



# CHICO AREA RECREATION AND PARK DISTRICT

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## Defense Coaching Rules

### CARD Basketball

One on One, Half Court and Transitional Defense

#### Stages of Defense

1. Start at the beginning with language
2. Get in a stance
3. Learn to Slide
4. Monkey Drill (modify for outdoor use)
5. One on One (closeouts forcing player baseline)
6. Two on Two
7. Two on Two (Deny Forward)
8. Two on Two (Deny Center)
9. Shell Drill Level 1
10. Shell Drill Level 2
11. Shell Drill Level 3
12. 3-man weave to 2 on 1
13. 3 on 2 to 2 on 1
14. Chase or 5-man weave

#### General Defensive Rules (best used in shell drill)

1. Always be on ball side
2. If you are on ball side, and you are one pass away, you **MUST** deny
3. See your man and the ball (shooters)
4. Always be between your player and the basket
5. Talk and Box

#### Half Court Defense Rules

- Always close out forcing your player toward baseline
- Lowest player wins
- Push-Step-Slide
- We never give up lay-ups. Ever.

#### Transition Rules (best used in 3 on 2, 2 on 1)

- You must communicate.
- You must stop ball.

#### Comments

One of the most important things that every coach must do is making sure that **every player** is doing it right **every time**. Stop them and make do it again until they get it right. As a coach you do not want a lazy player so don't be a lazy coach. Also, while this is a defensive set of drills and tips, take the time to make the offense do it right too. Rip through, triple threat, jab step/set up defender are all things you can teach in conjunction with these drills (see basketball skill checklist).