



**Defending**

<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
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"/>
<b>Totals</b>			

**Faults & Fixes Chart – Defending**

<b>Error</b>	<b>Correction</b>	<b>Drill/Test Reference</b>
Athlete gets too close to a player who receives a pass, allowing them to drive past.	Form an imaginary triangle between athlete, the ball and the player athlete is defending, making sure athlete can see both the ball and the player.	
When defending during a shot, athlete fouls the shooter.	Remind athlete to keep arms straight up overhead and not reaching over.	
The offensive ball handler moves around the athlete.	Make sure athlete is moving the feet and sliding to match their movement – side to side and up and back.	Ike Like Mike

**Coaches’ Tips for Basketball – At-A-Glance**

<b>Tips for Practice</b>
<ol style="list-style-type: none"> <li>1. Ball focus and movement are essential, since the goal of defense is to stop or to limit the offense from scoring. Specific tasks help a defender know what to perform and how to perform it.</li> <li>2. Work on both man-to-man and zone defenses so athletes know different strategies for different situations.</li> <li>3. Teaching footwork and hand placement while on defense will help athletes focus on specific skills.</li> </ol>