Comparative Research on Defensive Ability of Beijing Ducks and Zhejiang Lions in CBA 2017-2018 Season

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Abstract. Chinese Basketball Association (CBA), founded in 1995, has been developing for more than 20 years. From the original 8 teams to the current 20 teams, it has now become one of the most influential and ornamental professional sports events in China and is deeply loved by the public. Beijing Ducks is a veteran Class A team and has won many national league titles, while Zhejiang Lions once won the second place in the National Basketball League. Both teams have great strength and cannot be underestimated. At the same time, in the 2017-2018 season, the two teams faced each other as home and away teams, and the two teams have little disparity in strength. Therefore, by means of video observation and comparative analysis as well as mathematical statistics, this paper carries on a research for the offensive and defensive capabilities of Beijing Ducks and Zhejiang Lions in 2017-2018 season, and analyzes their advantages and disadvantages in defensive capabilities, hoping to play a constructive guiding role in improving basketball training and competition capabilities.

1. Comparative Analysis of Defensive Ability between Beijing Ducks and Zhejiang Lions

Basically, taking the backcourt rebounds, steals, blocking shots and fouls of Beijing Ducks and Zhejiang Lions as indicators to reflect the team's defensive ability, this study makes an in-depth analysis on the defensive ability of Beijing Ducks (45 matches in total) and Zhejiang Lions (55 matches in total) in the overall competition and the defensive ability of Beijing Ducks VS Zhejiang Lions in the confrontation between the two competitions in 2017-2018 season.

1.1. Comparative Analysis of Backcourt Rebounds between Beijing Ducks and Zhejiang Lions in 2017-2018 Season

| Backcourt Rebounds | Beijing Ducks | Zhejiang Lions | D-value | P       |
|--------------------|--------------|---------------|---------|---------|
|                    | 10.38        | 12.42         | -2.04   | 0.394   |

Scrambling for rebounds is the key for both sides of the team to realize offensive and defensive conversion, while backcourt rebounds is an important factor that reflects the team's defensive ability. As can be seen from Table 1-1, Zhejiang Lions has average 12.42 backcourt rebounds in 2017-2018, with 2.04 more than Beijing Ducks. It shows that Zhejiang Lions has a little stronger consciousness of protecting rebounds in the backcourt. However, the independent sample T test results show that there is no significant difference in the average backcourt rebounds in the two teams (P>0.05).
1.1.2. Comparative Analysis of Backcourt Rebounds in the Match of Beijing Ducks VS Zhejiang Lions

| Matches            | First | Second | Average Value |
|--------------------|-------|--------|---------------|
| Beijing Ducks      | 23    | 35     | 29            |
| Zhejiang Lions     | 31    | 28     | 29.5          |
| D-value            | -8    | 7      | -0.5          |

In the two matches between Beijing Ducks and Zhejiang Lions (see Table 1-2), the backcourt rebounds of Zhejiang Lions were 8 more than Beijing Ducks in the first match, of which Jinqiu Hu and Courtney Fortson of Zhejiang Lions actively competing for 9 and 7 backcourt rebounds, respectively, while the backcourt rebounds of Beijing Ducks were 7 more than Zhejiang Lions in the second match, of which Justin Hamilton of Beijing Ducks had 14 rebounds in the backcourt. Judging from the average value of the two teams' backcourt rebounds, the difference between the two teams is only 0.5, reflecting that the two teams have roughly the same consciousness and ability to protect backcourt rebounds.

1.2. Comparative Analysis of Steals between Beijing Ducks and Zhejiang Lions

1.2.1. Comparative Analysis of Steals between Beijing Ducks and Zhejiang Lions in 2017-2018 Season

| Steals    | Beijing Ducks | Zhejiang Lions | D-value | P    |
|-----------|---------------|----------------|---------|------|
| 6.89      | 10.07         | -3.18          | 0.349   |

Stealing the ball is an important manifestation of the team's defensive ability. In particular, the result of stealing the ball can not only gain possession of the ball, but also can gain the opportunity for the team to switch to attack. Judging from the average steals of Beijing Ducks and Zhejiang Lions in 2017-2018 (see Table 1-3), Zhejiang Lions has 10.07 steals while Beijing Ducks has 6.89 steals, with a difference of 3.18 steals. However, the independent sample T test results showed that there was no significant difference between the two teams (P>0.05). It shows that the defensive ability and consciousness of the two teams are roughly equal.

1.3. Comparative Analysis of Steals in the Match of Beijing Ducks VS Zhejiang Lions

| Matches            | First | Second | Average Value |
|--------------------|-------|--------|---------------|
| Beijing Ducks      | 10    | 7      | 8.5           |
| Zhejiang Lions     | 6     | 13     | 9.5           |
| D-value            | 4     | -6     | -1            |

In the two matches between Beijing Ducks and Zhejiang Lions (see Table 1-4), Beijing Ducks had 4 steals more than Zhejiang Lions in the first match, while Zhejiang Lions had 6 steals more than Beijing Ducks in the second match. Judging from the average value of steals, the difference between the two teams was 1, reflecting that the steals of Zhejiang Lions slightly more than that of Beijing Ducks. And it indicated that the defensive quality of Zhejiang Lions was slightly higher.
1.4. Comparative Analysis of Blocking Shots between Beijing Ducks and Zhejiang Lions

1.4.1. Comparative Analysis of Blocking Shots between Beijing Ducks and Zhejiang Lions in 2017-2018 Season

Table 1-5. Comparative Analysis of Average Blocking Shots of Beijing Ducks and Zhejiang Lions in 2017-2018 Season

|               | Beijing Ducks | Zhejiang Lions | D-value | P    |
|---------------|--------------|----------------|---------|------|
| Blocking Shots| 3.29         | 2.27           | 1.02    | 0.705|

Blocking Shots is an active offensive defensive technique. Making use of the height advantage and good bounce quality, the players of the team could cause strong psychological pressure to the players of the other side and make the other side lose possession of the ball. Judging from the average blocking shots index of Beijing Ducks and Zhejiang Lions in 2017-2018 season, the blocking shots of Beijing Ducks were 3.29 while Zhejiang Lions were 2.27, with a difference of 1.02. The independent sample T test results showed that there was no significant difference in the blocking shots between the two teams (P>0.05). It shows that the blocking shots ability of the two teams is basically the same.

1.4.2. Comparative Analysis Table of Blocking Shots in the Match of Beijing Ducks VS Zhejiang Lions

Table 1-6. Comparative Statistics of Blocking Shots in the Match of Beijing Ducks VS Zhejiang Lions

| Matches        | First | Second | Average Value |
|----------------|-------|--------|---------------|
| Beijing Ducks  | 3     | 3      | 3             |
| Zhejiang Lions | 2     | 1      | 1.5           |
| D-value        | 1     | 2      | 1.5           |

As can be seen from Table 1-6, Beijing Ducks had a total of 6 blocking shots, with average value of 3, while Zhejiang Lions had a total of 3 blocking shots, with average value of 1.5. In the two matches, Beijing Ducks had one and two more blocking shots than Zhejiang Lions, respectively, of which Justin Hamilton of Beijing Ducks blocked two and one respectively in the two matches. This reflected the excellent bounce quality and defensive strength of the player, as well as the good defensive awareness and ability of the team.

1.5. Comparative Analysis of Fouls between Beijing Ducks and Zhejiang Lions

1.5.1. Comparative Analysis of Fouls between Beijing Ducks and Zhejiang Lions in 2017-2018 Season

Table 1-7. Comparative Analysis of Average Fouls between Beijing Ducks and Zhejiang Lions in 2017-2018 Season

|               | Beijing Ducks | Zhejiang Lions | D-value | P     |
|---------------|--------------|----------------|---------|-------|
| Fouls         | 21.98        | 21.36          | 0.61    | 0.323 |

Generally, the high antagonism in basketball matches increases the possibility of player's fouls. Defensive foul not only would give the opponent more free throws, but also would disrupt the team's defensive rhythm and affect the team's morale. Therefore, reducing the number of fouls is an important means to improve the team's defensive ability. As can be seen from Table 1-7, Beijing Ducks committed 21.98 fouls while Zhejiang Lions committed 21.36 fouls in the 2017-2018 season. The independent sample T test results showed that there was no significant difference in the number of fouls per field between the two teams (P>0.05).
1.5.2. Comparative Analysis Table of Fouls between Beijing Ducks and Zhejiang Lions

Table 1-8. Comparative Statistics of Fouls in the Match of Beijing Ducks VS Zhejiang Lions

| Matches     | First | Second | Average Value |
|-------------|-------|--------|---------------|
| Beijing Ducks | 26    | 23     | 24.5          |
| Zhejiang Lions | 22    | 10     | 16            |
| D-value     | 4     | 13     | 8.5           |

As can be seen from Table 1-8, Zhejiang Lions committed 32 fouls totally, with an average of 16 fouls, while Beijing Ducks committed 49 fouls totally, with an average of 24.5 fouls. In the two matches, Zhejiang Lions committed 4 and 13 fewer fouls than Beijing Ducks, respectively. This reflects that Zhejiang Lions has advantages in the standardization of defensive actions.

1.6. Comparative Analysis of Defensive Tactics between Beijing Ducks and Zhejiang Lions

According to statistics on the tactical application of Beijing Ducks in the first match against Zhejiang Lions (see Table 1-9), in can be found that Beijing Ducks uses more defensive tactics than Zhejiang Lions, but its defensive success rate is lower than Zhejiang Lions. Based on the video, it can be observed that the two teams are equal in attack and defense conversion. For example, when Beijing Ducks did not do well in cooperative and filling-in defense in half-court man-to-man defense, Zhejiang Lions would be going to be getting a lot of wide-open looks. In contrast, Zhejiang Lions won the match due to its relatively high success rate in defense.

Table 1-9. Statistics of the Defensive Tactics in the First Match of Beijing Ducks VS Zhejiang Lions

|               | Beijing Ducks | Zhejiang Lions |
|---------------|---------------|---------------|
|               | Defense Times | Success Times | Success Ratio |
| Half-court Man-to-man Defense | 68            | 23            | 33.82         |
| Full-court Man-to-man Defense | 26            | 10            | 38.46         |
| Zone Press   | 0             | 0             | 0             |
| Zone Defense | 0             | 0             | 0             |
| Defend against Fast Break | 6             | 2             | 33.33         |

Table 1-10. Statistics of Defense Tactics in the Second Match of Beijing Ducks VS Zhejiang Lions

|               | Beijing Ducks | Zhejiang Lions |
|---------------|---------------|---------------|
|               | Defense Times | Success Times | Success Ratio |
| Half-court Man-to-man Defense | 68            | 35            | 51.47         |
| Full-court Man-to-man Defense | 50            | 23            | 46            |
| Zone Press   | 0             | 0             | 0             |
| Zone Defense | 10            | 3             | 30            |
| Defend against Fast Break | 8             | 3             | 37.5          |

As can be seen from Table 1-10, Beijing Ducks and Zhejiang Lions are dominated by half-court man-to-man defense. And Beijing Ducks has a 1.47 percentage point higher success rate in defense. In terms of other defensive tactics, Beijing Ducks is better than Zhejiang Lions in defensive effect. Based on the video, it can be observed that both teams played their own characteristics in the match.
and restricted scores of each other. However, Beijing Ducks finally relied on excellent half-court man-to-man defense to win the match.

To sum up, the two teams are flexible and diversified in the use of defensive strategies. In general, Beijing Ducks uses more defensive strategies than Zhejiang Lions, but the success rate of the defense in first match is obviously lower than that of Zhejiang Lions. In the second match, Beijing Ducks has better man-to-man defense effect than Zhejiang Lions.

2. Recommendations

2.1. Basically, this study has deeply analyzed the defensive ability of the two teams in the overall match of this season and the two matches against each other, with showing the defensive strength of the two teams in a relatively comprehensive way. However, the shortcomings of the two teams has also be exposed. Therefore, the two teams still need to further strengthen and perfect the defensive ability training, and promote the overall development of the defensive ability. In particular, during the training process, it is necessary to improve the ability of cooperative defense and filling-in defense and personal defense, as well as the ability of defense against players without balls. During the match, when the opponent is blocking and covering, it is also necessary to do a good job of defense exchange and cooperation at any time so as to quickly squeeze through and prevent the opponent without balls from shooting.

2.2. In essence, aggressive and destructive active defense is the main feature of modern basketball defense. Therefore, in training, the team should not only pay attention to the strengthening of players’ basic physical quality and skills, but also should put forward higher requirements for physical contact and confrontation ability, and pay more attention to the improvement of personal defense ability and consciousness.

2.3. According to the characteristics of the fast break itself and the players' excellent personal ability, in terms of the defense against fast break, the team can strengthen the competition for rebounds and take some measures to contain the fast break of the offensive side, such as destroying and delaying the opponent's outlet, blocking the receiving point of the pass and so on, so as to buy time for other players to return to the basket and reduce the number of fast breaks through the overall defense.

2.4. When choosing defensive tactics, the team could also increase the number of full-court press defense and zone defense accordingly. Especially when the score is behind, the efficient full-court press defense tactics can effectively limit the opponent's scores.

3. References

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