

# Lady Bulldog Defensive Strategy

## Principles

1. Ball Pressure
2. Communication
3. Rotation
4. Blocking Out

## General Goals

1. Defense is hard work – have pride in your work.
2. You've got to want to stop your opponent.
3. You only have to play defense for 30 seconds at a time.
4. Defense is played with the feet.
5. Let your defense generate your offense.
6. When an opponent does score, they score on us, not an individual team member.
7. Good defense without blocking out is no defense.

## Full Court Defensive Goals

1. Run the floor on defensive transition.
2. Hands up always, thumbs pointed at shoulders.
3. Go for tip – the steal is a bonus.
4. Make the offense use 12 seconds before setting offense up.
5. Only trap a dribbling basketball – let traps happen naturally.
6. Box sideline – diamond middle.
7. Force the ball up sideline – keep the ball out of the middle of the floor.
8. Trap at least twice as a goal.
9. No lay-ups – take charge.
10. Always stay in line with the basketball.
11. Let the offense make a mistake then capitalize.
12. Control the game tempo.
13. No reaching fouls.

## Half Court Defense Goals

1. Keep active pressure on the ball.
2. Keep the ball out of your house.
3. Force the ball to the sideline.
4. Ball in house is everyone's.
5. Force the offense to take a low percentage shot.
6. All shots should be contested.
7. Limit offense to one shot.
8. Ballside/helpside conscious.
9. Stay in ball – me – man position.
10. Don't get split on defense.
11. Snap head on backdoor cuts.
12. Don't guard air – keep head active.

## Defensive Rebounding

1. Make and maintain contact on block out.
2. Block out or under.
3. Everyone blocks out.
4. Be quick and aggressive on the boards.
5. Protect the ball on rebound.
6. Pivot outside leg for outlet pass.
7. Pass one – dribble two.