

ACHIEVING THE DESIRED LEVEL OF AGGRESSIVENESS AND FOCUS IN DEFENSE

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There is a firm belief that there is not one right way we should do things, because there are different teams, different players and different clubs. Defense is still a very essential part of winning, some teams are made to outscore the opponent, but at the end of the season, you can't rely on this. In this topic rules are very important too, believing in concepts, working on them, so they become habits. Good defensive teams are not built to outscore, they are built to play organized.

What truly is important to build an aggressive team, is preparing players for basketball, which means practice planning, especially on something that we call energy level, controlling the level of energy that we are investing according to the goals in the next game. To maintain focus we need to respect what is the most valuable information that we can give to the players (by the information we mean: exercise, movement, stimulus or neurological stimulus), keeping the brain free, not overloading it with pieces of information. From this perspective if you want your team to be aggressive you need to work like this every single day, in each practice is important to prepare the players mentally and physically to be ready for the main task. When selecting drills for reaching the desired level of aggressiveness in defense, you don't need to be super creative, drills must be easy and achievable, and those shouldn't put the players in some mission impossible scenarios where they are successful only every fifth time. In defense, during the preseason thing, every defensive concept, every rule and every tendency are in three days, after that, we must work on it. The first thing in defense to talk about is ball pressure, what kind of ball pressure you want to achieve and where you want to pick up the ball. After this, the next question you need to answer is how close you want them to the ball.

There is no player, at any level who is playing the same if you put pressure on him. What we call serious and responsible defense is when the players understand and focus on our goals, rules and concepts for 40 minutes.

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