

Hoe leren verdedigend reageren
ifv andere spelers en de bal in de
3 T 3 ?

Bart Wouters

Zonhoven, 12 mei 2007

Inleiding

Vooraleer je je gaat verdiepen in bovenstaand onderwerp, zorg eerst dat jezelf een "defensieve filosofie" hebt.

Een goed basketbalteam, van jeugd tot seniors, moet zich houden aan bepaalde "defensieve principes."

Elke speler moet zich ervan bewust zijn dat alles wat hij in defense doet niet enkel individueel gebeurt.

Hij behoort tot een groep, bestaande uit verschillende individuen, die een team vormen.

Dit team zal samen aan defense moeten werken om de offense (het andere team) te neutraliseren.

Hoe kan je je team "defensief" voorbereiden?

DEFENSIEVE DRILLS

CONDITIONELE DRILLS

SPECIFIEK

Kracht
(strenght)

Beweeglijkheid
(agility)

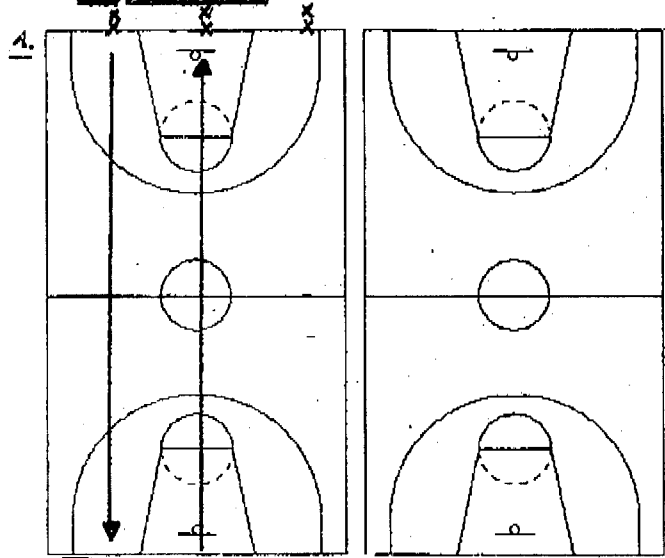
- voetenwerk
- brede, lage stance (wide base)
- armen

"Prepare to win is the 1th step to win"
Coach K-Duke University



Vlaamse Basketballiga

www.basketbalvlandoren.org



① W.V. + STRETCHING IFV.
DEFENSE

→ Benen + Heupen opwarmen
(lower body!)

1.1 W.V. (h.a.t.)

1. Lp.

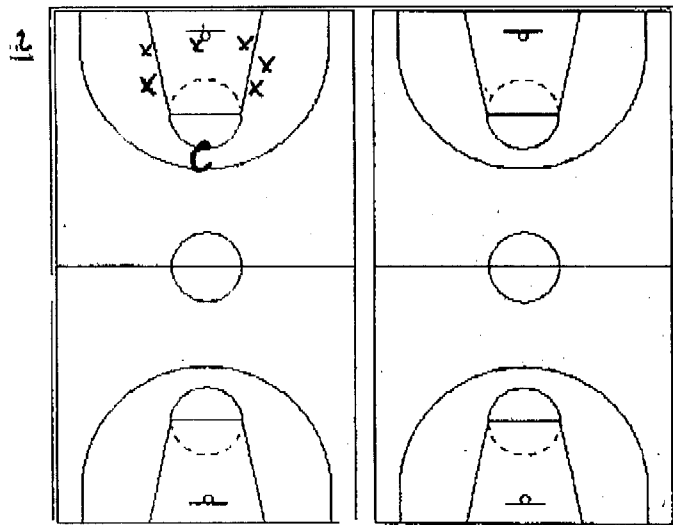
2. (tot 1/2 CRT.) knn. hff. + vitlp.

3. Hln. 2vvl.

4. slides + ver. v. richt.

5. kruispas + "

6. backped - dr + lp



1.2 STRETCHING

→ INDIVIDUEEL

1. Zt., Bn. gestr. / 1. B. lichtjes
hff. + enk. losmaken

(op-neer / l-r)

2. Zylig + 1 Hl. tg. 2vvl.

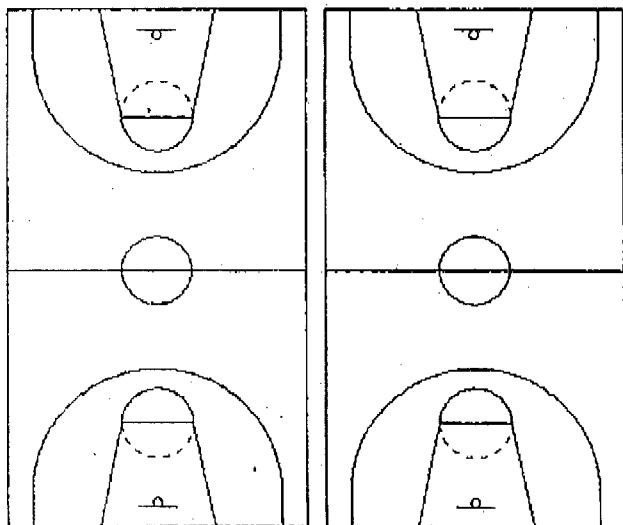
(quadriceps)

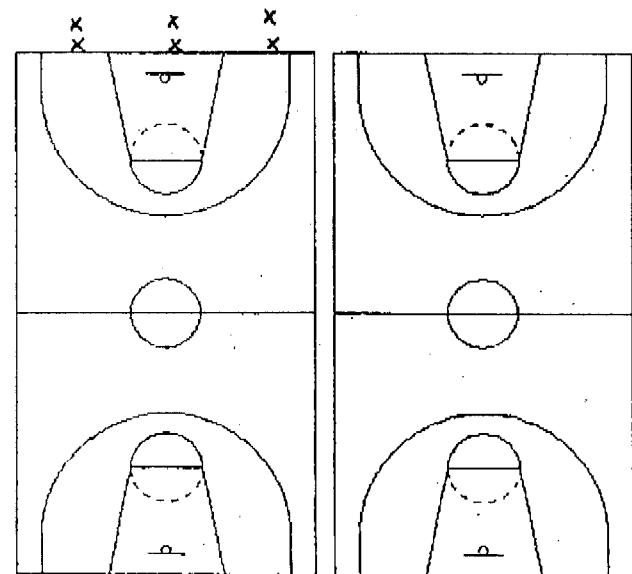
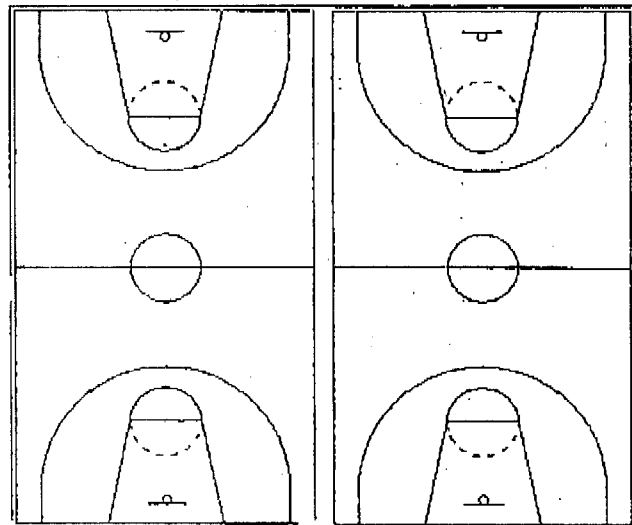
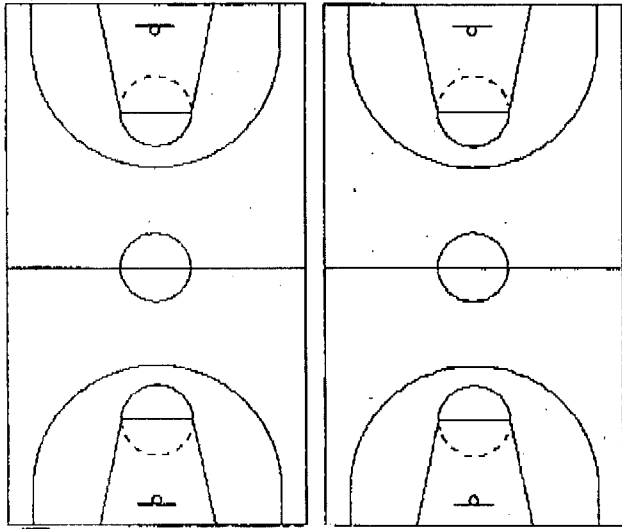
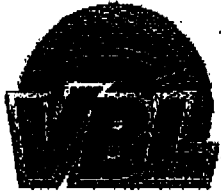
3. Rglg / 1. B. gebog. vt. op gr. -
ander B. met. buitk. tov. enk.

tg. kn. geb. B. - kn. na. buit
duw (lies en heupstreek)

4. Std / tg. muur duw (kvit)

5. id. (Achillesp.)





→ PARTNERDEF.....

- 1. op₁ in 2k - Bn. gestr. + gespr.
- op₂ in std. recht op₁ - tra. op Schs
- - lichtjes Rp. voorw. duw. (hamstr.)
- (lies)

1.2. Touwspingen..... (3')

..... 30" afwiss. l. & r. (met tusspr.)

..... 30" l.B

..... 30" r.B

..... 30" afwiss. l. & r.

..... 30" Vtn. samen

..... 30" speed

→ In principe kan nu je eig. training starten!

② 3-MAN DEFENSIVE DRILLS.....

Per 3 op bl. / op FT-MID-FT:

..... - machine gun

..... - hot foot (Vtn. l. & r. voor. + l. & r. achter een lijn.)

..... - jump over a line (side to side - front & back.)

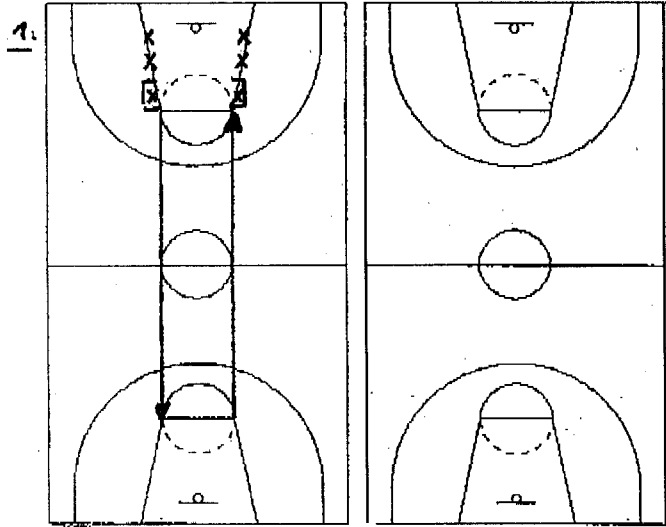
..... - close out

..... - close out + retreat jump



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..... close out + slides
 (1 zig-zag 2. bl. push)

③ **SLIDES + CLOSE OUTS**

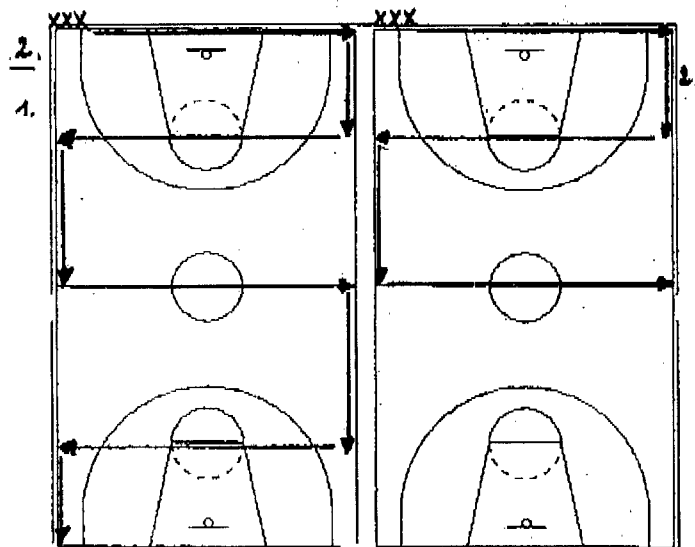
3.1. FORM SLIDES

→ Proper stance = low + wide

..... slow

..... 1/2 speed

..... speed



3.2. On a line

→ slides op. BK - FT - MID - FT

..... + close outs!

1. Full CRT v. al → al

2. 1/2 CRT v.

3. Full CRT v. lijn ring-ring → al

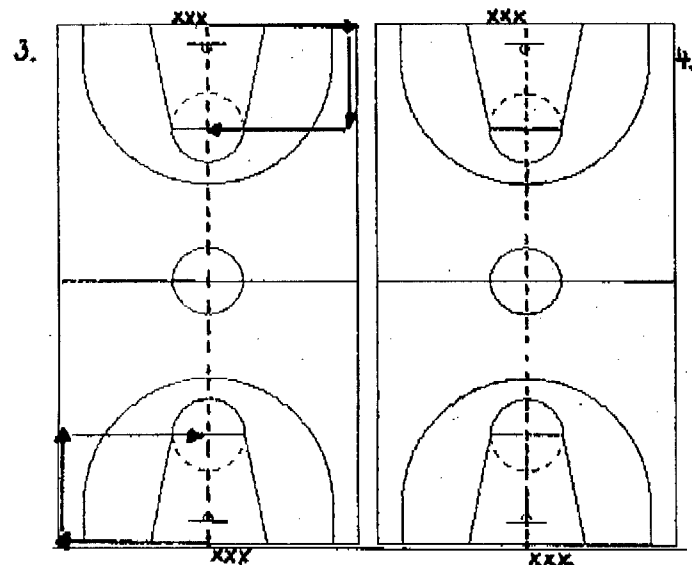
4. 1/2 CRT v.

5. eindig met shot

..... 3 x slides - 3 x passagers

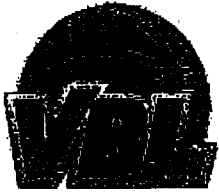
..... 3 x OF 5 x + wissel

..... (1/2 OF Full CRT)



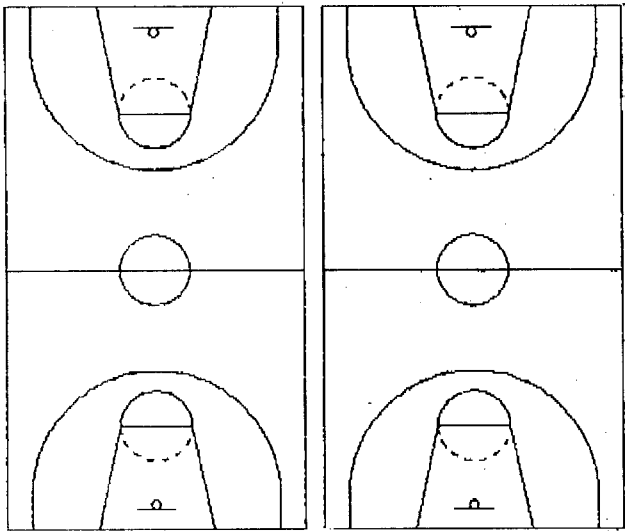
CLINIC: BART WOUTERS

DATUM: 12.05.07



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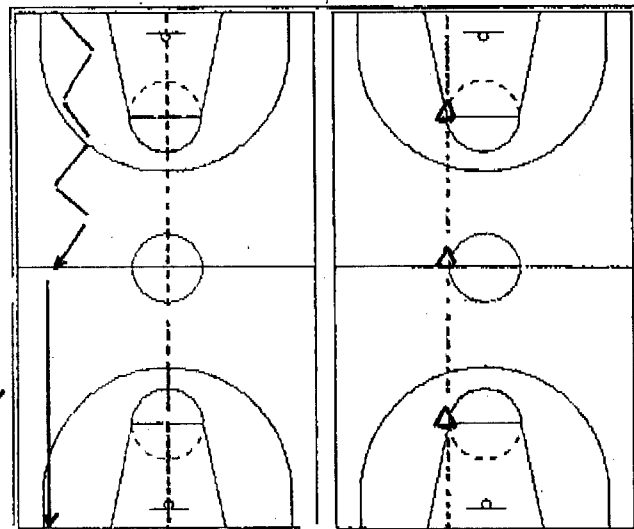
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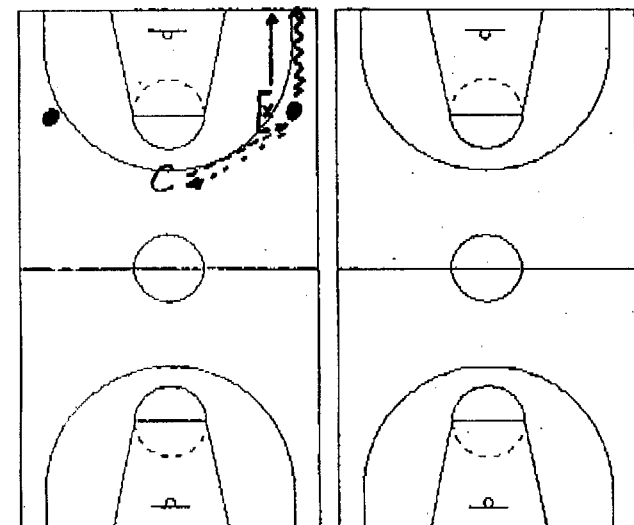
4) 3.2.3 VERDEDIGEN 1 F.V. BAL 4 MAN

PRINCIPES:

- 1) PRESSURE ON THE BALL
- 2) DENY
- 3) HELP SIDE
- 4) CLOSE OUT
- 5) JUMP TO THE BALL

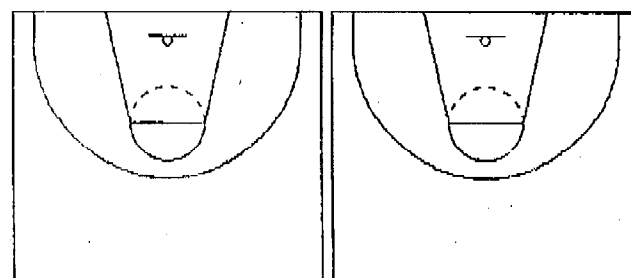
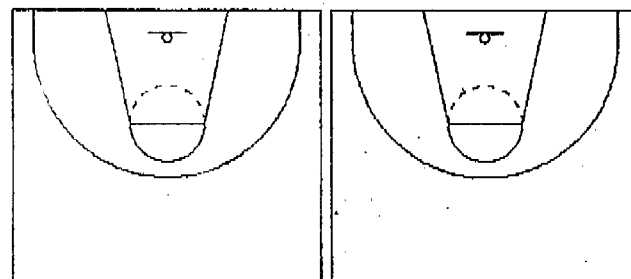
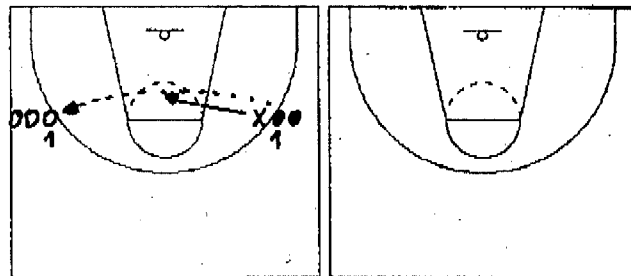
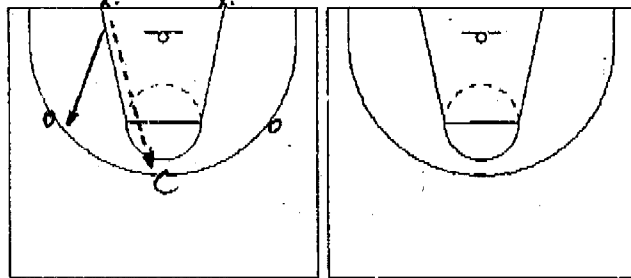
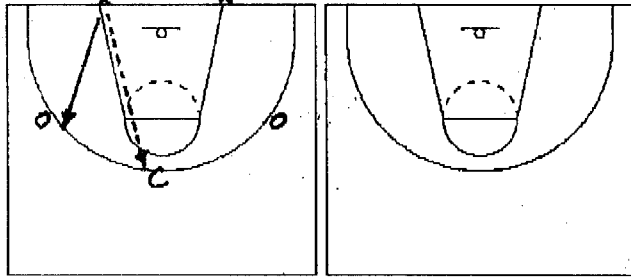
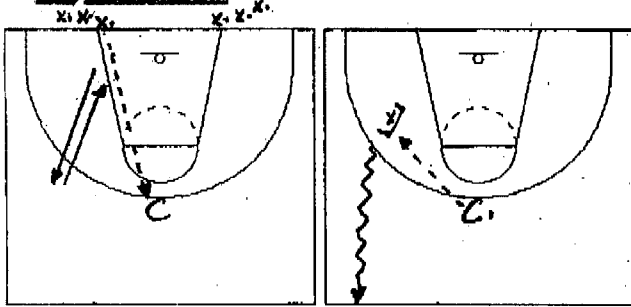


- 1) PRESSURE ON THE BALL
 + b.l. push (NO MIDDLE!)
 deel 1: zig-zag defense
 sl. → ring-ring (meer ruimte)
 sl. → Elbw. line (minder)
 deel 2: b.l. push



- * AANLEVEN: a. Hn. op Rg
 b. Pass x
- * Drill 1: c. Act. x
 (1.1)
 → 1.1 v. mid
 (redruk op b.l. push!)

- Drill 2: ● past na C
 (1.2)
 pas terug + b.l. push
 (ev. met in & out)



2) DENY DEFENSE

* AANLEREN:

Pos na C - close out + deny -

slides in & out. (2,3x) - pas

x C + lvp overkant (wissel groep)

* Drill 1:

(2-1)

Pos na C - close out + deny -

p doet 2x in & out -

x deny - a krijgt b + 1T1

Drill 2:

(2-2)

1T1 live - 2 deflecties

= wissel

3) HELPSIDE DEFENSE

* AANLEREN:

a. skip pas na p.

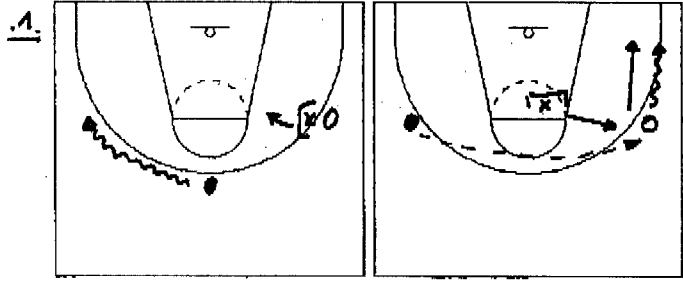
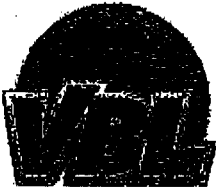
x is help x

a x staat naast p met

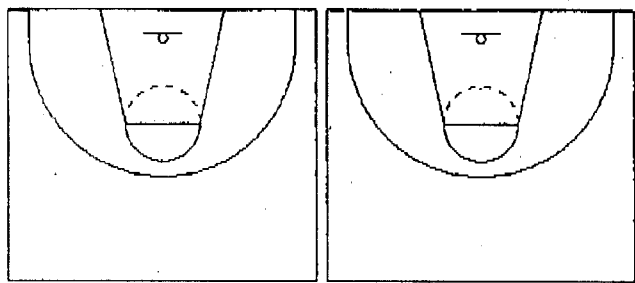
Vbn na mid gericht (XT)

b x staat met Vbn na

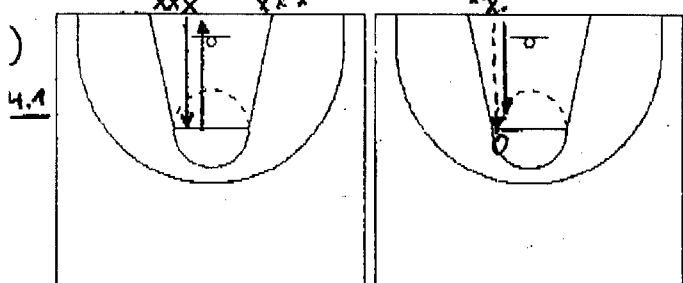
sl (no middle) (X)



* Drill 1:
(1.1)
• dribb. nr. l. FW
E. v. deny. nr. help x
• skipper nr. r. - FT1 close
out + bl. push

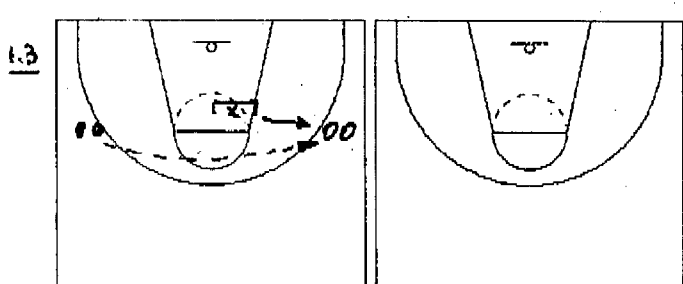


* Drill 2:
id. drill 1 + 1T1

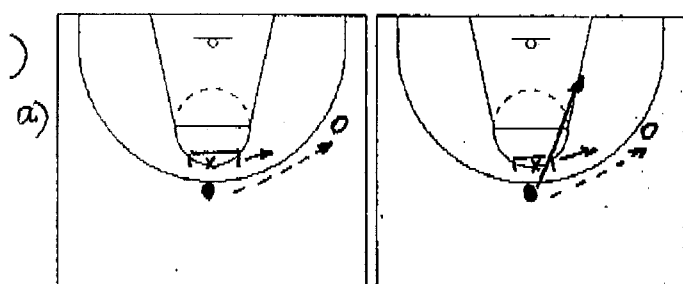


4.2 4) CLOSE OUT

* AANLEREN:
4.1 down & back
4.2 cl. out + retreat jump
4.3 skipper + cl. out
(doorsch → wijzain)

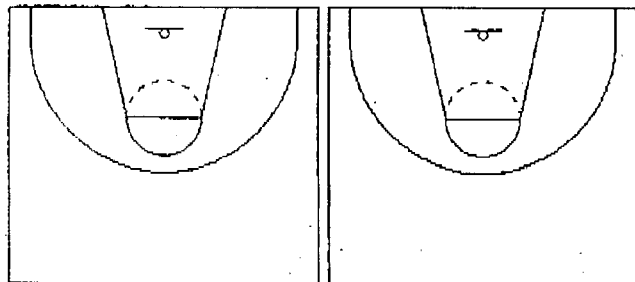


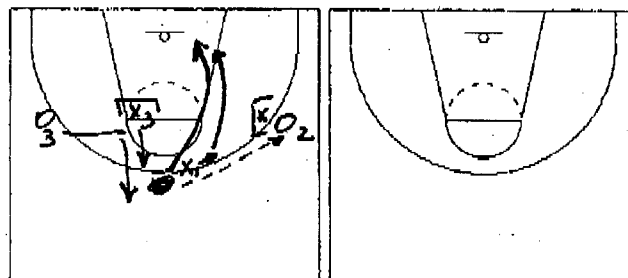
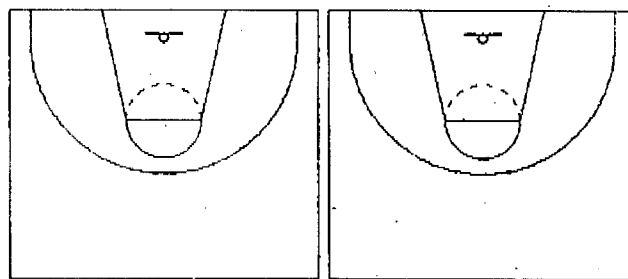
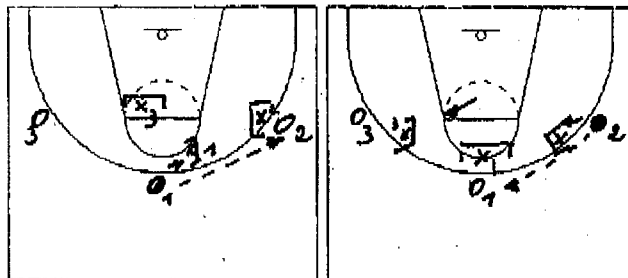
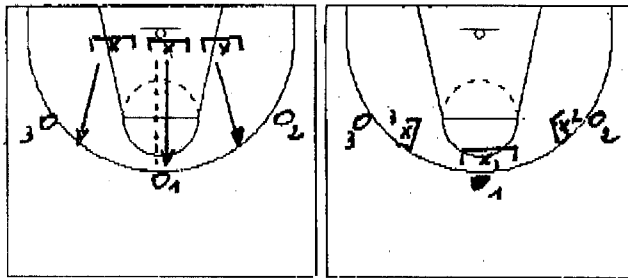
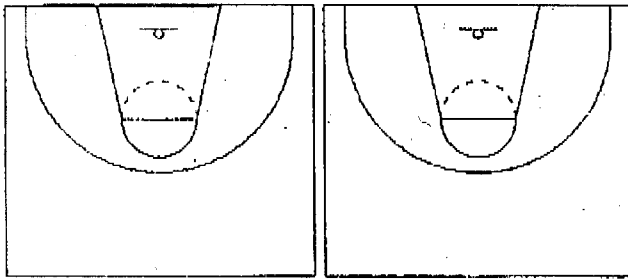
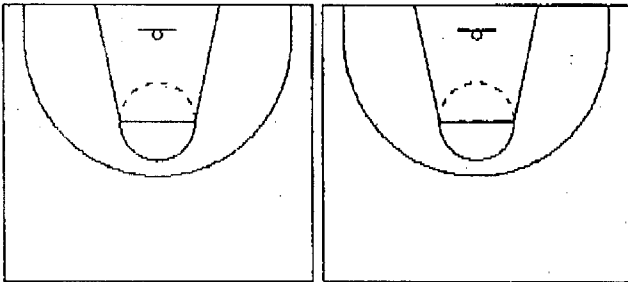
* Drill 1.2:
4.2 + 4.3 in 1T1



b) 5) JUMP TO THE BALL

* AANLEREN:
a) statisch + ev. x op o
→ enkele passen geven
b) met cutting
(nooit evasie laten cutter)





* Drill:
 5.b) is 1T1

TOTAAL CONCEPT in 3T3 (GFF)

1) O's blijven op positie +
 passen de bal

Na pas → reactie v. X's
NADRUK OP:

- pressure on ball - deny
 - close out - help side

1.1 studeer pas + GO

1.2 X1 def on ball - X2,3 deny

1.3 X2 def on ball - X3 jump to
 ball + deny - X3 help X

1.4 X1 on ball - X2,3 deny

→ cent zonder den
 met skippes

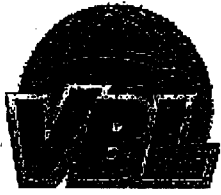
2) O's cutten

NADRUK OP:

- jump to the ball +
 (pressure - deny - d.out - help)

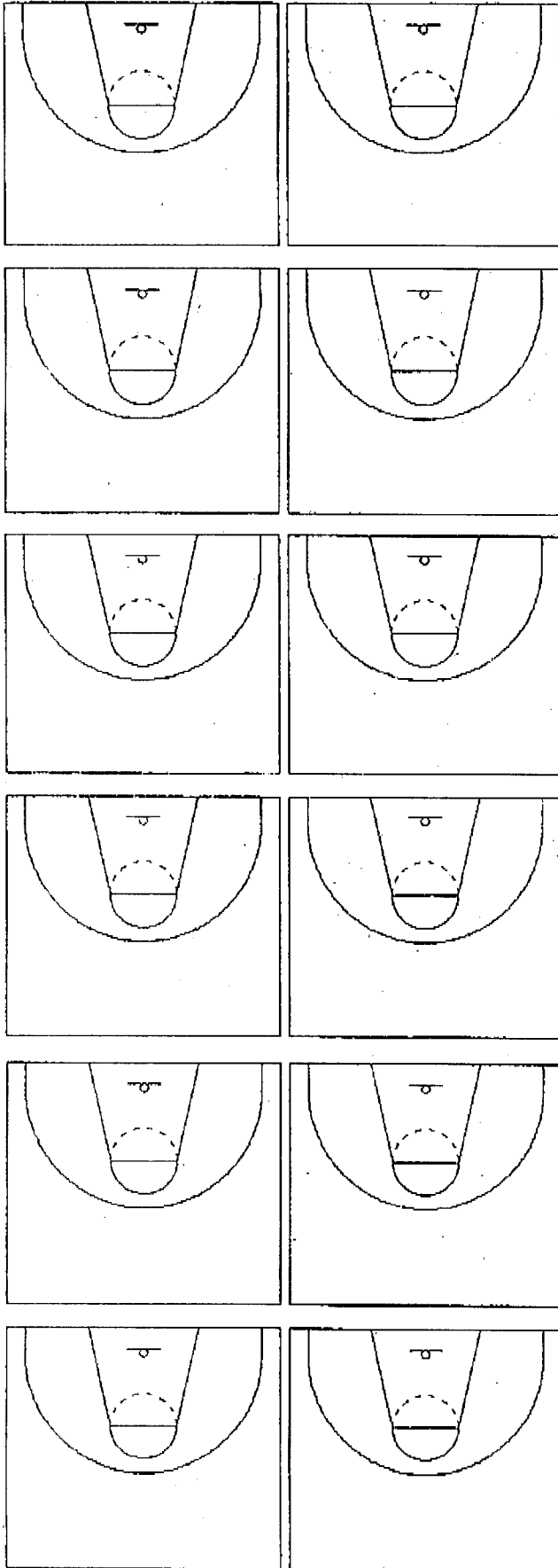
1.1 X2 pressure - X1 deny -

X3 v help into deny



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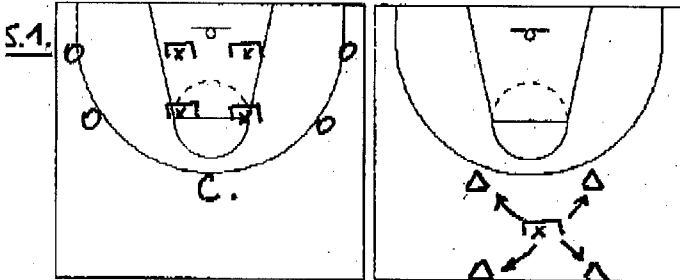
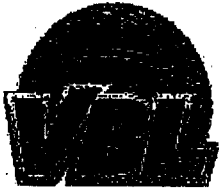
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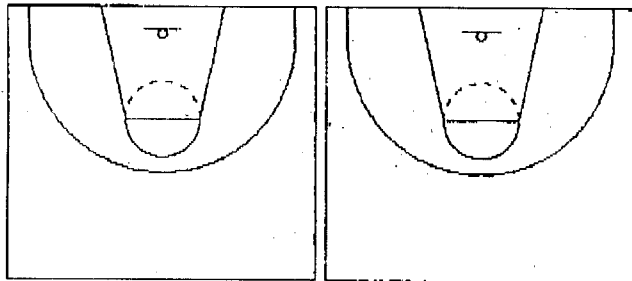
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CLINIC:

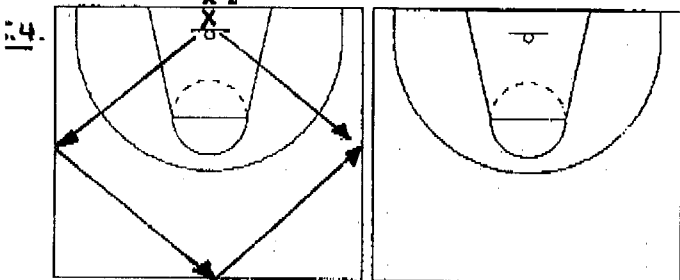
DATUM



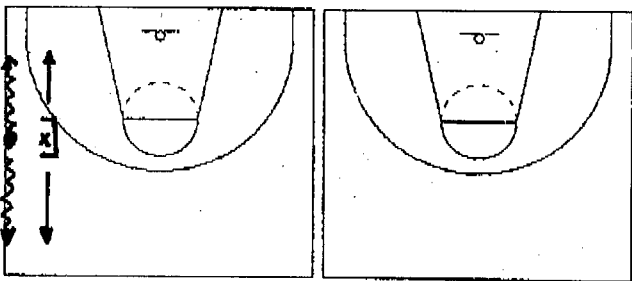
5.2. **EXTRA... DRILLS:**
 5.1. Shell drill
 → vanuit studder!



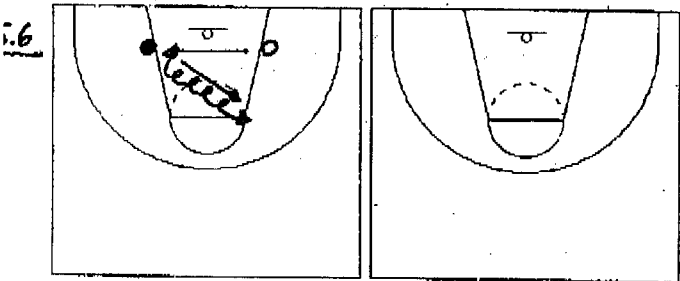
5.2. Cone drill
 → IFV... slides... swing step... cl out



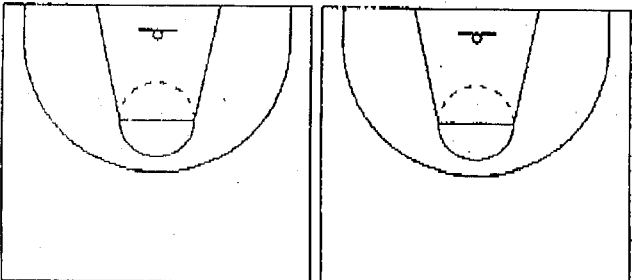
5.3. Slides w.v.
 → push... step... slides... met
 An... willekeurig door...
 elkaar (2!)



5.4. Push... step... sl... r... cl outs.



5.5. MIRROR DRILL
 → IFV... b.l. push



5.6. Block drill
 → IFV... close out
 ● zakt b. nr Elbow + square up
 ○ sprint nr block - nr Elbow
 + close out AT1