacking defense that takes away the opponent's strengths and dictates the tempo of the game.

WE DETERMINE THE OUTCOME OF THE GAME

Defensive Philosophy

1. Solid fundamentally

- Eyes on the waist
- Wide Base
- Anticipate rotations
- Recognize

2. "Together we Attack" in the full and ½ court

- Defensive conscience
- Tremendous ball pressure
- Quick ballside (fake trap) and helpside rotation
- Attacking and stopping ball penetration

3. Play Aggressive

- Look for trapping opportunities
- Strive for dead ball call
- Control and funnel

4. Play unselfishly

- Talk and point (Communicate)
- Get ahead of the line of the ball
- Ballside defense makes us tough, helpside defense makes us successful

5. Defensive system must be flexible in order to adapt to personnel...Philosophy does not change

Having a clearly defined set of principles to work with reduces conflict because it depersonalizes the criticism. The players understand that you are not attacking them personally when you correct a mistake, but only trying to improve their knowledge of the system (Phil Jackson)