

YouthFirst

The Sports Education and Leadership Program at UNLV
 Parents Learning About Youth Sports

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Special points of interest:

- Briefly highlight your point of interest here.

Defense

In the past issue I talker about more advanced techniques, the jump-stop, and triple threat. Most moves or techniques correspond with each other one way or another. For example, if your player understands how to successful go into the triple position then the easier it will be for the player to be able to defend against

another player that is in the triple threat position. Understanding how to play on both sides of the basketball is a very important factor in playing basketball. That's when you as a coach need to have good communication skills, so that your able to communicate to your player in a manner that they will be to not only understand but perform the task as well.

Defense cont.



To stop an offensive player from scoring is an impossible task. You would like the other team to not score at all, that is not the case in basketball. The goal of a good defensive is to stop their opposing team from scoring as much as possible. In fact a good defensive team or player takes the opposite team or player out of the offense they are trying to run. As a team your players should be able to have a flexible defense. Having a flexible defense will allow your team to adjust to complex offensive positioning.

Defensive Preparation.

Good defensive teams are able to play in positions such as the double-team, man-to-man and the zone. Due to the fact that we are dealing with 1st and 2nd graders, it's a good idea to keep the drills simple. Because at this age they can easily get confused at unfamiliar offensive positions.

Defensive Drills.

Before you start drills, it's important that all of your players know their position on the court. Have all your players line up in about two to three lines, depending how big your team is. Have them slide sideways from one end of the court to another. It's important that they have the proper footwork, or else the defense will not be

Defensive drill cont.

as affective. Their body should at a sitting position, you don't want to have knees bent too much or to little. But just enough so that they can get from one point to another quickly and efficiently. Hands should be out with palms facing up. Have you player perform this drill for about 15min., or longer if needed. Mastering this drill will allow your player to move in the defensive stand from one point to another. This when they will have the ability to cut offensive off and construct tight defense with teammates.



Other Drills.

It might be a good idea to add offensive players in the drills, this will allow raise the level of difficulty. The purpose of that is to help your player think of real life situation. You can modify the drill as much as you like, as long as you don't make to complex for your players.

Teaching defense is a difficult task, and not all of you players are going to understand the drills right away. But its your duty as a teach/coach to made easy for them as your player. This is when your communication skills become very important , because without it, you and your player will be lost.