



Defensive Small Sided Games: 2 on 2 Learning Progression

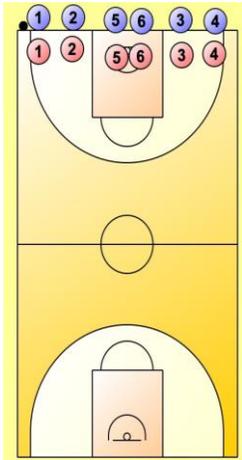


FIGURE 1

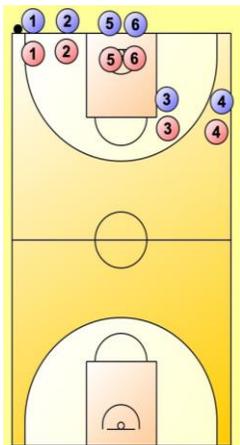


FIGURE 2

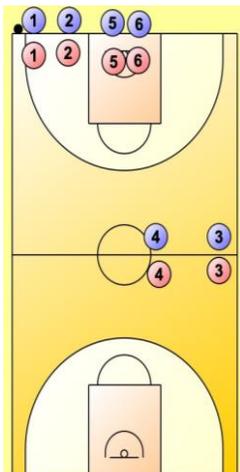


FIGURE 3

OBJECTIVE: To progress through the two defensive options: staying and switching; then deciding between the two.

Setup: Pair in a line across baseline (Figure 1).

Shadow 2 on 2 Learning Progressions:

STAY: stay with assigned player while remaining in proper defensive positioning while covering their checks path. (Figure 2)

SWITCH: switch when attackers cross. (Figure 3)

DECIDE: defenders decide when to stay or switch.

Levels Of Attack Pressure:

Bronze: 50% pressure; Silver: 75% pressure; Gold: 100% pressure.

Instructions: for each learning progression

1. Defenders must be in correct 1 on 1 defensive position (covering the path) and facing the hoop they are defending.
2. Use quarter turns to maintain defensive position as a pair.
3. Stay flat by dropping to recover if necessary.
4. Deny picking space and angles with chair position.
5. Recover to defensive ready position and chair position.
6. Continuously communicate specific information and your specific actions.
7. If beaten yell 'help' to trigger a reset.

Activity Rules / Games Approach:

- Progress through each learning progression (stay, switch, decide) and at varying levels of attack pressure.
- Go the length of the court (or prescribed distance) and change attack to defense and repeat.
- Switch between attacking and defending for repetition.

Coaches Key Points:

- Players should communicate actions.
- Players should stay flat and recover to flat position.
- Players should use quarter turns to maintain proper position.
- Players should anticipate picking angles and cover the path (axle to caster or rubber to metal).
- Players should deny picking space and angles with proper chair positioning.

Variations/Loading:

- Require more crossing by attackers.
- Add a ball or a ball each if attackers are dominating defense.
- Pair players by ability and progress to 'miss matches' later.
- Change the length and/or width of the defensive area.
- Add a third player to both attack and defense.

Mental:

- Maintain a broad external focus and constant communication.