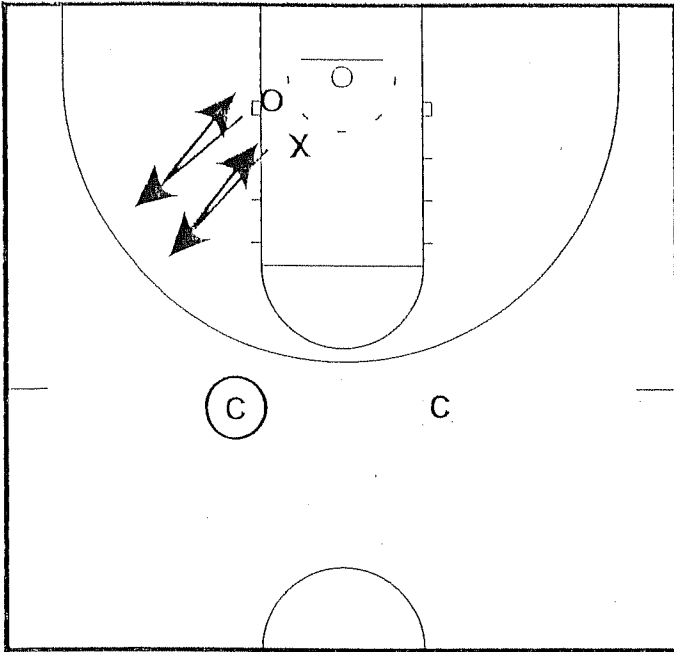


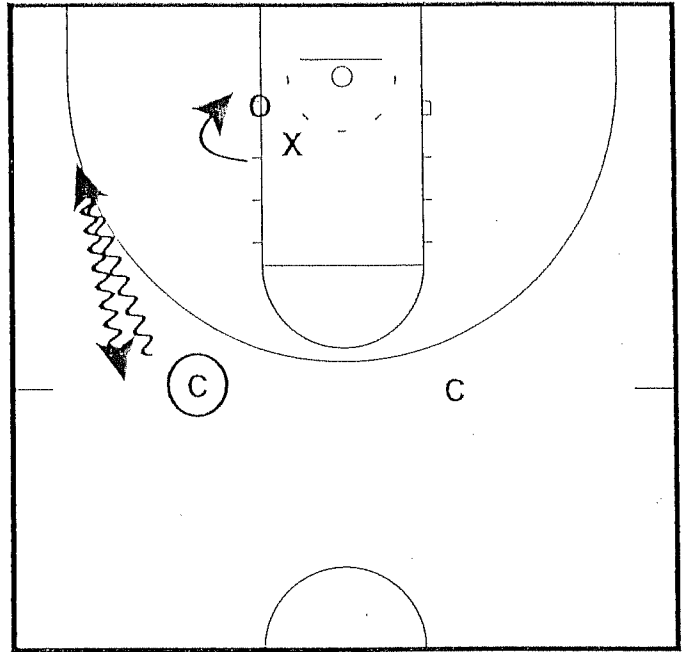
Defense Drills

6 point drill
Defensive Drills



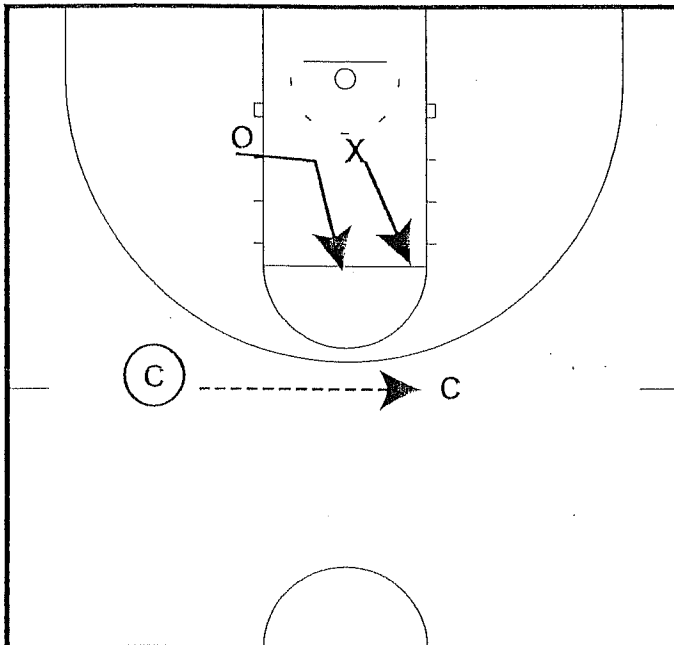
point 1 = wing denial head snap "deny, recover, D"

6 point drill
Defensive Drills



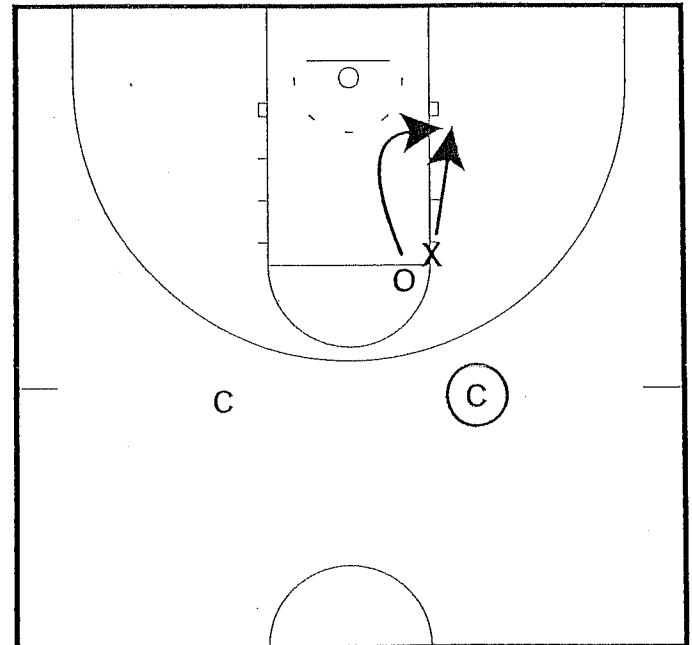
point 2 = post denial hi side, front (footwork) back to hi side (coach dribbles down)

6 point drill
Defensive Drills



point 3 = help (on rail) c passes to other c, c slaps ball to initiate O's cut, X (on rail) must cut cutter and send her high, (point protect push)

6 point drill
Defensive Drills



point 4 = hi post denial X denies ball to O Forces O behind her on roll down to block

Other defense drills
3 player circle -
2 on 2 circle rebound

Blood Drill

• The Essence of Defense •

There are days when you can't get the ball in the basket, no matter how hard you try. But there is no excuse for not playing good defense. I've known those days, days when every shot is forced. Every idea manufactured. Days when invention and wit and originality disappear. When nothing is new or bright or wonderful. The air is the same. The people are the same. The problems are the same, and on those days you start to press and everything gets that much more difficult. The feel is gone, and with it the touch, the ease, the brilliance that good play brings.

The offense, you see, is play. The defense is work. When you are on offense, you create your own world. You act out the drama you have written. You dance the dance you have choreographed. You sing the song you have composed. Offense is unrehearsed, exuberant, free-wheeling. Offense is an excitement which provides its own incitement. Its own compulsion. Its own driving force. It generates its own energy.

Offense, then, is an art. It cannot be forced. It is a spontaneous, joyful unification of the body and the mind. Therefore there are days it won't happen. The circuits of the brain will not open. The playful right hemisphere remains inaccessible.

Defense needs none of this. Defense is dull, boring, commonplace. It is the unimaginative plodding attention to duty. It is grit and determination and perseverance. It requires -- can we use that word? -- Simply an act of the will! -- There is never a day you can't play defense. All you need is the decision to put out. To give one hundred percent.

On defense you are another person, the real person. Offense is a showplace for talent and even genius. What defense discloses is character. There, effort and energy are a matter of the will. When you are there you must ask yourself, "Will I or Won't I have it so?"

So defense is a matter of pride. The determination to be the person I am. The decision to give my word of honor, to take an oath that what has to be done, will be done.

You try not to be proud of your offense. My play, my creativity, is a gift freely given and perhaps just as readily taken away. How many poets have turned to drink in an effort to restore that childlike way of looking at things? One has to be superstitious of such feats. The mystic never presses their luck. They accept the vision, tell few if any, and do not expect to see it again.

Defense therefore narrows down to character, the ability to persist in the direction of the greatest resistance. There are teams, and successful ones, that no longer look solely to talent. They recruit character. It is a long season. there are days on end of giving of yourself, and talent is not enough. Only character can fix the will to the idea that anything less than your best is unworthy of you and the game and the people you play it with. Only character can take defense and make it worth every iota of your mental and physical energy. Only character can make you function when your existence seems to be a defensive war.

You know that, as I do, but you still play defense like almost everyone else. Knowing that eventually there will be a turnover and you will get the ball back. Most players dream of this happening and their mind is filled with what they can and will do, ending in a successful finish for themselves.

But dreams are not the stuff defense is made of, nor are most players for that matter.

Taken From The Book: Running & Being
The Total Experience

By Dr. George Sheehan

2013-14 Defensive Goals

WCC # 1 in Field Goal Percentage Defense/NCAA Top 20 36.5%

WCC #1 in Scoring Defense 55.0 p.p.g.

WCC #1 in Rebound Margin/NCAA Top 20 +7.0 Rebounds per Game

Average 5 Fewer Fouls per Game Than Our Opponent

WCC #1 in Turnover Margin +5 per Game

100% Individual Rebound Efficiency

70% Team Defensive Rebound Efficiency (40% Offensive Rebound Efficiency)

Average 34 Disruptions per Game

What is a Disruption? Steal, Blocked Shot, Charge Taken, Any Dive on the Floor for a Loose Ball, Any Tipped Ball, a 5-second Count, a 30-second Shot Clock Violation.

Average 17 Steals/Blocked Shots per Game

Average +5 Charges/Over the Back Calls per Game

<i>Past Performance</i>	<i>2004-05</i>	<i>2005-06</i>	<i>2006-07</i>	<i>2007-08</i>	<i>2008-09</i>	<i>2009-10</i>	<i>2010-11</i>	<i>2011-12</i>	<i>2012-13</i>
<i>FG% Defense</i>	35.3% (#1)	35.9% (#1)	37.4% (#1)	38.3% (#1)	37.4% (#1)	36.4% (#1)	39.5% (#2)	38.9% (#4)	37.5% (#2)
<i>Scoring Defense</i>	54.7 (#1)	54.4 (#1)	57.9 (#2)	63.0 (#2)	60.1 (#1)	59.1 (#1)	62.8 (#1)	62.5 (#3)	53.9 (#1)
<i>Rebound Margin</i>	+7.0 (#1)	+3.2 (#2)	+5.6 (#1)	+9.7 (#1)	+3.0 (#1)	+3.9 (#2)	+6.7 (#1)	+6.0 (#2)	+8.5 (#1)
<i>Steals</i>	8.0 (#7)	9.1 (#1)	7.9 (#4)	8.4 (#2)	10.6 (#2)	11.1 (#1)	11.5 (#2)	10.4 (#2)	12.3 (#1)
<i>Turnover Margin</i>							+6.6 (#1)	+4.0 (#2)	6.9 (#1)

“We believe a sound defense is impossible to achieve 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.”