

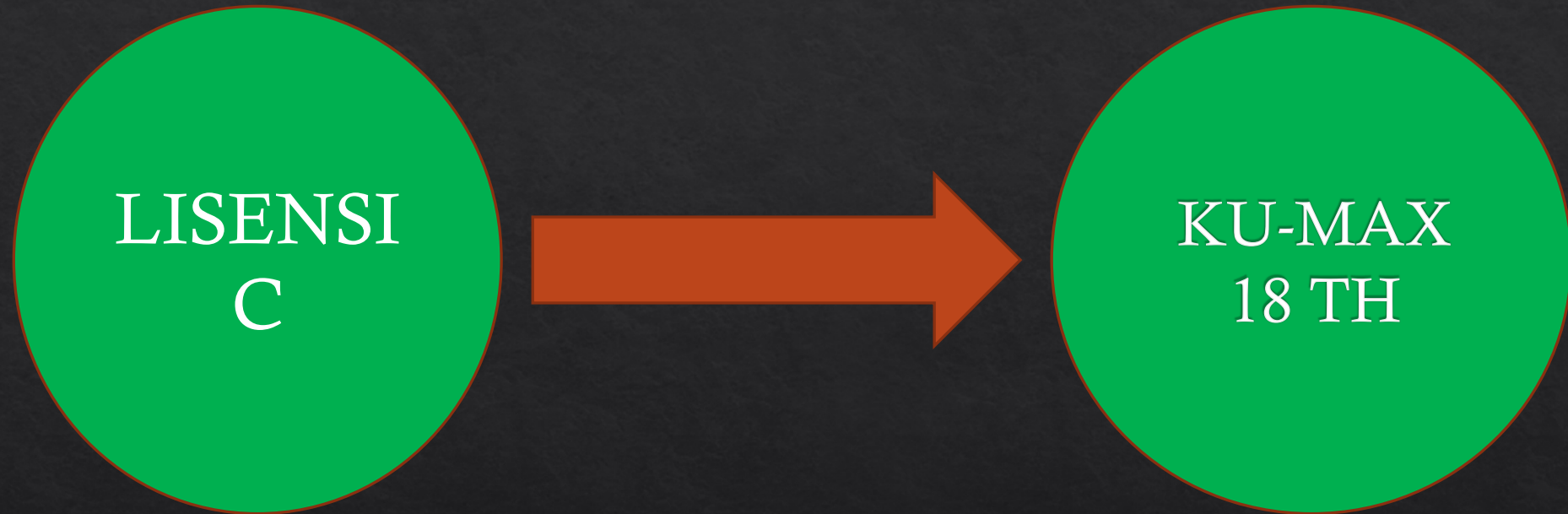
DEFENSE
T-D-O
PRESS BREAK

PENATARAN PELATIH BOLA BASKET LISENSI C

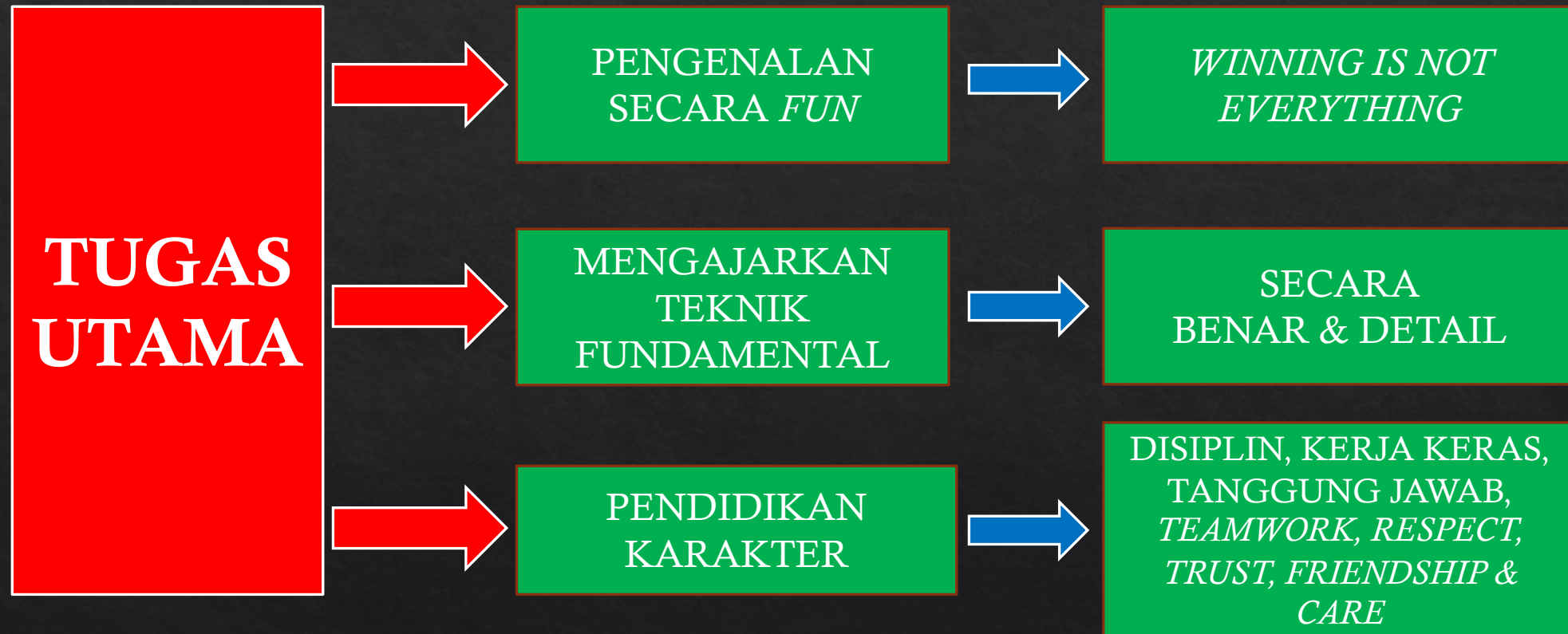
oleh :

Cokorda Raka Satrya Wibawa

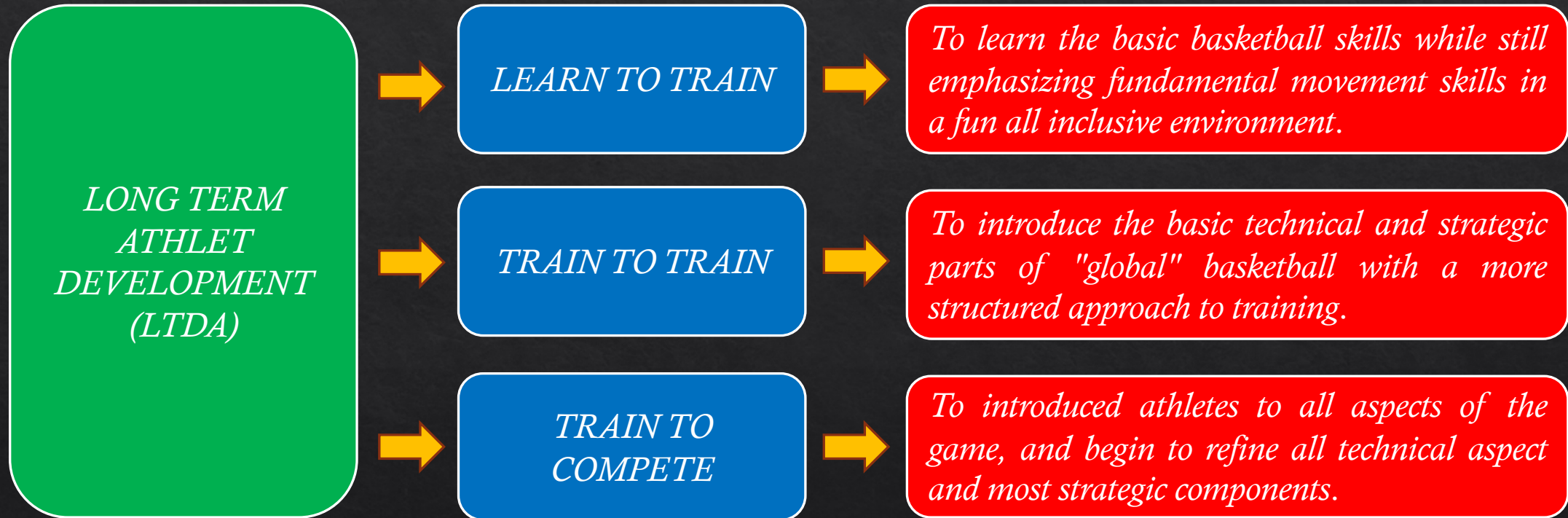
COACHING



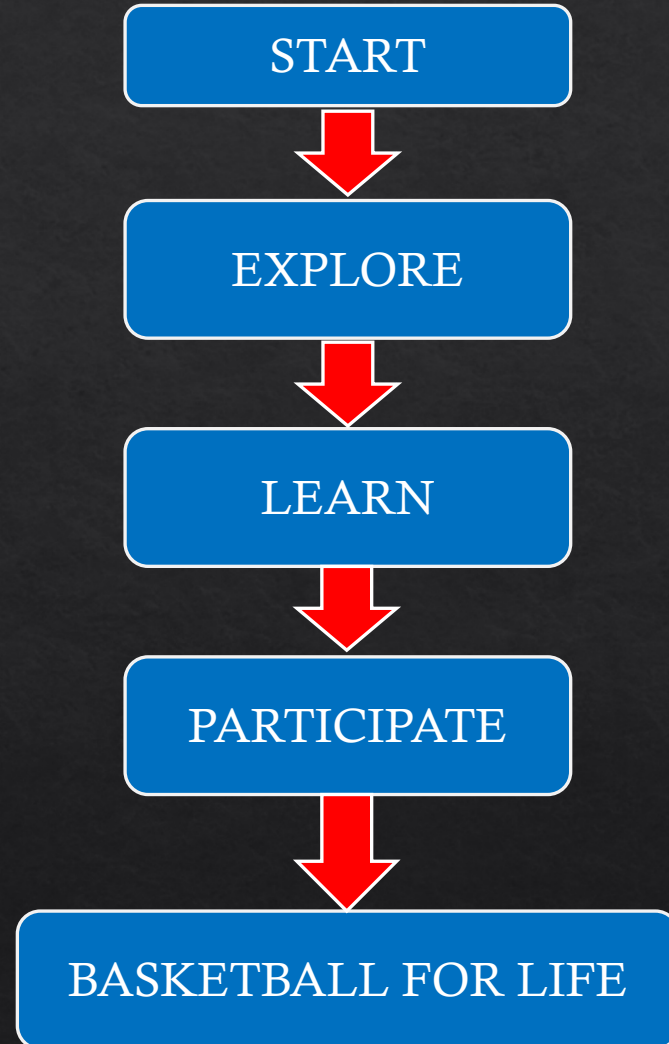
PELATIH LISENSI C



PELATIH LISENSI C



DEVELOPMENT PATHWAY



CHARACTERISTICS FOR COACHING YOUTH

PATIENCE



Your role as coach is to teach and then help your players learn from their mistakes

EMOTIONAL
MATURITY



It is your duty to act like a responsible adult under any circumstance

BASKETBALL
KNOWLEDGE



You will need to develop an understanding of fundamentals, rules and various strategies based on the level you are working with

TIME
COMMITMENT



Coaching is a commitment of your time to the development of players both on and off the court

PRIORITIZE



Winning can be a healthy goal, but striving to win is where lessons are learned regardless of the final score

COACHING PYRAMID

Tactis

Tactics - adjustments for a specific opponent

Planning for next opponent :
SWOT our & Opp O/D

In game adjustments

Strategy

Strategy - Introduced to all basic strategies of the age game

Early clock
Transition

Mid clock
½ court O/D

Late clock

Special situation

Pressure/Pressbreaks

Zone
O/D

Technical

Decision Making - able to refine decisions for a specific position

General – reading the
offence/defence

Player specific – Who am I? Who is guarding me? Who is
my teammate? Who is guarding my teammate?

Technical Principles of play - introduced to all concepts of play

Attacking/defending
the basket

Space

Penetration

Passing &
Cutting

Rebounding

Posting &
Sealing

Screening

Isolation

FUNDamental

BASKETBALL SKILLS - development of position specific specialized skills

Stance

Footwork
start / cut / stop / pivot

Dribbling/ball

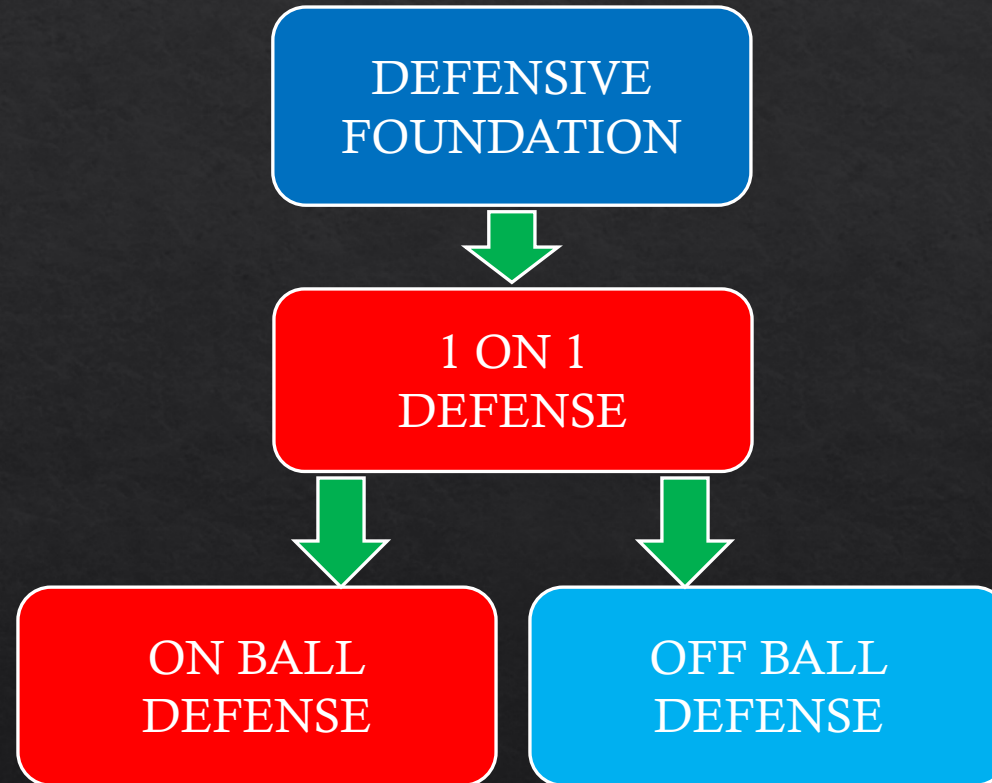
Passing/
Receiving

Shooting/
layups

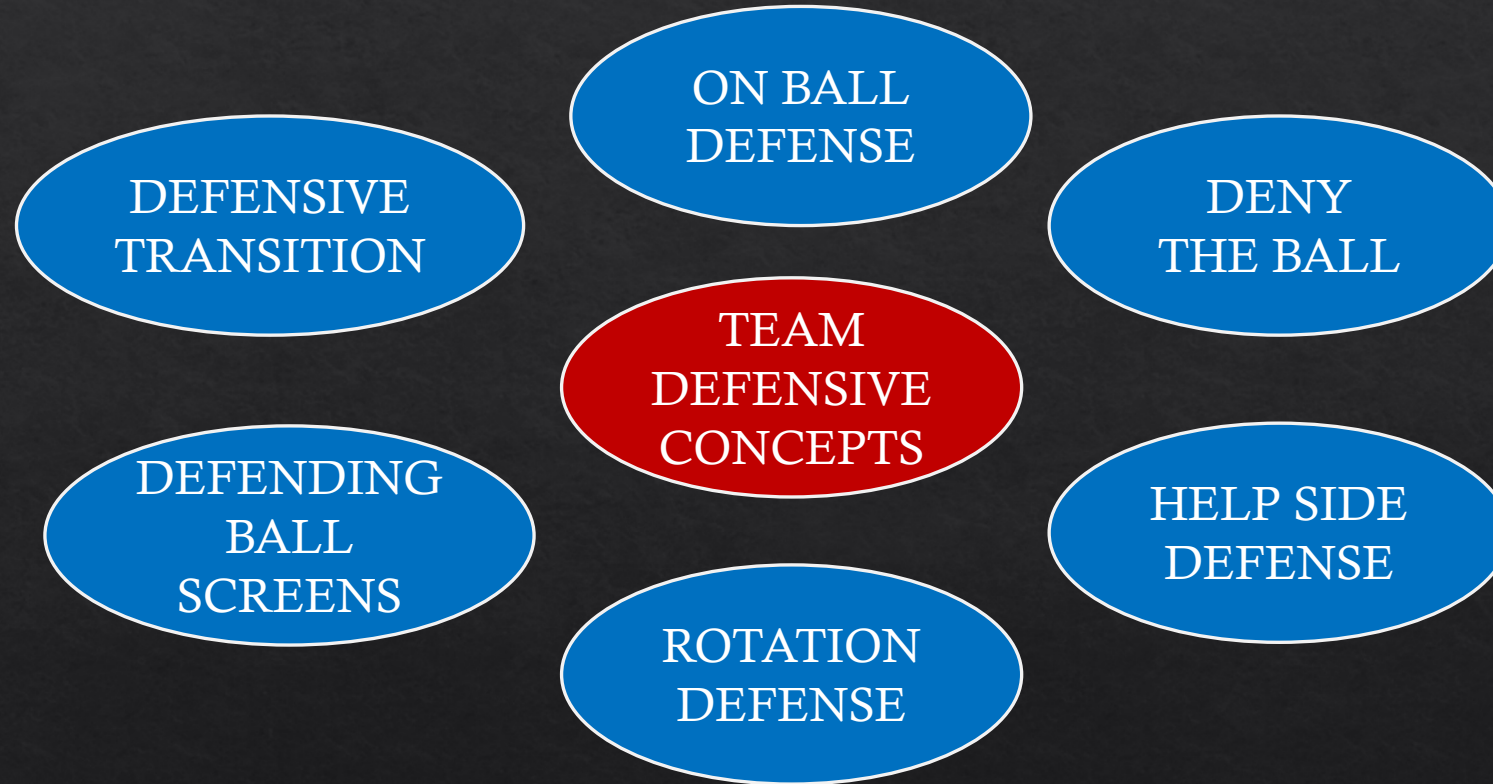
FUNDAMENTAL MOVEMENT SKILLS - Foundation around which movement is based

Squat, Pivot, Lunge, Jump/land, Run, Slide, ABC's – Agility, Balance, Coordination and Speed

MAN TO MAN DEFENSE



MAN TO MAN DEFENSE



TEACHING PROGRESSIVELY

PHASES OF TEACHING

Phases A INITIATION & ACQUISITION

- Good demonstrations
- Understand where it fits in the game
- Drills are done in 1 and 0
- Let them figure it out by them self

Phase B ACQUISITION & CONSOLIDATION

- Coach guides the offence by acting as a guided Offense
- Build the players decision making capacity

Phase C CONSOLIDATION & REFINEMENT

- Use the skills against live Offense
- 1 on 1 situation
- Multiple repetitions before switching roles

Phases D REFINEMENT & CONSOLIDATION

- players must now be able to demonstrate competence in using the skill in a game like situation
- Drills 2 on 2 → 5 on 5

NOTE: Phase C and D cannot be developed if phase A and B are not developed

MAN TO MAN DEFENSE

ON BALL
DEFENSE

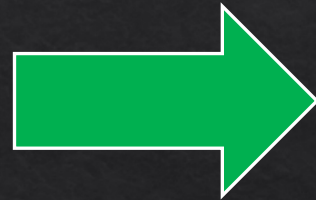


- Find your balance
- Feel yourself reactive
- Put one hand on the ball and play with the other in the possible pass location
- Maintain space
- Try to avoid crossing over the hands or the feet
- Move your feet and always keep your chest in front of the ball
- Proper close out
- Contest the Shot and Box Out

MAN TO MAN DEFENSE WILL ONLY BE AS STRONG AS THE DEFENSE ON THE
PLAYER WITH THE BALL

MAN TO MAN DEFENSE

ON BALL
DEFENSIVE
DRILLS



- Defensive slides
- Close Out with high hands
 - Stance, jabs, 1 dribble pen. Baseline, Middle, combination + shot, etc

MAN TO MAN DEFENSE

OFF BALL
DEFENSE

- Strong side → Deny
- Help side → Ball – You – Man
Principle/Positioning/Load to ball side
- Stance
- Against Screens → Switch/No Switch
- Def. Rotation → Helper stays/No

ROTATION

MAN TO MAN DEFENSE



MAN TO MAN DEFENSE



P/R
DEFENSE



- Young age → Switch → can't take advantage on mismatches yet
- Certain age → adjustment
- Aggressive traps
- Do not allow the screener to see ball and basket while rolling to the paint
- Guards always force the ball handler to use the screen and try to anticipate the pick while fighting over the top
- Pick and roll action must be defended with all five defenders → Rotations

MAN TO MAN DEFENSE



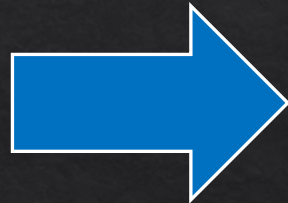
**BALL
SCREEN
DEFENSE**

FUNDAMENTALS :

- Your ball screen defense includes both the coverage (2 players involved at the screen) and the support (3 defenders off the ball)
- ON-BALL DEFENDERS RESPONSIBILITIES :
 - Must get into the ball-handler
 - Must force ball-handler to use screen unless coverage dictates otherwise
- SCREENER DEFENDER'S RESPONSIBILITIES :
 - Must call the coverage
 - Must arrive with the screener
- OFF BALL DEFENDER'S RESPONSIBILITIES :
 - Must form some kind of triangle behind the ball
 - When ball goes away from you, you pull in
 - Be prepared to bump roller this discourages pass
 - When ball comes to you work out

MAN TO MAN DEFENSE

WAYS TO
DEFEND
BALL
SCREENS



1. Hard Hedge (Over-Under)
2. Soft hedge
3. Switch
4. Squeeze (2 Under)
5. One Under
6. Trap (Blitz)
7. Down

MAN TO MAN DEFENSE

5 W'S OF P & R DEFENSE: (depends on the schemes used)

1. Where is it being set?
 - a. Side
 - b. Middle or high
 - c. Angle

2. Who is involved?
 - a. Who is in it?
 - b. Who is coming off?
Shooter or non-shooter
 - c. Shooter or non-shooter
setting screen
 - d. Is he a popper or roller?

3. What is their alignment?
 - a. Where is their 4 man?
 - b. Where are their
shooters?

MAN TO MAN DEFENSE

5 W'S OF P & R DEFENSE: (depends on the schemes used)

4. What is our communication?
 - a. Communicate early, loud and continuous – ELC
 - b. Screen defender should control the talk because they are never blind to action

5. What is our coverage?

MAN TO MAN DEFENSE

3
MOST IMPORTANT THINGS
IN DEFENSE



WILL

ENDURANCE

COMMUNICATION

T – D – O

◆ RULES:

- 1 – Always pass the ball to a teammate who is open running in front of you.
- 2 – Push the ball toward the basket if you don't have a teammate in front of you.
- 3 – Run quickly if you are without ball.
- 4 – Keep three lanes no matter where the ball is located



T – D – O

◆ THINGS TO TEACH

1 – Offensive System (5 out, 4 out – 1 in, 3 out – 2 in)

2 – Offensive flow

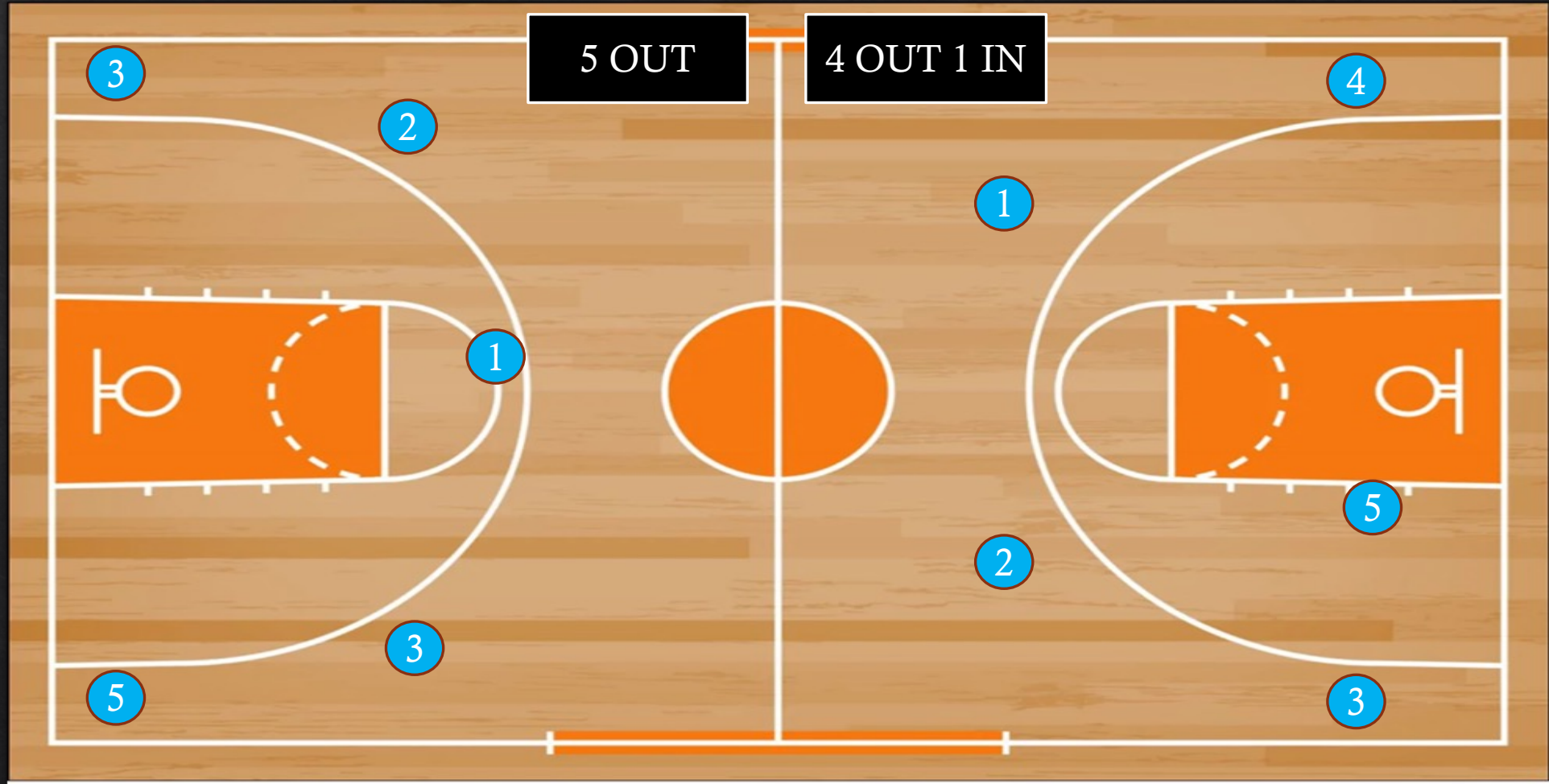
3 – P/R

4 – Dribble Penetration

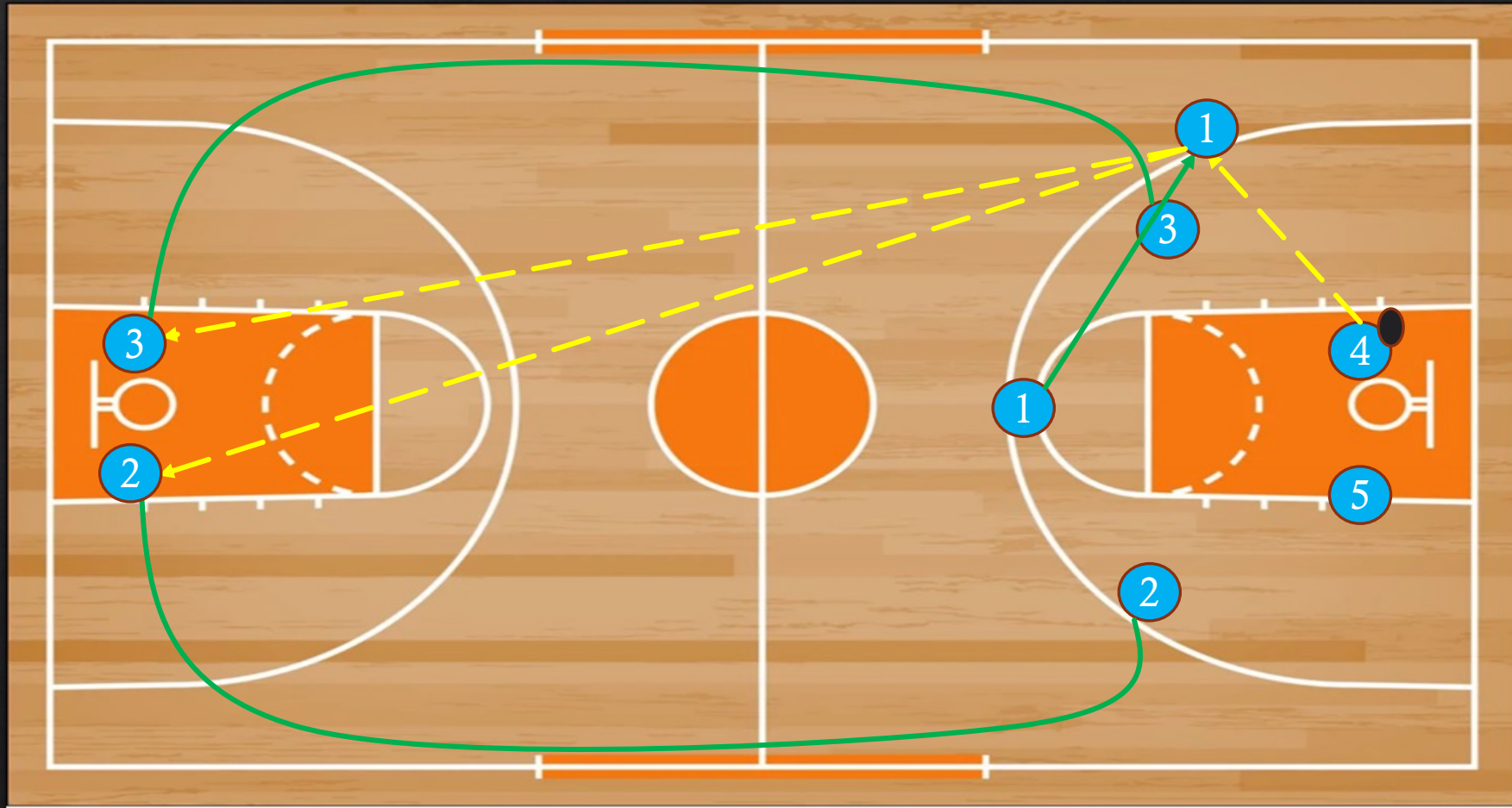
5 – Screens

6 – Post Up

T - D - O



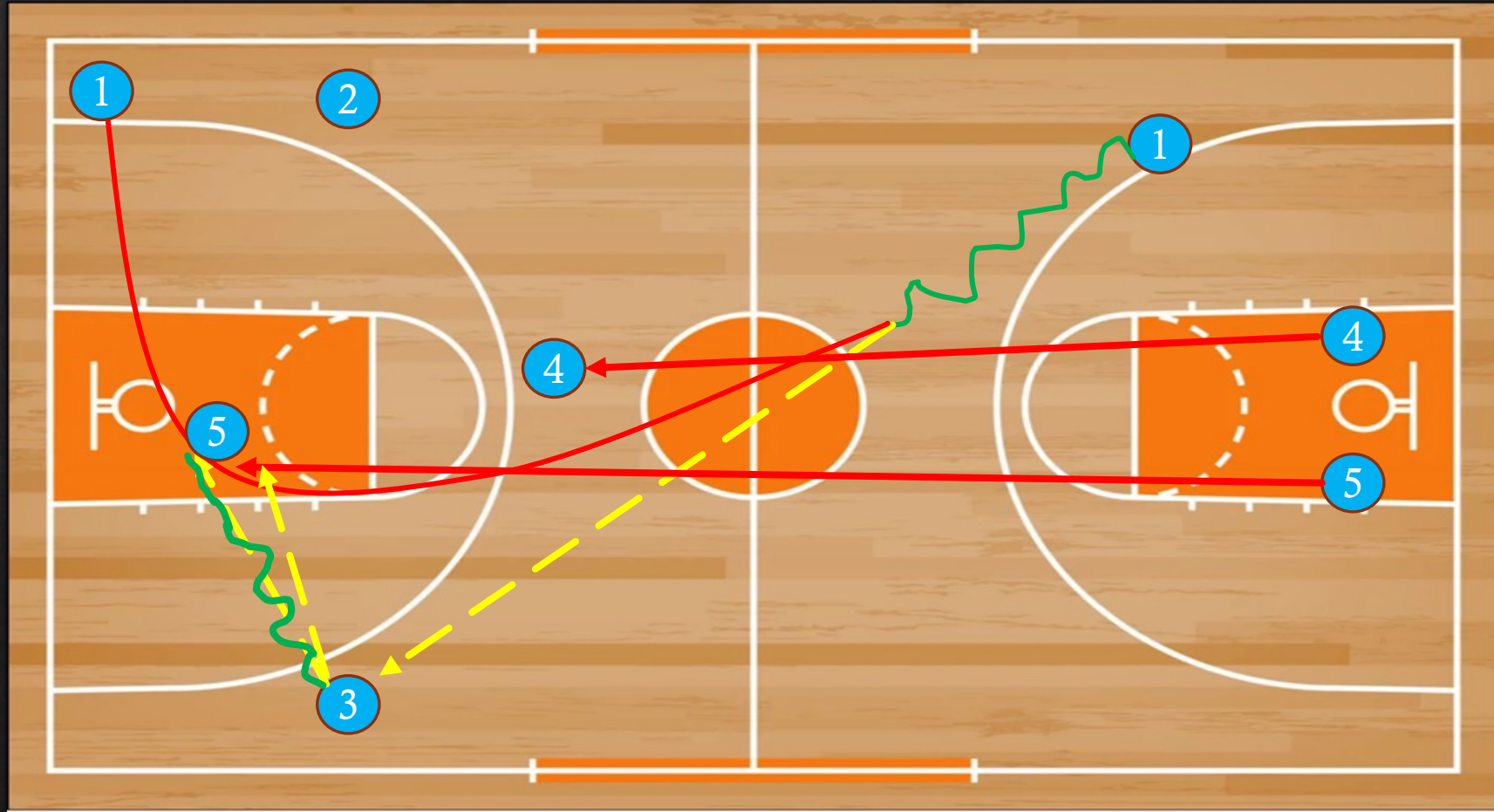
T-D-O



Option 1:

- 4 Reb
- 1 go for outlet
- 2 & 3 run wide
- 1 pass to 2/3

T - D - O



Option 2:

- 1 can't pass to 2/3
- 2/3 cross to the wing
- 1 dribble to middle then pass to 3
- 3 drive to the basket or wait for 1 to cut then pass to 1
- 5 become the trailer, 3 pass to 5 in the low post
- 4 balance the floor

PRESS BREAK

◆ THINGS TO CONSIDER:

- Do you want a fast shot or are you just trying to get the ball over half
- Who can hand the ball against pressure?
- Who are your best passers?
- Who can finish at the end of the press?
- Who can inbound the ball and who can get open in the middle of the floor (example to the left). Getting the ball to your best ball handler decision maker in the middle of the floor is the best ways to attack pressure.

PRESS BREAK

- ◆ It is IMPORTANT that the player's are placed where they have the highest chance of success. As a coach we do not show panic versus pressure. Show the players a "no problem, we're prepared" attitude
 - Decide do you want a fast press break or a control press break.
 - Always look to create three passing options - SIDE, MIDDLE, and BACK.
 - Always have a pressure release options

TERIMA KASIH