

Defensive Basketball Fundamentals

Program Analysis

Team defense is only as good as the individual defensive skills & techniques of its players!

Individual defensive fundamentals are the building blocks to a successful defense. Yet, a significant number of coaches on all levels assume players have a working knowledge of individual defensive fundamentals, and, as a result, spend little or no time teaching or refining them.

Where do you stand? Take a moment to evaluate and analyze the amount of instruction and emphasis you are currently placing on individual defensive skills and techniques. Use this profile as a guide in putting together a well thought out master plan for your team.

Prerequisites	Must Improve	Should Improve	Could Improve	Excellent	N/A
Basic Defensive Concepts & Principles					
Providing Adequate Practice Time					
Teaching Methods & Techniques					
Player Knowledge (Learning)					
Developing ALL Players					

Level I. Individual Fundamentals

Guarding Player with Ball	Must Improve	Should Improve	Could Improve	Excellent	N/A
Pressuring the Player with Ball Techniques					
Guarding a Dribbler in Open Court					
Defending Dribble Penetration in Front Court					
Attacking the Picked Up Dribble					

Special On Ball Situations	Must Improve	Should Improve	Could Improve	Excellent	N/A
Boxing Out a Shooter					
Proper Way to Take A Charge					
Giving a Foul					
Establishing 5 Sec Counts					

Guarding Player without Ball	Must Improve	Should Improve	Could Improve	Excellent	N/A
First Pass Denials					
Defending Back Cuts					
Quick Closeout Rotations					
Strong Backside Help Rotations					
Loose Ball Recovery					

Defending the Post Area	Must Improve	Should Improve	Could Improve	Excellent	N/A
Low Post Pass Denials					
Post Flash Denials					
Defending Low Post with Ball					
High Post Pass Denial					
Defending High Post with Ball					

Defensive Rebounding	Must Improve	Should Improve	Could Improve	Excellent	N/A
Basic Boxing Out Techniques					
Anticipating Misses & Rebound Location					

Boxing Out a Shooter					
Helpside Box Outs					
Low Post Box Outs					
Free Throw Box Outs					
Proper Shot Blocking Techniques					

Special Rebounding Situations	Must Improve	Should Improve	Could Improve	Excellent	N/A
Free Throw Box Outs					
Exceptional Offensive Rebounder					
Last Second Shots					

Level II. Team Fundamentals

Basic Team Disruptions	Must Improve	Should Improve	Could Improve	Excellent	N/A
Double Teaming Techniques					
Defending Wing Dribble Penetrations					
Defending Point Dribble Penetrations					
Defending Basket Cutters (“Give & Go’s”)					
Defending High/Low Post Action					

Attacking “OFF” Ball Screens	Must Improve	Should Improve	Could Improve	Excellent	N/A
Basic Principles & Techniques					
Down Screens (“Pin Downs”)					
Base Screens					
Back Screens					
Diagonal Screens					
Staggered Screens					
High Post Rub & Shuffle Cuts					
Double Screens					

Defending “ON” Ball Screens	Must Improve	Should Improve	Could Improve	Excellent	N/A
Mid Screens					
Side Screens					
Double High Screens (“Horns”)					
Dribble Hand Offs					

LEVEL III. Team Defense

Application of Defensive Fundamentals	Must Improve	Should Improve	Could Improve	Excellent	N/A
One-on-One Defense					
Proper Execution in Breakdown Drills					
Proper Execution in Half Court Defenses					
Proper Execution in Full Court Defenses					
Proper Execution in Defensive Situations					

LEVEL V. Review & Reinforce

Defensive Fundamentals During Season	Must Improve	Should Improve	Could Improve	Excellent	N/A
Reviewing Specific Fundamentals As Needed					
Off Season Improvement Guidance					