

Have you ever seen a player walk in the gym and start practicing defense?

Most coaches spend the majority of their practices on drills, skill work, and offense – But what about Defense? The old cliché “Defense Wins Ball Games” is pretty much a proven one. When I watch other teams practice and see them run over offensive plays, inbounds plays, run a few drills, and then scrimmage the rest of the practice – it makes me wonder why there wasn’t any time spent on defense. Maybe it’s because the common belief is that it’s so easy to play defense, or it’s just a matter of the players hustling – so the team doesn’t really need to practice, etc. I don’t know?

What I do know is that these same coaches will come back after losing games in a tournament and jump right back on learning more offenses, etc.

I am here to tell you that if you don’t make defense a major part of your practices, you won’t be as successful as you could be. For younger age groups, coaches have to teach players to be aggressive, to hustle, and most of all that every player must move each time there is a pass).

Coaches must ensure that their players understand that defense is more important (or just as important) as offense.

Have you ever seen a player walk in the gym and start practicing defense?

I can answer that question for you – “NO” – this is mainly because it’s just not fun for them to practice defense. So if you want your players to perform well on defense (which can help your team be more successful) you will need to find a way to make Defense a priority in your practices.

