

## MAC Basketball 2

Defense!!!! Defense!!!! Defense!!!! Shut -em, down!!!! This group will, definitely, be all about stopping their opponent. Since most kids at this age enjoy the art of shooting the basketball and scoring points, we, as coaches, are very impressed when we teach them the art of playing really good defense, and they *LOVE* it.

Attitude: First, we start with *ATTITUDE*. We have to develop a defensive mentality. It is very important for us to gain an edge over the person we are defending against.

Commitment: We must be 100% committed while we are playing defense. We cannot think about anything else. I mean, for example, we can't have our minds focused on anything like points the offender has scored or points you, the defender, have scored, or not even what the score is. We have to focus on each and every play as an opportunity to win our competitive battle.

Confidence: Trust me. If the opponent is a good offensive player he/she will be very confident of their ability to score on you at will. So, in order for us to be successful, we have to, also, be confident that we will- *Shut 'em, down!* (Keep them from scoring).

Technique: We have to learn and practice the proper defensive techniques. So we are never out of position to stop them.

Respect: We must maintain a great respect for each opponent. We have to know all their strengths and weaknesses. For example, if an opponent shoots well from the outside, force them to drive, and vice-versa. If their tendency is to go right, force them left. Always respect your opponent.....

Competitive Battle: I try to stay away from using terminologies like *õwarö*. No doubt about it, though, *õwarö* is another really good word to express what *my favorite terminology a competitive battle is*.

Percentages: We must know, and understand, what our percentages, and odds, of winning and losing our competitive battles are. Our goal is to approach every competitive battle with the confidence of winning. Even though, realistically, we may know doing that will be very difficult. So, we can't afford to take a play off mentally or physically.

Sportsmanship: Give credit to, and compliment, your opponent after your competitive battle. Understand, you might come across a lot of successful offensive players who have not experienced someone like you, who have made them work extremely hard on each and every play. Therefore, they might be bitter or negative towards you during or after. *Never take it personal*. After each competitive battle, always remember, *õIT'S JUST A GAME"!!!!*

These are all tough things to learn, but they are absolutely necessary steps to climb for us to be *elite* as defensive players..