

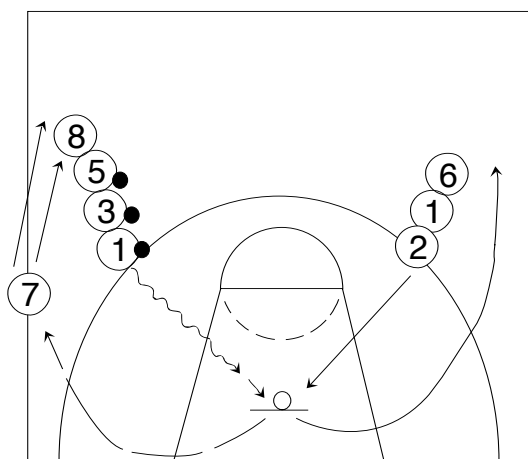
As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Guided Defense



One of the most common complaints heard from coaches today is that players don't make good decisions. Why do players often make the "wrong" decision when playing the game? One major reason is our method of teaching decision-making. Traditional drills very often have players working on the basic skills in isolation. Players are then expected to be able to make the correct decision on when to use the skill in a game. The idea behind guided defense is to expose the athlete to decision-making at all times of the learning process. Players learn the hardest concept first, which is the decision. Also, by guiding the defense, you as the coach can expose your players to many situations that will occur, not just the way your team plays defense. By adding guided defense you can take many traditional drills and aid players in their decision-making skills as well as the fundamental skill.

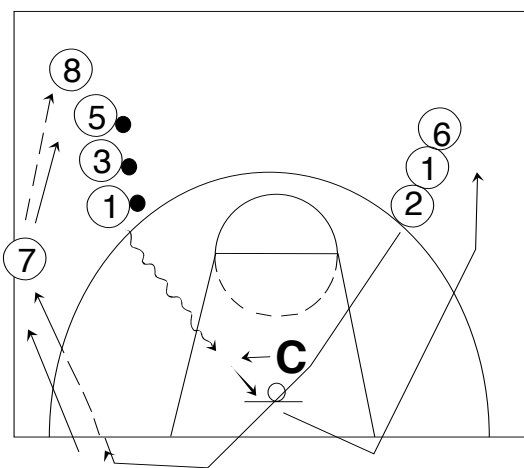


SKILL: LAY UPS

Traditional drill

The player dribbles in for the lay up with no major decision involved. The decision has been made by the coach. On a right hand lay up, take off on your left foot. We tell the player that this is performed when no defense is present and you want to go quickly to the basket.

After performing the skill for a number of repetitions, we now ask the player to perform power lay ups taking off on two feet. The coach tells the player to use this skill when a help defender is close so you protect yourself. Again the coach has made the decision for the player.



Guided defense

The drill is performed the same way. The only difference is that the coach gives the defense a "read". If the coach stands still, the athlete does the one foot lay up. If the coach helps, the athlete does the power lay up. The athletes are working on the same skill, but they have taken it to another level because decision-making has been added.

This drill can be done from many different angles. It can also be done with a player giving the read.

Have a target:

- length of time
- number of successful scores
- number of repetitions.



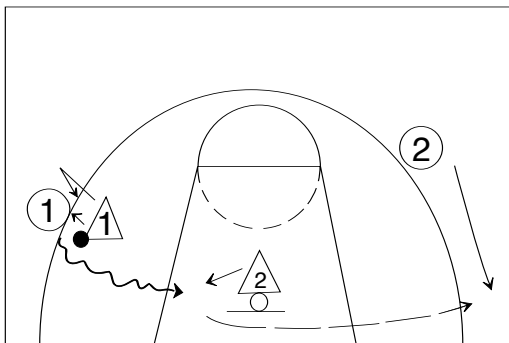
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Guided defense can be used to teach all offensive skills. In the next example, we use guided defense to teach the decisions used when driving baseline. The defender hands the ball to the wing player and takes a step on the high side of the offensive player. This signals the wing player to drive baseline.

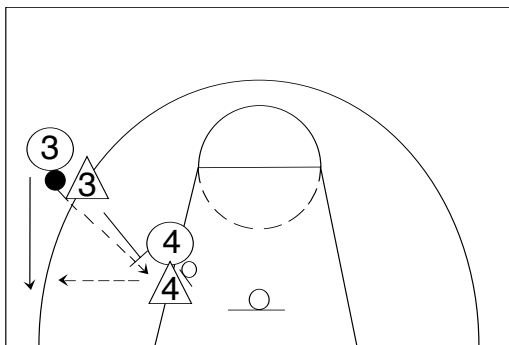


SKILL: BASELINE PENETRATION

The wing player drives baseline. The player is faced with three scenarios:

1. Help occurs outside the key – look to use a pull back dribble and pass to your teammate on the diagonal.
2. Help occurs inside the key – look to pass to the player drifting. To the corner (shown in the diagram).
3. If no help occurs, look to score.

When using guided defense, it is recommended to use only two options when first learning. We keep the decisions simple. Add a third option once the first two are mastered. It is also recommended to allow the same player to stay on offense consecutive times. If there are two options, stay on offense three times: Once for option 1, once for option 2, and once for 1 or 2.



SKILL: PASSING TO THE POST

The wing player reads the defense on how to pass the ball into the post. The post works on passing the ball out of the double team.

The coach needs to guide the defense:

- a) pressure on the wing
- b) sag off the wing
- c) defend the post on top
- d) defend the post on the bottom
- e) defend the post behind
- f) front the post
- g) double team the post.



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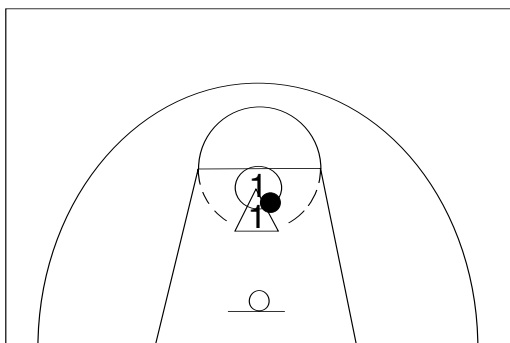
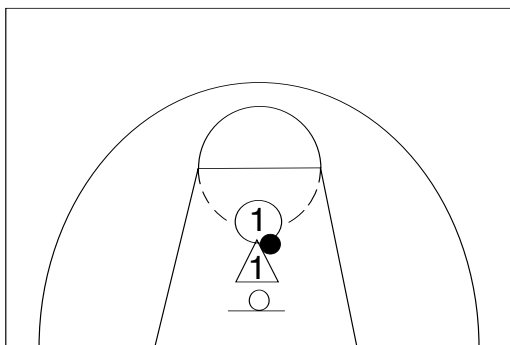


SHOT FAKE

Guided defense to teaching faking

So often we teach skills without the defense. Players do the skill vs. air. They often do not receive vital feedback on what makes an effective fake. When learning vs. guided defense, the athletes will instantaneously receive feedback as to when they make an effective fake.

Two players start inside the dotted circle. Player 1, on offense, attempts to score on player X1, who is on defense. No dribbles are allowed in the first sequence. Player 1 must use fakes and pivots to score. Any score is worth 3 points. Any time the offense player can fake the defender off the ground, it is worth 2 points. Any time the player can make the defender raise his or her hand against the ball is worth 1 point. If the defense blocks the shot, it is worth 2 points.



The second sequence is played inside the foul line. This time the offensive player can dribble. The defender is not allowed to guard the lay up.

1 point for lay up
3 points for shot

defense 2 points for a block

Each player has 5 possessions on offense.



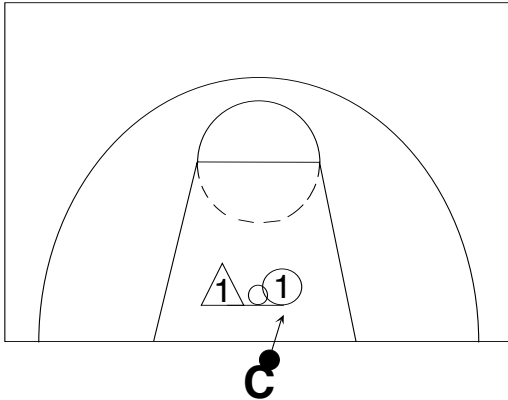
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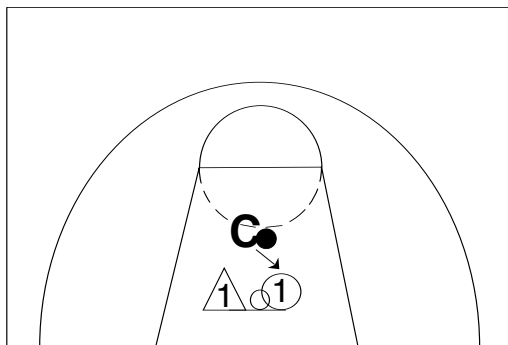
Guided Defense



Power ups



The coach tosses the ball to one of the players. Fakes add value to the score. Play until a finish.



This drill is the same except that the players start with their backs to the basket.

