

## WAUWATOSA EAST GIRLS BASKETBALL

**BASIC PHILOSOPHY:** There are two basic commitments for anyone that will be a part of Wauwatosa East Girls Basketball. Commitment One is to team.

Commitment Two is to defense. We can have stellar individuals and all sorts of offensive capabilities, but if we don't stop anyone as a team we will not come close to achieving any of our goals. The old saying, "There is no I in team" stays with us for one reason: IT'S TRUE!!

**TEAM:** One of the best things about life is that we all have choices. We get to choose how we will react to each and every situation that happens to us in life. We can choose to be positive and believe that good things are going to happen to us. We can choose to tell each other and ourselves positive things. Or we can choose to be negative... No matter what we choose, it affects us and how we live life, and how we work as a team. As a part of this team or any team, you must do your best to stay positive and believe with all your heart that working together as a unit will bring to us what we want. Everyone's input is valued, everyone's work is respected. Keep another old saying in mind this year, "The only place success comes before work is in the dictionary!!"

**DEFENSE:** We will be all about Man-To-Man defense. In addition, all of us must commit to 'We Defense' and leave 'Me Defense' behind. 'We Defense' means that you stay aware of your teammates, the ball, and protection of the gaps. *You are not only worried about your person!* That's 'Me Defense' and not what we will be about. Of course there is a lot to teach and learn, but some fundamental rules are as follows:

- 1. Commit to stops.** Team defense is all about heart, awareness, and hustle. Each possession is a battle. The team that wins the most defensive battles will win the game!
- 2. Talk!** You must communicate. It is a dynamic game. Lots will happen. Communication will bring success.
- 3. See the ball!** You must always be in a position to see your person and the ball.
- 4. Hands up!** No easy shots! Every shot must be contested. We'd always rather force the jumper outside the lane! This is where you must be aware of dribble penetration and 'pinching' gaps.

**5. Movement!** The ball moves we all adjust! Move with a purpose! The whole defense should adjust to the opponent's ball movement.

**6. No middle!/Pressure the ball!** Apply maximum pressure without getting beat off the dribble. The person on the ball should be within touching distance of the opponent. The habit should be to keep your inside foot high and deny dribble penetration back to the middle of the court.

**7. Positioning.** Always try to stay between your person and the ball. Don't let cutters or your person cross your face. Work to force the opponent behind you.

The defender closest to the ball must help protect the gaps by moving her feet into the gap and extending her arms to deny access to the gap.

### BOX OUT ON SHOTS AND SUSTAIN THE BOX!

**8. Get through screens!** Only in some specialized situations should we switch!

**9. Front the low post.** When the ball is on the wing and you are defending in the post, get around and front!!

**10. Know your opponent.** Know who the shooters are. Size up your person and become aware of their tendencies.

These are the overall concepts. There will be much more! Be ready to dive after loose balls, commit to team defense, and work because it is not easy! Always remember, it is almost always harder to do the right thing. This applies in life and on the basketball floor.