

WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PROCESS and AWARENESS

DEFENDING THE SHOT is your last line of defence / REBOUNDING is your first line of attack

Once you have knowledge of all the components of defending and rebounding the shot; this will then assist with your ability to identify the errors for feedback and improvement.

Each area needs training and perfecting. Once your defenders have knowledge of the variety of defensive actions, they can then link all the phases together. Place great importance on the blocking and rebounding skills of your defenders, every rebound means one less shot to the opposition goalers.

Phase 1 – Recovery – 1 second decision making – 2 seconds to defend

Phase 2 – Defend the shot

Phase 3 – Block the shot and rebound

Phase 4 – Outlet – transition into attack

Aim of defending the shot

1. Force the shooter to change their shooting technique (timing, release, height)
2. Making the shooter more concerned about the defence rather than their own attempt at goal (take away her focus)
3. Variety on defence unsettles shooter, keeps them wondering “what next” by having the ability to combine defensive techniques and in combination – VARIETY.

Distance

1. Quick recovery to 0.9m - try to judge the distance from the chest of the shooter, not look down at the feet – the defender needs to keep their eye on the ball and shooting hand at all times to gauge timing of release and peripheral vision for a quick pass off to other shooter or centre court.



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PHASE 1 – RECOVERY

PROCESS and AWARENESS

The skill of defending the shot actually starts before the defender takes up a defensive lean or jumps on the shot. Too many defenders go straight into a lean over the ball with no thought. Defence is all about angles – one step up the line and one step off the line of attacker and passing lane.

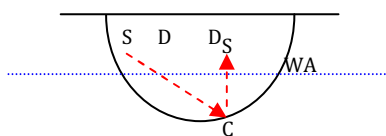
Thought Process:

Distance – “Where am I, what am I about to do” 1 second recognition of what to do?

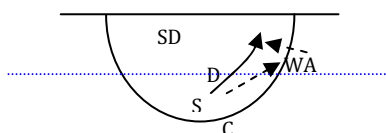
1. Prior to the defender taking up the stance on the shot; the defender needs to be in a defensive mindset to stop any linking pass to the free shooter and have an awareness of opposition C and WA's position on the circle edge. Don't immediately commit to full defensive extension on the lean.
2. Does the defender defend the shot from front, side or behind?
3. Which is the landed / grounded foot of the shooter? Where is the defender taking the 0.9m distance from?
4. Understand the position of the shooter will tell you what next.
5. The position of the shooter in the circle can often indicate her next decision:
 - a. Short – will shoot
 - b. Medium – shoot, shooter to shooter, maybe a triangle
 - c. Long – shuffle, triangle, swing, shooter to shooter, shoot if confident
 - d. On the goal line – Possibly any of the above – will most often pass
6. Consider position of the other defender. Is she blocking the shooter out of the play?

Examples

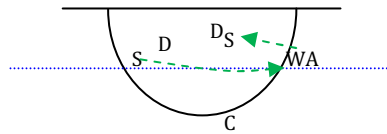
- a. Awareness for the potential for swing to “create triangle” a feed between the shooters and centre court players – opening up the other shooter, who is holding strongly:



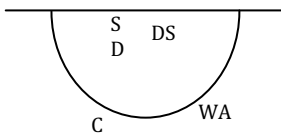
- b. On a long shot from the top half of circle, be aware of the shooters potential to “Give and Go” on the swing with a centre court player on the 45°. Defenders awareness of where the other shooter and defender are will tell you which way shooter with the ball is going to swing. Also be aware that shooters will often use a split land – shooter in the top half will most often swing for self, so anticipate. Defender do you recover to 4ft when the shooter is on the edge?



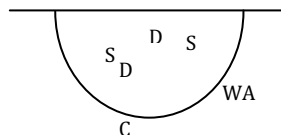
- c. On a mid shot from the side of circle, be aware of the shooters potential to “Swing” the ball to open up the other shooter – back defender feel the hold by shooter so anticipate the swing:



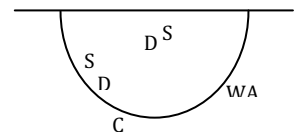
7. Penalty shot: One defender is out of play. How does the other defender position to defend the shot and or cover the other shooter? (Stand out of play on the inside to close own passing options)
- Short shot – defend on the shot – side, behind, if room front
 - Medium shot – defensively take equal distance, hedging back and forth – one hand on the shot and the other hedging to discourage a quick flick off pass
 - Long shot – defensively hang back closer to the free shooter, then hedge back and forth, trying to baulk the shooter on the shot



Short shot

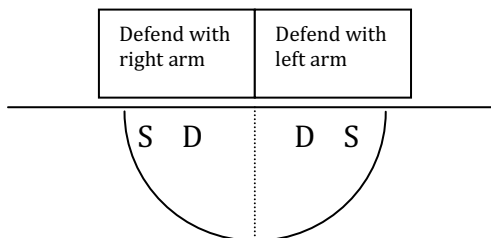


Medium shot



Long shot

8. Defending the shot along the goal line:
- Defending arm is the arm closest to the goal line
 - Other arm is down in a half guarding position to try and cut off any shooter to shooter link
 - Defend from the side if their shooting hand is on the inside of the goal circle when the shooter is close to the post – it will help with rebounding. If you take up a front position defending the shot and a rebound occurs, when you block you will be too far under the post for any rebound attempt.



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PHASE 2 – DEFENCE OF THE SHOT

PROCESS and AWARENESS

Nb. whilst 3 seconds is the rule; always train for 4 seconds.

Coaches when you look at these photos – I didn't worry about which arm the girls were using to defend with in relation to the side of the court they are on.

1. Lean – same hand / foot forward on ground:

- Balance on one foot or two with a split stance
- Start with knees slightly bent
- Sometimes stretch to the fullest (on 3 seconds)
- Sometimes maintain a more crouched position, in preparation to jump



2. Single Jump:

- Slight knee bend
- Keep eyes on the ball
- Time jump at earliest release point of the ball with intention to deflect ball at lowest point.



3. Double Jump – As above, however:

- a. Initial (smaller) jump is done
- b. Followed by the final jump and attempt at the ball
- c. Or alternatively, one defender completes first jump, and second defender times their jump to go second.

4. Forward Leg Hang / Forward Stance:

- a. One hand to two hands or 2 hands up to ball
- b. Balance on one foot and have the opposite knee drawn up towards the chest between shooter and defender whilst face on to the shooter (this is not obstruction as foot is off the ground).



5. Inside Leg Hang / Side On Stance – (probably the most difficult to do as the whole body on the inside of defenders centre of gravity – easy to fall in early:

- a. Standing slightly on angle
- b. Foot furthest from goaler is the grounded foot
- c. Therefore the leg closest to goaler hangs on the inside with a drawn up knee



6. Two Feet, Two Hands, Swing to one Foot:

- a. Start square to shooter with both hands up over the ball
- b. As defender reaches more, move from two feet onto one and have an inside forward leg hang

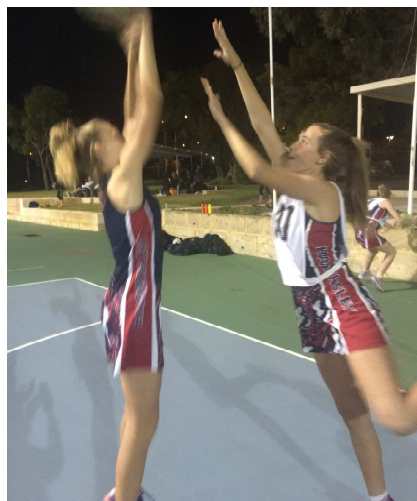


7. Late Hand / Windmill:

- a. Start with one hand and swing in the other hand late – do not swipe the face in this action, it is intimidation
- b. Split start with feet and on the change of arm defender can launch back knee forward.

8. Ladder/ Grow /Grow:

- a. Start with a steady balance and then keep stretching and lengthening
- b. Alternating hand movement (climbing a ladder)
- c. Combined with a **Forward Leg Hang** or **Single leg stance** as shown



9. Defend from Side or Behind:

- a. Used often on a close shot when the other defender has BLOCKED out the 2nd shooter.



10. Chair Lift:

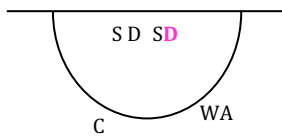
- a. A technique more likely seen at the elite levels
- b. This technique requires athlete strength, core stability
- c. Exceptional timing and most importantly plenty of practice.



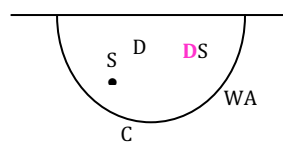
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POSITION OF THE NON-DEFENDER ON THE SHOT

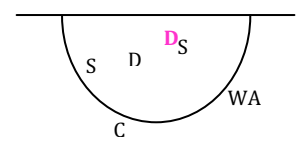
- 1. Defender needs to take a stance to cover the following – this will often require “repositioning” from the initial defensive stance:**
 - a. Rebound
 - b. Shooter to shooter link
 - c. Swing
 - d. Triangle
- 2. Short shot:**
 - a. Defender tries to hold shooter close to / under the post ready to rebound
 - b. Or, time a flick of the ball to self or team mate
 - c. At the last resort if defender cannot secure the rebound or flick, try to get a tip on the ball and put it out of play to force a throw in by the shooter – second life line.
- 3. Medium to Long Shot:**
 - a. Defender needs to be between the attacker and the post blocking out
 - b. Don't allow the shooter to edge the defender under the post.



Short shot



Medium shot



Long shot



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PHASE 3 – BLOCKING OUT AFTER THE RELEASE – REBOUND

PROCESS and AWARENESS

At the completion of the defence on the shot, establish a rebounding position

The footwork needed to prepare for Phase 3 must happen:

- a. Defender must step across the shooters body (Defender right foot crosses on the turn and lands in front of the shooters right foot)
- b. Or jump forward and turn to block out. This requires excellent balance and no contact.

Process

1. Defender make themselves big, with strong upright body positioning
2. Protect the space between the post and front of the defenders body first, before launching for rebound
3. Use footwork to keep shooter off the rebound and keep them away from the post. Defender needs to remember to protect the space in front of their body at all times
4. Watch the shot onto the ring, read and anticipate – “What Next”
5. Don't jump to rebound until ball is coming off the ring, timing on the rebound is critical
6. Rebound strongly with 2 HANDS, keeping the body strong at all times
7. If you can't secure a rebound, attempt to tip ball either to self, teammate or at last resort out of court.

NB: If defender is athletic and has good body control they can turn quickly in the air prior to landing with vision down court.



WHAT'S LEFT TO DO WHEN THE SHOOTER HAS THE BALL? PHASE 4 – OUTLET PASS TRANSITION TO ATTACK PROCESS and AWARENESS

Width and depth of vision must be developed

Process

1. Must consider which side to link outlet pass. What will promote the best balance and quality on delivery?
 - a. Which way has the defender pivoted after rebound – Left or Right?
 - b. Which side of the goal post was the rebound taken - Left or Right?
 - c. Where are the C and WD positioned on the circle edge?
2. Should you release a quick delivery?
3. Should you release a slower delivery?
4. Widen vision to see both long, medium and short option outlet.

Finally discipline by the defender regarding contact and obstruction whilst defending the shot and rebounding is critical. Do not give the shooter a second shot and advancement closer to the post.

