

INDIANA WESLEYAN UNIVERSITY

NAIA DII 2007 and 2013 WOMENS NATIONAL CHAMPIONS

DEFENSIVE PHILOSOPHY

1. Take pride in our defense
2. Best defensive team in NAIA
3. All 5 players must give great effort and concentration on every possession
4. Great defensive is a result of commitment and disposition, not because of scheme
5. TRUST

DEFENSIVE MUSTS

1. No easy baskets. Take pride in getting back in transition and stopping teams
2. Close down the paint. All 5 players guard the ball
3. Take away paint then we give no rhythm jump shots. Always making second, third and fourth efforts.
4. All 5 players block out and rebound. Our main goal on every defensive possession is a contested shot and a rebound.

WE EVALUATE BY 5 STATISTICAL MEASUREMENTS

1. Fast break points allowed
2. Points allowed in paint
3. Defensive FG percentage
4. Free throw attempts allowed
5. Second chance points

DEFENSIVE PRINCIPLES

1. Defense must compliment offense. Must understand who we are as a team
2. Defend the 3 point line effectively and physically. Limit penetration by the pass and dribble as much as possible. We use PACK defense to help this.
3. Hard ball pressure outside 3 point line. Take away vision.
4. Force ball to baseline when on the wing. On top we force it to a side.
5. Guarding a player 1 pass away our position is 2-3 steps off the line of the ball (GAPPING).
6. 2 or more passes away we are in HELP
7. We give quick help and recover.

8. Ball is below the FT line our position is one step ball side of basket. See ball and man.
9. Jump to the ball!! Get to the gap and talk. No face cuts.
10. Front the post. Meet your man early and do not let them set up deep. Helps keep ball out of post and give quick help.

SWITCHING CONCEPTS

1. Helps close out on shooter.
2. Makes us quicker. Especially in area we want to defend.
3. Disrupts the offensive flow.
4. Commit fewer fouls.
5. Disrupts set plays.

DEFENSIVE CONCERNS

1. Reach/lunge at ball
2. Go for shot fake
3. Play with hands down
4. Soft block outs
5. Passive post defense
6. Communication