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HHS Blank White Page Project #1

Question: What is the most important part of Basketball?

Answer: I think the most important part of basketball is defense. This is because without a good defense the other team will continue to score. You can have a great offense but without a good defense, you will not win games. For offense, if you run your plays, it will lead to open shots which will get you points. Without a good defense to prevent the other team from scoring, you will not win games. You need both a good offense and defense, but good defense will lead to a good offense. There are many different kinds of defense you can run. The two main are man to man, and zone. Zone has many different types you can run. Some examples of these can be 2-3 zone, 3-2, box and 1, 2-3 trap, 1-3-1, and so on.

To play a good defense, you have to have the right stance. You have to have constant ball pressure, along with a low stance. You need to be balanced as well so the other team won't be able to blow by you. Like i said before, defense is the key, because not only can it stop the other teams offense, it can lead to a good transition offense on the other side. A team with a good defense, and also a fairly good offense, will most likely be able to win games. Some people say offense is the most important for winning games because you have to score somehow, but a good defense can create a good offense.

<http://www.flickr.com/photos/horizonleague/5502448847/>

by: Horizon league on March 5, 2011



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