

DEFENCE

PLAYERS SHOULD ATTEMPT TO DEFEND EVERY PASS. THIS PLACES PRESSURE ON THE THROWER AND INCREASES THE CHANCE OF AN ERROR OR INTERCEPTION OCCURING.

HANDS OVER BALL - NSG DISTANCE 1.2M

There are 3 essential keys to defending on the open court.

- Distance 1.2mtr before you put your hands up
- Knees unlocked (slightly flexed or bent) in stance position and feet shoulder width apart
- Use of hands over the ball or projected release point

REMEMBER HANDS OVER PRESSURE ON THE PASSER CAN AND WILL RESULT IN MANY INTERCEPTS NOT ONLY FOR YOURSELF BUT YOUR TEAM MATES!

Activity 1

- Measure out a distance of 1.2m to use as a guide
- Pushing off strongly remember to rotate between your right and left foot
- Strong stride step back using a large stride or a few quick steps if you can't quite reach
- Use your arms bent at 90 degrees for power
- Head up with eyes on the ball and opponent
- Weight balanced over two feet
- Hnd slightly at hips, knees and ankles
- Weight forward with knees over toes
- Back straight and upright
- Bring in arms up and over the ball



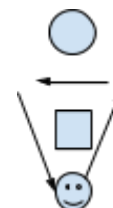
Extension

- Place an object (ball) on the floor as an opponent, measure out 0.9m as a guide
- Stand behind object (ball) leading with your right foot and right arm practice deflecting the imagery ball
- Then recover to 0.9m and hands up
- Repeat using your left foot and left hand



Extension - Outside Arm

- Using a chair as an attacker
- Position yourself behind the chair, working both the left and right side of the chair
- Lead around the chair leading with your outside arm (right hand & right foot) stepping away from the chair allowing an envelope large enough to bring your left foot through to contest the ball.
- Side step in front of the chair to your left and back into a side defensive position now contest with your outside arm (left hand & left foot) side step to the right.
- Work both sides of the chair and repositioning in front and behind
- REMEMBER you always want to be ballside



Activity 2 - Vertical Elevation

- Find a concrete/brick wall or if you are limited to inside a poster or marker on the wall
- If outside use some chalk using your take off and landing technique jump up with the chalk in to hands and mark on the wall how high you can get.
- Repeat 2 x 10 sets every other day always try and better yourselves

Activity 3 - Defence of the Shot

- Practice your defence over the shot or lean, remember,
- Get your balance and use different combinations
 Right foot forward, left hand over shot
 Left foot forward, right hand over shot
 Two feet (hip/shoulder distance) 2 hands over shot
 Practice from the side
 Practice from behind
- Remember to keep you knees bent and keep your feet on the ground

Extension

- Practice pivoting (blocking out) the shooter and jump for 2 handed rebounds, the key here being reaction time (speed) and elevation
- Remember at 11's and 12's most teams shoot between 50 - 70% at best so there is heaps of time to practice in games.

Practice Schedule (Tick the week box after completion or enter the number of times per week completed in that week's box) Daily practice is the key to rapid improvement!

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										