



**SWISS**  
**BASKETBALL**

**DEFENSIVE GUIDELINE**  
**U-14**



**„ SWISS SPECIAL FORCES “**

# INTRODUCTION



- In u14 category we have mostly beginners who fell in love in the game because of offense. Naturally working on offensive skills will take more % of training time than working on defensive skills. However, that means that we need to be simple and precise in the way we introduce defensive principles and our philosophy; To make it understandable for players, but also fun and rewarding when it comes to teaching them defensive basics.
- When we program the microcycle, we find the time where we will explain the basic principles. And we repeat them throughout the season.
- In case our clubs have a Strength and Conditioning coach involved in the training process, let's educate him about basketball defensive basic techniques so he could incorporate defensive movements in his exercises.
- U 14 is a sensitive age in developing coordination and by improving their general coordination and technique of movement - we will create preconditions to build up better defensive players in the future.

# DEFENSIVE GUIDELINE

## „SWISS SPECIAL FORCES”



 INDIVIDUAL PRIDE & RESPONSIBILITY

 TRANSITION DEFENSE & SIGNALS

 TACTIC & STRATEGY

 POSITIONING, HELP & RECOVER CONCEPT

# INDIVIDUAL DEF. 1v1 responsibility & pride-teaching points / Mots-clés

**CONTAIN YOUR MEN, NO DIRECT DRIVES IN THE PAINT**  
STANCE ON THE LINE: *BALL - RIM*

**TE-TA= TEACH TECHNIQUE AND TACTIC IN THE SAME TIME. QUALITY IN MOVEMENT**

**MENTALITY** - „SWISS SPECIAL FORCES” - INTENSITY AND EFFORT, „you are responsible for your own player”

**DEFENSIVE STANCE AND SLIDE TEACHING POINTS** (spinal cord alligned, eyes at the belly, active hands, good ballance-on both feet, teach lateral slide, also diagonal movement sliding technique)

„**MIRRORING THE BALL**” - HOW TO PRESSURE the ball when offensive players stops with dribble (both hands mirroring the ball)

„ **JUMP TO THE BALL**” *after pass* - in deny position *shallow triangle* with hand extended on the passing line

**DEFENDING BACK DOOR AND FRONT DOOR CUTS** - „snap move”

**CLOSE OUT** - BASIC FOOTWORK & HANDWORK - 1 hand up and 1 on the side

**CONTACT** - we teach how to play with contact, in situations such as: denying the ball, defending the cuts, boxing out, post-up 1v1



# POSITIONING - LANGUAGE / TERMINOLOGY



## 1- ST PASS AWAY perimeter

- A) BALL ALIVE - 1step STUNT & RECOVER
- B) BALL „DEAD” - DENY

COMUNICATE : „ **GAP !** ” if player is stunt, or „DENY”! if player denies the ball

\* in 1st phase method of training 1:1 +Coach, next phase 2:2, 3:3

## DEFENDING THE PLAYER ON THE POST POSITION

Aggressive way to defend:  $\frac{3}{4}$  OF THE BODY DENY PASS, BODY POSITION FROM THE TOP SIDE, OR „FULL FRONT”

\* in 1st phase method of training 1:1 + Coach, next phase 2:2, 3:3

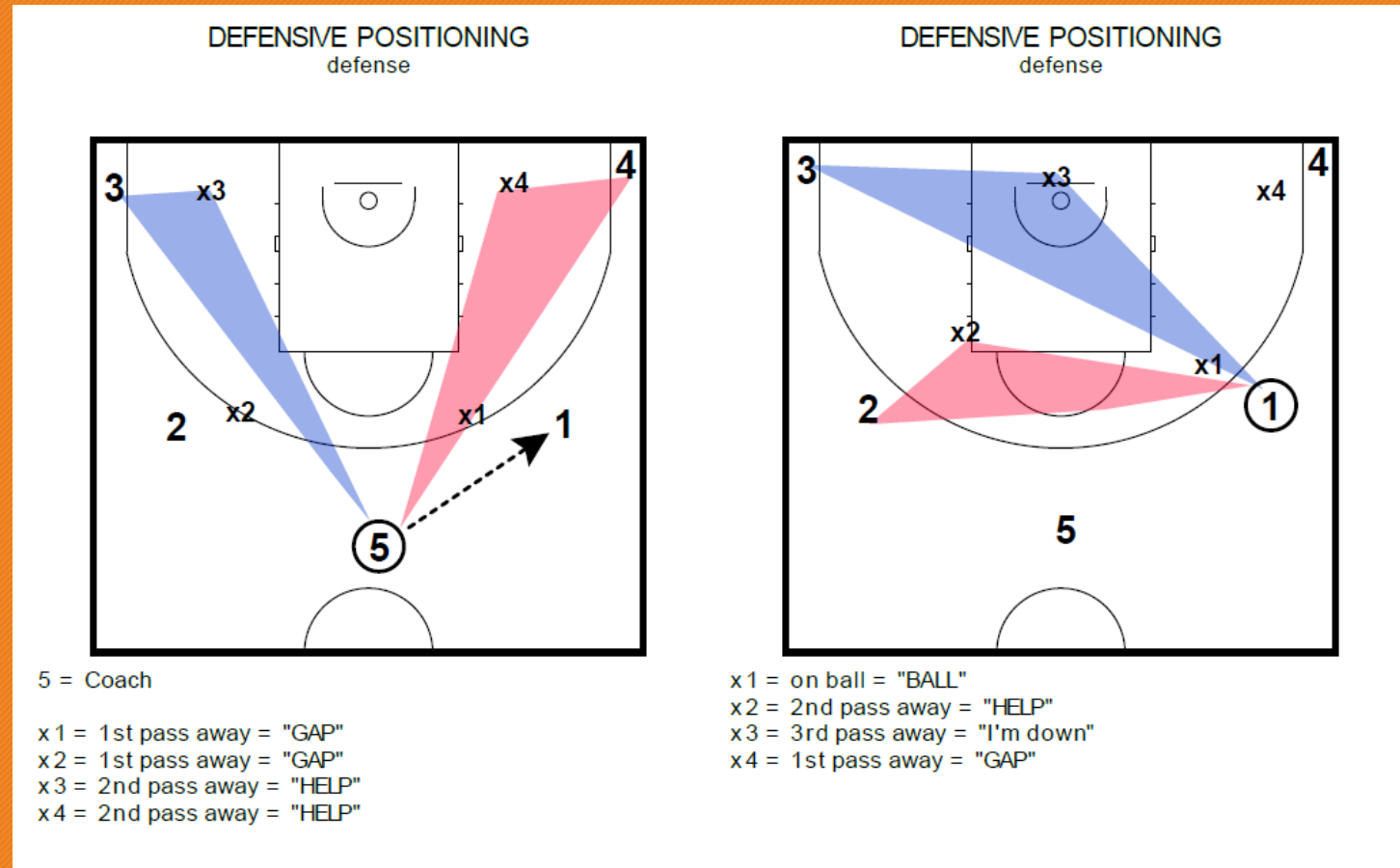
# POSITIONING - LANGUAGE / TERMINOLOGY, TEACHING POINTS

## 2ND - 3RD PASS AWAY

**„TRIANGLE”**  
(\*Shallow triangle)

**„SEE THE PLAYER -  
SEE THE BALL,, -key words for  
Defenders off ball**

**Terminology and vocal signals:  
„HELP SIDE - BALL SIDE”  
„Ball” - player defending ball  
„I’m down!” defender closest to  
Baseline on „Help side”  
„Gap!” player 1st pass away**



# TRANSITION DEFENSE - LANGUAGE & PRINCIPLES



**HOW MANY PLAYERS WE SEND  
TO OFFENSIVE REBOUND ?  
MINIMUM 2 PLAYERS**

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**WHERE IS OUR *PICK UP POINT*  
WHERE WE START THE BALL  
PRESSURE ?  
3 POINT LINE OPONENTS 1/2 COURT**

**WE RACE BACK** - sprint, *no back paddling*

**Vocal Communication:**

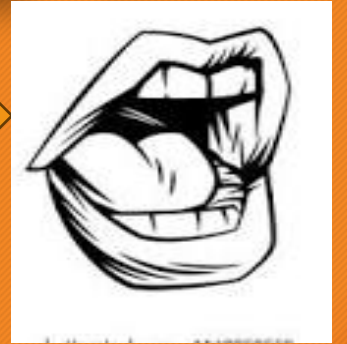
*„I'm down” - 1st safety that sprints back in the paint*

*„I'm ball” - player that picks up the ballhandler*

**Team priorities in TRANSITION DEFENSE :**  
**NO EASY LAYUPS, NO UNCONTESTED 3PT SHOTS**

# TEAM TACTICS AND STRATEGY

TEAM SPIRIT IS DISPLAYED IN ABILITY OF A TEAM TO **COMMUNICATE**



IN u14 ZONE DEFENSE IS NOT ALLOWED, INCLUDING „*PACK - LINE*” DEFENSE ;  
We teach and encourage individual responsibility and ball pressure.

ALWAYS ACTIVE HANDS - „**WINGS**”



**TEAM DEFENSE VS DRIVE** - WE PROTECT OUR HOME - OUR PAINT IS OUR HOME;

\*when def. is penetrated from wing position: WE ROTATE FROM THE HELP SIDE !



**Vielen Dank für Ihre Aufmerksamkeit !**

**Merci pour votre attention !**

**Grazie per l'attenzione !**



**„Let's make defense fun again”**

Coach Ivan Rudez



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