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“Building a Defensive System for Your Program”

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Defense and Rebounding Wins Championship

Defense is 80% Effort 20% Skill

-This means everyone can play defense if they want

Defensive Philosophy

“Before you set your defensive philosophy determine which way you want to push the ball.”

- Pushing the ball dictates PNR
- Pushing the ball dictates rotations

PNR Coverages:

Sideline/Baseline – Ice

Middle – Blitz/Hedge

Chest – Switch/Blitz

Your Bigs dictate PNR Coverage:

If your Big doesn’t move well – Push down

If your Bigs are active, athletic – blitz or hedge

If you do not have a true Big – Switch

Your philosophy should be personnel determined – yr. to yr. it might change (That’s ok)

Team Musts:

Discipline

Disruptive

Persistent

Proactive

As coaches we must ask ourselves “Have we developed these?, How can we improve these?”

Closeout Drill:

- Closeout FT & HC (quick feet 3 secs at points)
- Maintain a good wide base
- Their Chins need to be up (head heaviest part of body)
- Keep a good center of gravity
- Understand good and proper hand positions



Knee Tap Drill:

- Players in defensive stance across from each other.
- They attempt to tap the inside knee of their partner.
- Quick feet while attempting to tap knee
 - o Transition into tapping opposite knee while the player attempts to avoid them – back and forth movement to avoid.



Sliding Breakdown:

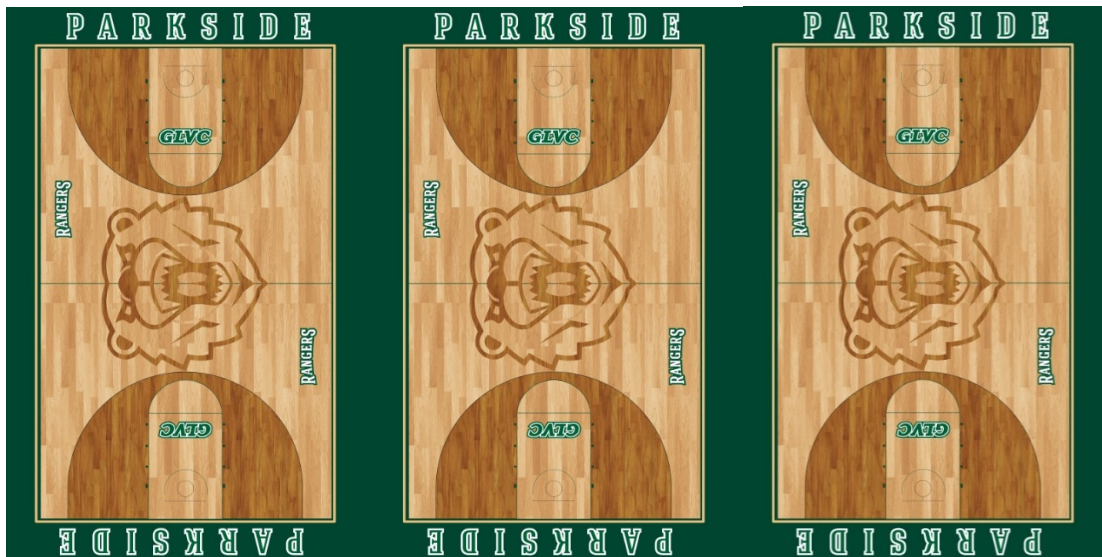
Set players into lines

This drill is based on Specific directions – after each part they come right back to starting point

1. slide 3 steps left foot front
2. Slide 3 steps right foot front
3. Left foot front – drop step – slide 3 steps
4. Right foot front – drop step – slide 3 steps
5. RF/LF front – Drop step – 3 slides – drop 3 (Muscle memory for XO)
6. Closeout – drop step – 3 slides (shot)

Coaching Point:

1. Quickness
2. Drop step
 - point toe where you want them to go
3. 3 steps – drop good – head doesn't move
4. Closeout is balance fits criteria
5. Hands out where you influence the ball



Most important thing about defense – Stop the ball

Coaching Points:

Hands out where you influence the ball
Other hand digging for XO or change direction

When offensive player puts the ball down which foot should we move first?

Outside foot 1st - No Negative steps

Head stays in the same place. Bobblehead players = bad defensive team

Feet move same distance

Follow the leader Drill (30 sec – 1 min)

Partners get into defensive positioning facing each other Holding Ball
One is the leader the other the follower
Slide the entire time with leader change directions whenever

Coaching Points

- Arms need to stay bent (balance and position)
- Point toe in the direction you are going
- Cut the player off in your mind
- Proper slide technique
- Building muscles & posture



Mirror Drill: (TB or towels)

Pass – close out – Mirror the ball (hand positions) – (30 Secs each)

Pass – close out – Mirror the ball (hand positions) - 2 dribbles (30 secs each)

Alt Feet Forward – drop step

2 Rt

2 Left

Go & xo

Coaching Points:

- Reaction to Dribble Penetration
- Correct space for handler
 - o Faster players = less space
 - o Slower players = more space
- Def reacts & cuts off (get in front)
- Side of my body she drives move that foot 1st



Closeout & Channel Drill: (TB or Towels)

- Defense is in an I formation in Key
- Offense is on the wings
- Coach Sets the drive direction
- Offensive player goes on Catch – Defensive player but react according and channel to baseline/sideline
- Off to Def (rotation)

Coaching Questions:

- Are they proper distance from off player?
- Are they using their hands in the proper manner?
- Is their Foot pointing in the correct angle?

On Middle drives - channel to elbow

- keep alive
- get them to the foul line



Defensive footwork Hell: (TB or Towels)

- 45 Secs Repetitive: (top, Baseline, post)
- Closeout wing - Channel to Sideline
- on pass to baseline close out – channel to End line
- on pass to post - Dig
- on kickout to wing - Closeout

Airtime – sprint to move to offense

Check footwork on close and slide, hands, and head



Live 1 on 1

- Either way dribbler choice
- Don't stop until def gets to ball.
- On catch or on closeout – decided by coach on when offense can go



Peripheral Vision Drill:

- Start in denial
- Offensive player will dribble F & B
- Dribbler dictates L to R position
- Coach/player dictates F to B position
- Square – hips to ball
- Inside should to side



HC Philosophy (baseline mentality)

- We mindset is we want to shrink the floor
- Filling the gap – with maintaining good ball pressure
- We tend to look at it as “Zone”
- Our mindset is 5 players guard the ball
- Player must understand the most important person is the one with the ball and be locked in to that
- Chest to chest – straight up – we need to Push to a side.

We have to adapt to how our players learn:

Total (talk) – worst

Kinesthetic (touch)

Visually (watch)

All 3 things involved – no one learns the same way

2 man game Drill (shell): **(TB or Towels)**

- Help side Position 1 off yours/2 steps toward ball
- Inside foot up on ball
- Depending on team – 2 steps on the line – deny
- Move as ball is release
- Arrive on catch
- Communicate
- Dual implication – passing & pivoting
- Corner/Side or slot

We work on these points using our **Belt:**

You will work together and Jump together or you will be moved to!

We use this to teach footwork, reaction time, and communication



3 Man game (shell): **(TB or Towels)**

- Same rules as 2 man game
- 6 eyes working together
- Def in lane hold hands

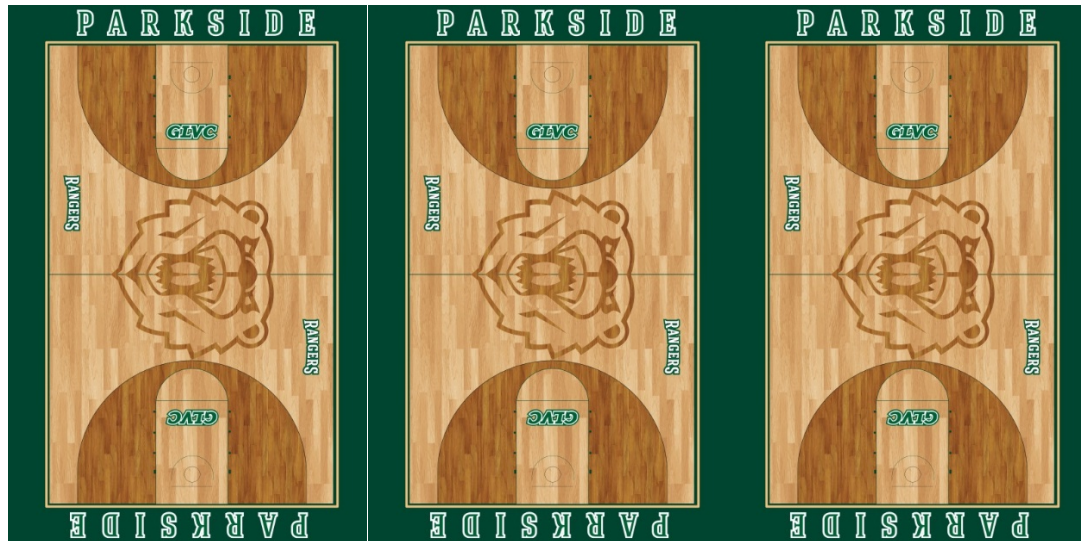
Spray out and guard your player – Off ball – recover to help (not to player & communicate)

- Ball is skipped – move as soon as throw leaves fingers
- Good ball pressure – hand on ball – don't go for steal with outside hand
- inside foot to the mid pt up?
 - o One more step closer to your next spot
- Back level to the baseline



Color Cones Drill:

- Place 3 different colored cones on the top, and both wings.
- Coach gives players the color to start with ball
- Each color that is called is to simulate a pass.
- Players have to recognize, react and communicate



3 on 3 Shell (airtime = more time): 3 TO balls

- Offensive players Pass – cut – Replace
- Defense must maintain good Ball vision
- Defense cannot allow face cuts
- Defense must read weak side and cutter
- Defense can't put hands down – can't lose sight of ball (help players get better with this). Carry one hand up ball side
- Add in screen, off and on ball

3 on 3 Live Exchange: (30 sec clock)

- Offensive players Pass – cut – Replace
- Don't stare at player
- Defense must trust speed to help & recover
- Don't run out stay in help
- Connected – not Individual responsibility
- Add in Screens, off and on ball

Building defense is a process & takes time

- Development of Defense and clean it up
- If your defense Improves your offense will improve