

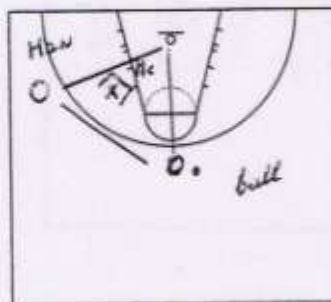
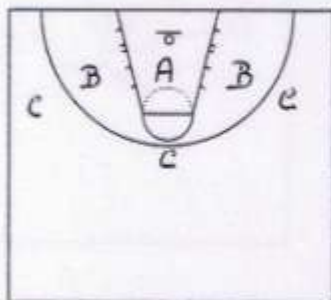


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Cyriel Van Geert

# Building a defense.

Une bonne technique individuelle est indispensable.

A. Quelques principes individuel à travailler (selon les principes du Coach).

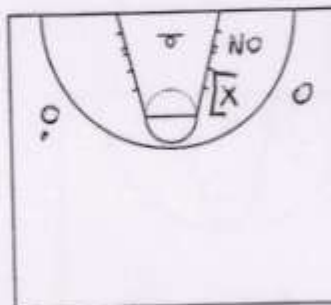
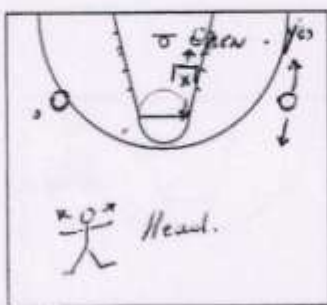
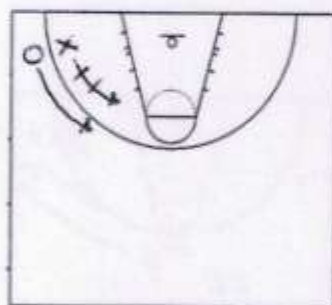


1. we devide the floor  
into 3 areas :

- A. danger - your land
- B. stop penetration
- C. no stupid faults

2. basic position  
slide - sprint  
centre gravité ↓

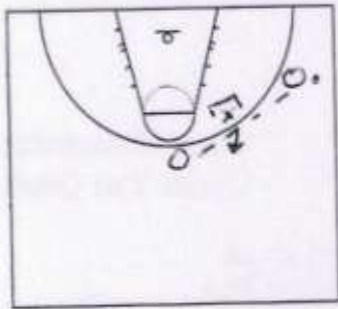
3. basic  
Me - ball - man.



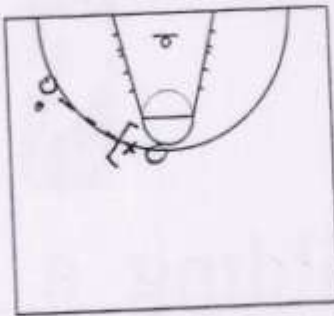
4. between man and  
basket

5a. - see always man  
and ball;  
- distance man!!!  
- Mission

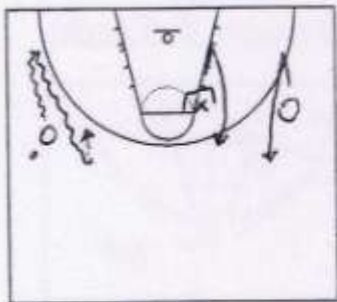
5b. never !!!



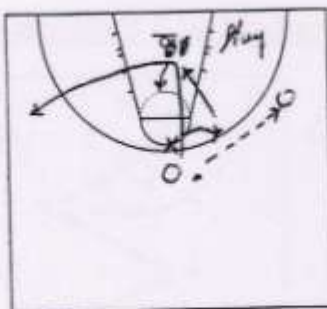
6. defense in passing lane



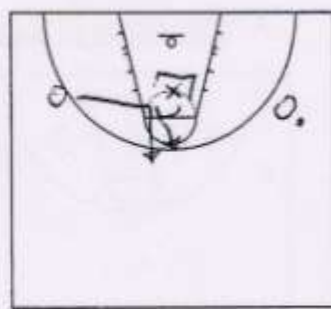
7. deny  
!!! back door



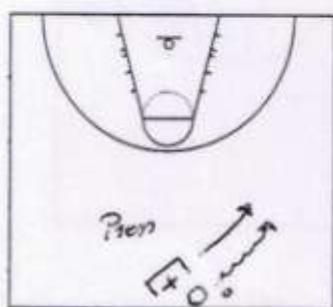
8. everytime the ball move  
"you move"



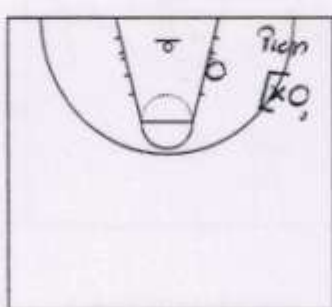
9. defense against cutter  
"stay" never, follow your man away from ball;  
\*jump to the ball.



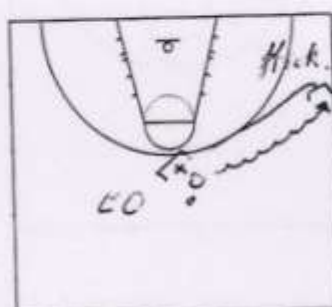
10. never straight line to the ball  
"passing lane"



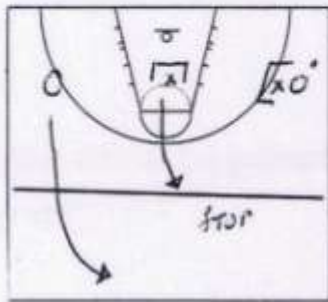
11a. always press ball  
 $\frac{1}{2}$  court



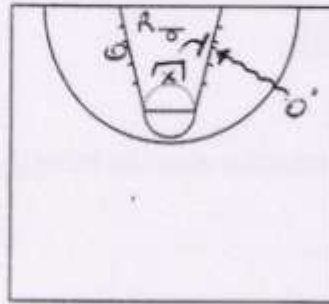
11b. pressing outside



11c. - close out  
- side line push  
- stick



- 12. stop line  
!!! end of the game  
F.C. press



- 13. always ready to help.  
\* take the charge

- 14. defense against screens
  - a. over the top
  - b. slide in
  - c. switch
  - d. stop screener
  - e. screen the screener
  - f. up and down screens
  - g. staggered screens
  - h. double high + down screen
  - i. cross screen P → P

- 15. rebounding
  - a. boxing-out + eagle jump
  - b. ballside rebound
  - c. weakside rebound.

Remarque :

Introduire progressivement tous les points dans l'apprentissage de la défense individuelle.