
THE OTHER 30 MINUTES

A basketball game is **32 minutes** long. We shoot it and then they shoot it. On average **we have the ball for 16 minutes** and they have it for 16 minutes. **That makes defense half of the game.** That is why I stress defense as the most important part of our game.

If we only played 5 players and, each of those players handled the ball an equal amount of time then, each player would have the ball for 3 minutes. Factor in that we will more than likely play more than five players. Also, factor in that the point guard will handle the ball more than anyone else. All of that adds up to this: **YOU HAVE THE BALL IN YOUR HANDS LESS THAN 2 MINUTES PER GAME!!!**

Ask your self this question: WHAT AM I DOING THE OTHER 30 MINUTES??

Do I block out every time a shot goes up? Do I sprint in transition to offense and to defense? Do I screen when I am supposed to screen? Do I cut when I am supposed to cut? Am I concerned with helping my teammates get open? Do I know and carry out my defensive assignment? Am I a good help defender? Do I go to the offensive glass when I am supposed to go? Can my teammates count on me to be in the right place?

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