



## Winning Defense: Progressions for Success

Carla Berube

*Tufts Women's Basketball Head Coach*

Tufts Defensive Principles for defending **on the ball**:

- ❑ Commitment, Communication, Closeout, Control, Contain, Contest

Tufts Defensive Principles for defending **off the ball**:

- ❑ Swivel, Stance, Dig, Deny, Help, Rotate, Scramble

Closeout Drills

- ❑ Move on the flight of the ball. Start with sprint & end with chop. High hands & low hips. No middle drives.
  - 5 spot
  - Clippers
  - Bear
  - Husky
  - Cone closeout

Help and Recover Drills

- ❑ Pressure the ball. No middle drives. Be in the line of the ball.
  - 2 v 2 - wings
  - 7 Point defense

3 v 3

- ❑ Deny 1 pass away. Communicate. Help side be ready to pick up roller.
  - 3 v 3 ¼ court, ½ court
  - 3 v 3 ball screen: hedge & recover, switch, jam and down (ice)

4 v 4

- ❑ Force everything to the outside, nothing in our House. Ball pressure. Play with your feet, not your hands. Anticipate. Always be ready to help, deny a pass, bump a cutter, communicate a screen, contain a drive, rotate and scramble. Post defense is critical.
- ❑ Do Not Help Off Of Strong Side!
  - Shell. Use different points of emphasis depending on what you need work on.

5 v 4

- ❑ Someone is always playing 2. Sprint to rotations. Don't over help. Hard on ball.

- Shell 5 v 4
- 45 Scramble Down

#### 5 v 5

- ☐ Live. Should be easier for the defense than 4 v 4. Have a post player on offense.
  - Superwoman

#### Transition Drills

- ☐ Sprint back. Stop ball early. Communicate. Players in paint must direct trailing players.
  - Progressive
  - Roll the ball
  - Circle

#### Rebounding Drills

- ☐ Communicate who you are boxing out and when shot goes up. Make contact. Push back, then pursue ball. Be strong with rebound and outlet pass. Offensive players must crash boards hard to make defensive players work.
  - Triangle
  - Box
  - 4 v 4