

# GONZAGA WOMEN'S BASKETBALL

## 5 KEYS TO DEFENSE

1. COMMUNICATION
2. NO EASY BASKETS
3. PRESSURE THE BALL
4. CONTEST EVERY SHOT
5. BLOCK OUT & REBOUND

*“Defense is the foundation of our program. We believe a sound defense is impossible until each player is willing to make great personal sacrifices in many areas including the physical, mental and emotional aspects, and is willing to lose her identity within the team. The greatest satisfaction comes through team victory.” Kelly Graves*

*Defense Wins Championships! We Will Be the Best Defensive Team!*

# GONZAGA UNIVERSITY WOMEN'S BASKETBALL

## *Defensive Philosophy*

1. Defense is the rock on which our team foundation is built. *We must take pride in our defense!*
2. We must *communicate at all times* on defense. Use verbal cues to coach yourself and avoid confusion.
3. Always emphasize *defensive transition*. We will give up *no easy baskets*.
4. Always *pressure the ball*—the ball scores.
5. Each player is responsible for the ball, their player and everyone's player.
6. We must *contest every shot*. No one gets a clear look at the basket.
7. We must *block out and rebound*. Be tenacious on both the offensive and defensive boards. **Rebounding is Our Signature!**
8. Techniques and concepts are learned by repetition—***Game Speed!***
9. You must completely *understand what you are doing*. We (the team) must completely *understand what we are doing* on defense. Take Pride in Our Defense!
10. Play as hard as you can for as long as you can—True Team Concept!

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## "On the Ball" Defensive Techniques & Footwork

- On The Ball Defense Is The MOST IMPORTANT Defensive Fundamental
  - Why ? \ Because Dribble & Pass Penetration Break Down Your Defense
- Lateral Footwork Is The MOST IMPORTANT Footwork On Defense !
  - Why ? \ You MUST Make Penetration Start With A Lateral Move First

### • Stances & Technique On The Ball •

1. "Closeout" - Technique Used To Advance To Any Player With The Ball
  - 1 or 2 Cheat Steps, 1 Giant Step - Advance Step Into Closeout 1-2 Arm Length Gap
  - Hands Up, Weight Back (Weight MUST Be Back To Move Laterally (Arch Back))
  - 2 Arms Length on Driver, 1 Arm Length On Shooter, Hands Up To Defend Pass !
  - Inside Foot Up + Patter Step !!
2. "Ready" - Technique Used To Defend When Ball Is Live ("Sit" Technique)
  - Patter Step \ Get Your Body In Motion – You Can Move Quicker !
  - Defend Pass \ Trace The Ball – ALWAYS !!
3. "Point" - Technique Used To Defend The Dribble (Ear In Chest Position)
  - MUST Have A Great First Step (It's The MOST Important Step)
  - Cover 6-18-24 Inches On First Step \ Strong Legs Are Key Here !
4. "Stick" - Technique Used To Defend The Ball When The Dribble Is Picked Up
  - Put Thumbs Together & Trace The Ball \ "This Is Where The Most Pressure Comes !!"
  - Get As Close To The Offensive Player Without Fouling (Make Them Turn Their Back)

### • Lateral Footwork \ Keep One Foot On The Floor At All Times !! •

1. Push-Step Technique
  - Push With Inside Foot (Push Off Hard With Inside Of Your Foot)
  - Step (6-24 Inches) & Point Your Toe In The Direction Your Moving (Body Will Follow)
2. Gap \ Keep Arms Length Gap Throughout The Dribble (Start 1 Arm Length Gap)
  - ADJUST vs Opponent's Quickness or Strength
3. Get Ahead of The Ball - THE KEY! (Guide The Ball Where You Want It)
  - MUST Get Ahead of The Ball To Stop Penetration
  - Point Hand On The Ball, Nose On The Ball, Body Ahead Of The Ball !
4. Hands \ Trace The Dribble & Defend Pass With Back Hand At Your Ear
  - Inside Hand Points at The Ball + Get Nose On The Ball (Get Body Ahead)
  - Back Hand Is By Your Back Ear (Defend The Pass Over Your Head or By Your Ear)
4. Reading The Ball + Verbalize
  - To Move As Quickly As Possible You MUST Use Your Verbals To Be More Alert !
  - MUST Watch The Ball At All Times \ The Ball Is What Scores !!
  - We MUST STOP The Ball !!!
5. Jumping To The Ball On Pass Out Of Stick
  - MUST JUMP To: 1. New Position On The Floor 2. New Stance 3. New Verbal !!!
  - The Game Continues On !

### • Key To Pressure On The Ball •

1. MUST Move From "Ready" To "Point" To "Stick" As Quick As Possible \ Stick = Most Pressure!
2. MUST Defend Without Fouling !
3. MUST Keep Gap At ALL Times Until Ball Is Picked Up !