

# Study of the Defensive Tactics of the Beijing College High Level Men's Basketball Team

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**Abstract :** In this paper, expert interviews, the survey questionnaire, video observation, investigation of the Beijing College high level men's basketball team defensive tactics status quo, analyze the pros and cons of points, defensive tactics, defensive training, find out the defensive problems and related recommendations for the basketball team, in order to raise the level of defensive tactics of the men's basketball team, certain practical significance of the reform of the national college basketball league.

**Keywords:** Beijing universities; men's basketball team; defensive tactics; compare

## 1. Subjects and Research Methods

### 1.1 Subjects

This article select the 2011 National Collegiate Basketball League (Division qualifiers) teams in the Tsinghua University, Beijing Jiao tong University, Beijing University, Beijing University, Beijing University of Science and Technology, Beijing Union University, six college men's basketball team as the research object.

### 1.2 Research Methods

#### 1.2.1 Literature Study

Combined with the needs of the research

library retrieval by the Beijing University of Technology, basketball defensive tactics carefully read the relevant literature, and refer to the relevant monograph, the to understand the basketball defensive tactics Research with dynamic, a lot of theoretical basis for the writing of the paper.

#### 1.2.2 Expert Interviews

Develop good interview outlines six coaches of the basketball team and domestic work in basketball expert, Professor accessed through visits or telephone interviews with current problems of the defensive tactics of the men's basketball team, external performance indicators for the preparation of defensive tactics basis.

#### 1.2.3 Questionnaire

According to the needs of the research topic, the basic requirements for access to literature and to follow the design of the questionnaire research methods, design a "the Beijing University high level men's basketball team defensive tactics training status questionnaire, expert evaluation of its reliability and validity. high. 80 copies of the questionnaire, recovery of 76, 95% efficiency.

#### 1.2.4 Video Observation

Systematic observation, statistics through 12 games of the 2011 College Basketball League game tape (Beijing Division qua-

lifiers) video and the top six teams in the 2011 NCAA 12 game video, get the defense system reflects the high level of basketball player indicators raw data, and to provide material for further processing.

## **2. Results and Analysis**

### **2.1 Beijing college high level men's basketball team**

The goal of the team has the ball right in the basketball game is the offensive scoring, defensive aim is to help the team win the ball and score, on the other hand is to minimize the loss of points. The Scores of the team to some extent to reflect the team's defensive tactics implemented.

Tsing hua University men's basketball team averaged the highest score (98.7 points), ranked first; followed Beijing Jiao tong University (91.3 points), Peking University (87.6 points), Beijing University of Science and Technology (86.5 points), Beijing University (79.4 points), Beijing Union University (75.8 points). Six teams average score is relatively high, more than 100 points and the screening of the six teams have three games. Score high, he explains the team's offensive ability, but another reflects weak defense, defense lagged behind the offensive. NBA player's offensive ability is unquestionable, but they score less than the national college basketball league, indicating NBA teams defense very seriously. Through the video: lose points more than the team's overall defensive ability, Defense and attack is not strong, cannot effectively restrict their opponents attack, not a lot of pressure to the other side of the offensive formation. Poor defensive ability of the team as a whole reason for the team's defensive philosophy, the overall defensive tactics strain and rationality, Defensive Tactics training level.

### **2.2 The use of defensive tactics in Beijing college high level men's basketball team**

Defensive basketball game is very important, especially the role of the team with defensive positions in the game is the most important. The team defensive positions, including man to man defense, zone defense, pressure defense, integrated changing defensive tactics [3-4]. From the observation of the video game, the Beijing college high level men's basketball team is mainly the use of defensive tactics, half-court man-to-man, zone defense and game man-to-man, In this paper, a comparative analysis of the use of three defensive tactics.

#### *2.2.1 The use of half-court defense tactics*

The man to man Half-court defense tactics, the adjacent areas immediately guarded by everyone in the attack turn defensive or pre-distribution given opponent and just stare at the opponent in half within the active defense of the individual and team synergy damage the opponent's attack, to achieve the purpose of turning from the defensive to the offensive a very aggressive defensive tactical defense [5-7]. Video from the competition point of view, the main reason is due to the defense, the defender can not accurately judge the offensive players offensive intent, the offensive players move faster, the Beijing college high level men's basketball athletes in slow moving defense defensive mistakes such as missing, out of position, the Beijing college high level men's basketball team should strengthen the movement speed of the individual defense and accurate judgment.

#### *2.2.2 The use of Zone united Defense Tactics*

The zone defense is the offensive into the defense team players quickly returned to the field after each responsible for the defense of a certain area of the attack oppo-

nents, by District division to form a defensive battle, each defensive area organic contact with the ball, the collaborative mobile defense a team defensive tactics [5-7]. Table 3 shows that the Beijing College high level men's basketball team in the defensive success rate and the defensive side score two indicators,  $\text{sig} < 0.05$ , significant differences exist with the NCAA men's basketball team. This shows the quality of the defensive zone defense of the the Beijing College high level men's basketball team is worse than the NCAA men's basketball team. This is mainly due to the use of the zone defense tactics, the players dispersed, require personal defense area, moving long distance and frequent, which requires strong the personal defensive technical capabilities of the defender.

### *2.2.3 Audience to man defense tactics*

The audience man to man defense, also known as "full-court press defense, including a full-court press man-to-man defense and the audience Defensive. Man to man tight defensive from the outset on their tight defense in the form of their opponents with the division of labor by people; zone press is quickly separated from the predetermined area by tapping to turn defensive in their own area, expand tight of defensive defense in the form of an audience [5-7]. Seen from Table 4: the Beijing College high level men's basketball team in the game man-to-man defensive tactics scoring, defensive success rate on the  $\text{sig} < 0.05$  indicators, the difference was significant, illustrate the Beijing college high level men's basketball team in the use of the audience man defense tactics, the defense of poor quality, bad effects. Found through the video observation method of using the full-court press defense most of the 2-2-1 or 1-2-1-1 zone press back to the back-court to use other forms of defense, in order to fool the enemy; part of the team

is willing to man to man defense, once the ball through the midfield, on the double teams, then defense stations, or beating the hybrid defensive marking and defense.

## **2.3 The defensive training of Beijing college high level men's basketball team**

According to the records of the relevant information and interviews with coaches, I was informed that the development of basketball in China in recent years has made great progress, but the pace of progress is not yet stable, forward speed is not fast enough to change this the species status quo, not only to speed up the reform of the management system, and need more scientific and effective training.

### *2.3.1 The distribution of proportion in Defensive Training*

Technical and tactical training arrangements should be arranged according to the specific circumstances of the team. Also comply with the regularity of the team should be explored in order to achieve the best training effect. Tsinghua University men's basketball team defensive technical and tactical training time total training time to do more, 15 percent, ranked first; followed by other Beijing Jiaotong University (13%), Beijing University of Technology (10%), Peking University (8%), Beijing University of Science and Technology (7%) and Beijing Union University (5%). Relevant information, the NBA team's specialized defense training proportion accounted for 35%, the CBA team specialized defensive training proportion is 20%, while only 10% of our national college basketball league team from training time on the ratio, we can see that, the national college basketball league team ignored defense training.

### 2.3.2 Defensive training training content

The survey found high-level basketball teams, such as the NBA, Defensive Training has dedicated coaches responsible, with the opponent before the game, how to defend each other's threat to players, arranged according to the characteristics of the opponent's defensive tactics as focused training content. Modern defensive skills and tactics evolution toward quick, changeable, mobile, flexible, vicious direction fast refers moving quickly, rapid response techniques and tactics quickly; changeable change of defensive tactics; maneuver under field The situation changes with different tactics; flexibility refers to the athletes in the defensive process flexible tactics, not formality, to be truly effective defense; vicious means the defense must attack, close tight, all for the purpose to win the ball.

### 3. Conclusion

The pros and cons of sub-areas: the Beijing College high level men's basketball team defensively than the existence of a gap in the NBA and CBA best scores Tsinghua University that the defense is to improve and enhance the overall results of the team, the key factor restricting the team win; tactical coordination aspects: when the use of the defensive line with the lack of flexibility, rationality, resulting in lower success rate with its defensive; Compared with the defensive tactics of the NCAA men's basketball team: the comprehensive basketball team, variability defensive use less defensive form of a single, inflexible, weak tactical awareness, the defensive with the place , defensive form of adoption is not flexible enough, the success rate is low; basketball team in training is not enough emphasis on the

defensive, the lack of professional defensive skills and tactical training.

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