

HOW TO IMPLEMENT DECISION MAKING IN TEACHING TEAM DEFENSE



Pascal Meurs

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What determines the quickness of a basketball player ?

1. The maximum speed a player can run from baseline to baseline
This is highlygenetically determined (ratio between fast and slow muscle fibres). Extremely difficult to improve.
2. The speed a player can perform a certain basketball-technical move.
This is the everyday work on practice. Rehearsel of the same movement results in the automation and a quicker performance.
3. The time a player needs to judge/read a situation on the court and to take the best option from several options.
This is what we call the DECISION REACTION TIME and can be trained !

By simple tests, one can prove that a player – that can perfectly execute movement A and B – performs a lot less, whenever he is in a situation where he had to choose between option A or B. The quality of the movement is way less in the situation where one has to choose and one needs to practice the decision time !

That means that as a basketball coach, one has also to train the neuromuscular level of an athlete. The result will bet hat the brains will send faster a pulse/message to the muscles to act.

Many players play below their actual level because in game situations, they:

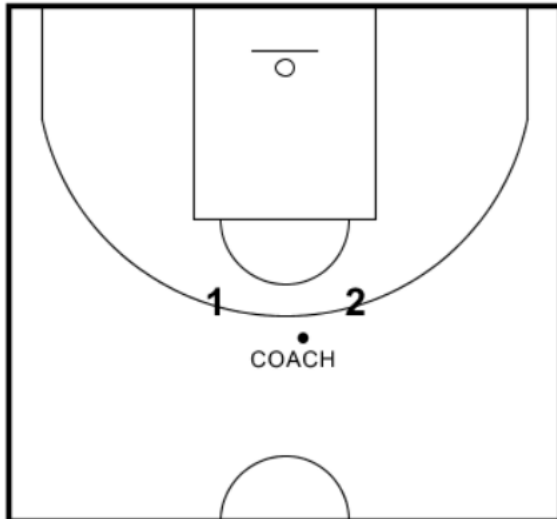
- Take their decisions on the court too slow
- Take too many wrong decisions

This also happens to players which are able to perform all fundamental actions one by one very well, but fail in real gamelike situations.

Scientific research shows that :

- There's a big difference between the decision reaction time off high-level players and others.
- The decision time is trainable, on the condition:
 - That one works in gamelike situations
 - That the number of options for the players in every situation is limited

Drill #1



1on1 reaction Game situations

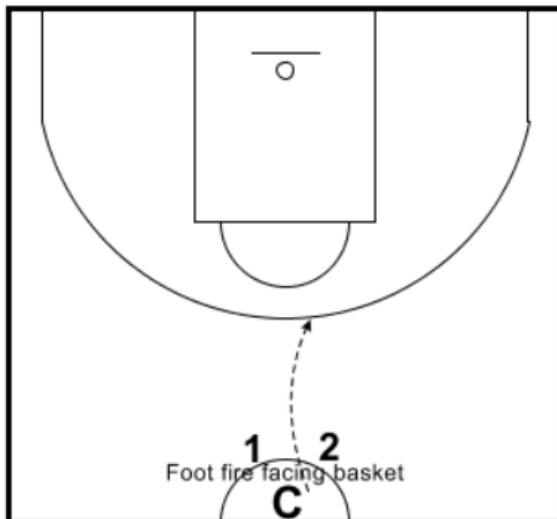
Coach slams/rolls/throws/lays/... the ball somewhere on the court.

1 and 2 fight/sprint for the ball, play 1on 1

Game situations, reacting on different situations. From fighting for possession to defense as quick as possible.

In case of no possession, go as fast as possible in between ball and basket

Drill #2



Live 1on1 reaction drill

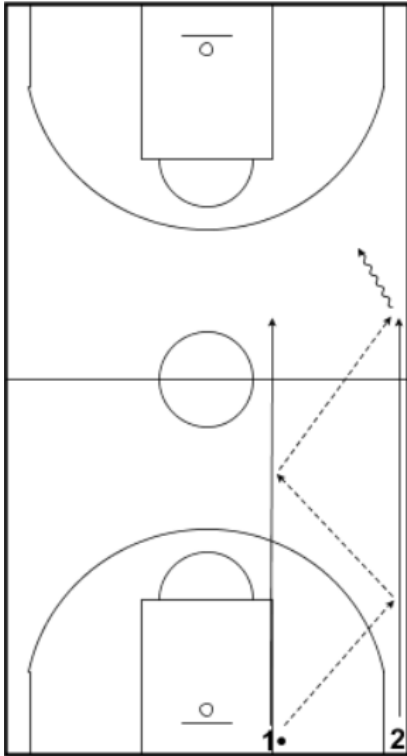
Two players next to each other, start in "foot fire" facing the basket.

Coach throws/rolls/bounces the ball towards basket,

players play 1on1 on basket.

(if enough space, drill can be done on 3/4 court or full court)

Drill #3



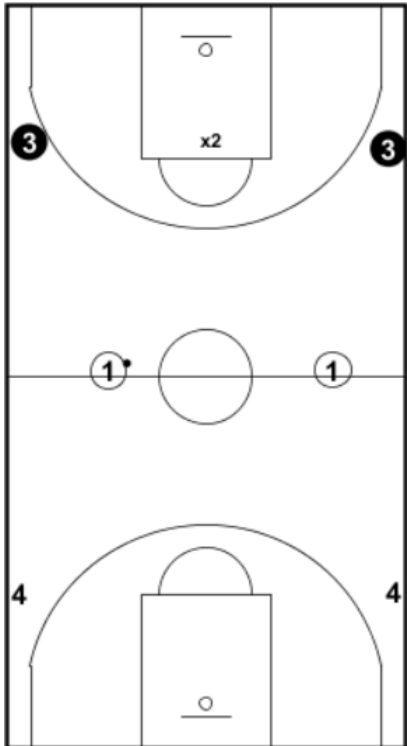
1on1 FC

On signal of the coach both players start sprinting straight ahead while passing to each other. When 2 catches the third pass, he can play live in offense, 1 plays in defense.

Player 1 should sprint asap between ball and basket, put pressure and close the middle.

*An extra defender can be added under the basket that helps on a baseline drive, but steps off court in case 1 is beaten by a middle penetration.
NO MIDDLE !*

Drill #4

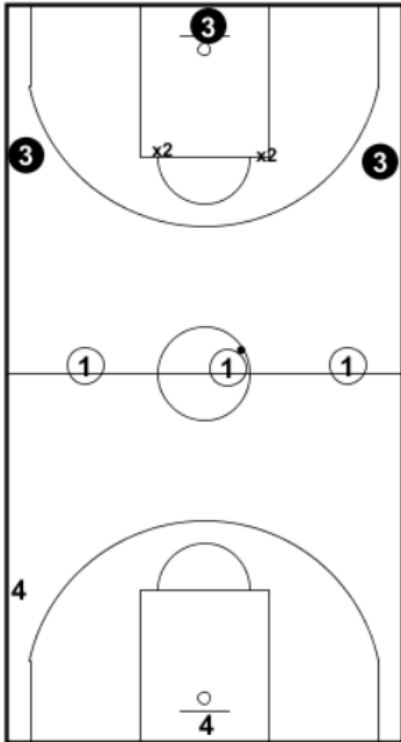


2 on 1 Transition Drill

*Team 1 plays in offense against 2.
The not-shooter sprints back in defense.
Outlet pass to team 3 that will play in offense.*

In case of offensive rebound, keep playing

Drill #5

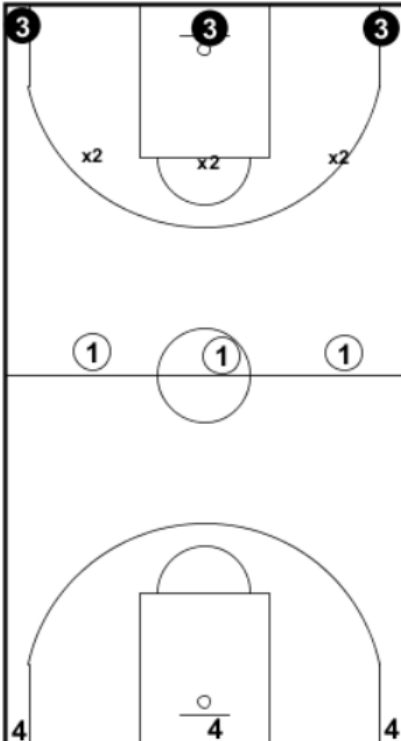


3 on 2 Transition Drill

*Team 1 plays in offense against Team 2.
The two not-shooters sprint back in defense.
Outlet pass to team 3 that will play in offense.*

First principles of defensive transition.

Drill #6

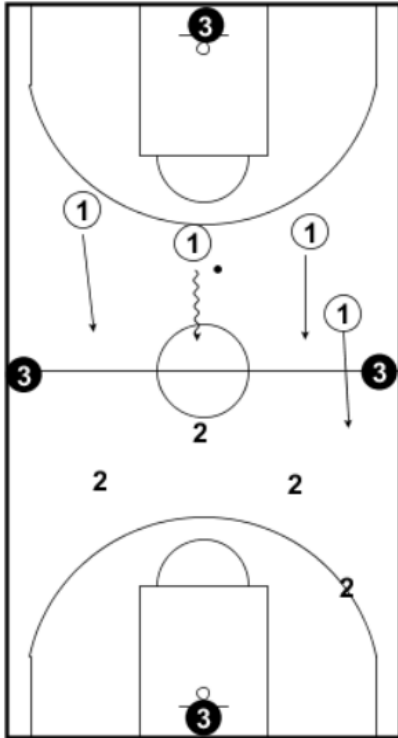


FC 3on3on3on3

Team 1 plays against Team 2. After the possession, Team 1 sprints back to play defense, while Team 3 receives the outlet pass behind the baseline and will play on offense.

Organization can be used to organize/teach defensive transition, full court press principles, wall principle ...

Drill #7



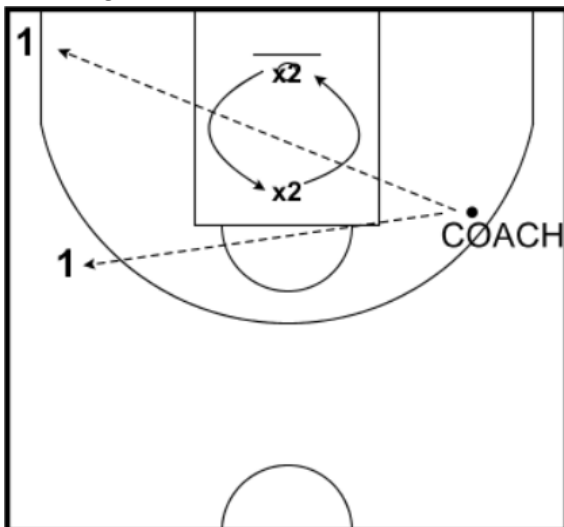
4on4on4 FC scramble drill

Team 1 and Team 2 play full court against each other, up and back. Whenever a team scores, they sprint back and organize defensive transition.

Team 3 takes the ball out of the net and can start playing in offense right away !

The team that was scored upon steps out and spreads out (one behind every baseline and one on each side of the half court line).

Drill #8



Live 2on2 : organizing help defense

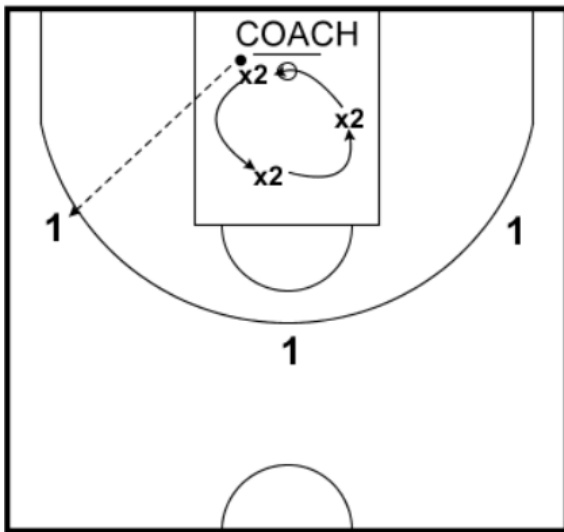
In help defense, a player is sometimes responsible for the first pass, whether it is to his man or not.

Team 2 circles in a defensive stance in the bucket. Coach gives swings the ball to either player in offense.

Defender closest to the ball, close-out + verbal « ball ».

Other player denial position, ready to stunt & recover if necessary.

Drill #9



3on3 HC drill

Team 2 (defense) moves in a defensive stance in a circle. Coach rolls the ball to one of the three players in offense (Team 1).

Communication is key. Player to ball : close-out + verbal « ball » !

One pass away : denial position

Two passes away : two feet in the bucket

Live 3on3



Pascal Meurs is holder of the FIBA Europe Coaching Certificate.

Currently, Pascal is active as head coach for T71 Dudelange in the Total League in Luxemburg & acts as an analyst for Eleven Sports Network on Belgian TV.

He has been coaching at the highest level in The Netherlands (BSW Weert), France (Arras women) and Belgium (DBC Houthalen women). As a FIBA-instructor, he shared his knowledge in Qatar, Tunisia, Albania and spent two months in the coaching staff of NCAA1 St-Joseph's Hawks.

www.pascalmeurs.com