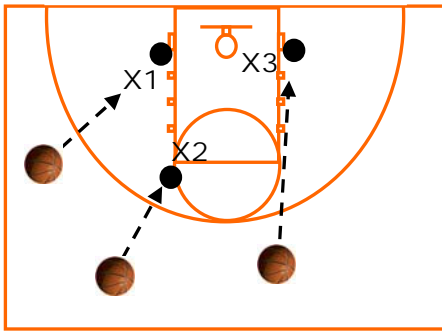


Coaches must teach and stress the importance of using proper defensive stances to youth basketball players. Just standing next to an offensive player while playing defense is not beneficial to any defensive strategy. Using different stances will help control opposing players, and can make a big difference when playing stronger basketball teams. **Fronting** is a great way to keep the ball out of a post player's hands (if they can't touch the ball, they can't score). **Behind** is a great way to allow a poor shooter to get the ball away from the basket (allowing a poor shooter to shoot, and hopefully miss). **Quarter-Turn** allows a defender to be in the proper position (not getting sealed off, and be in a position to front and / or defend the wing area easier). **These stances can be used with man-to-man and / or zone defenses.** Coaches must spend time in practice developing their player's defensive skills – make defense a priority!

Defensive Stances: "Fronting, Behind, and Quarter-Turn Stances.



Notes: Fronting, Behind, and Quarter-Turn Stances

- X1 is "Fronting" a player in the low post area to keep the offensive player from getting an entry pass (deny this player the ball – if they can't touch the ball, they can't score).
 - Deny the ball to offensive players that have excellent low post moves (players that score frequently under the basket).
- X2 is "Behind" the player in the high post area and will allow the offensive player the entry pass up high only.
 - Allow a post player (that does not have a strong outside jump shot) to get the ball in the high post area where they cannot hurt you offensively.
- X3 is in a "Quarter-Turn" position allowing them to be in position to step in front of the player (while protecting the basket).

X1

"Fronting" – The defender (in blue) is directly in front of the offensive player and is in a position to deny any pass thrown to this offensive player. Fronting entails a certain toughness and aggressiveness.



Stay wide in a boxing out position, maintain contact, keep arms up and out. Players should not lower their arms and hold the offensive player – this could be considered a violation (foul).

X2

"Behind" – The defender (in white) is directly behind the offensive player and in a position to defend this player when the player is ready to shoot the ball. Keep contact (elbow up against the back of the offensive player).



Notice how the defender's upper foot splits the offensive player's feet. Stay low, maintain contact, keep the opposite hand up to defend the pass.

X3

Quarter-Turn Stance – (Also referred to as a Three Quarter – Turn stance). The defender (in blue) is standing to the side of the offensive player. Use this stance to avoid getting "sealed" off by the offensive player.



The defender stands with their back towards the basket – must see the ball, maintain contact, keep hand up in front of the offensive player, and the opposite hand on the back of the player.