

Comparative Evaluation of Defensive Strategies in the 2022 Women's Basketball World Cup: A Case Study of China and Australia

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Abstract: *In the 2022 Women's Basketball World Cup, the Chinese team won the second place, creating the best record in recent years. However, with the continuous improvement of the level of basketball, the Chinese team found that there is still a gap between itself and the world's strong teams, and the road of basketball competition in the future is still facing arduous challenges. If you want to win the game, you must first rely on defense, you need to stop the opponent from scoring, in order to finally win. By using the methods of literature, mathematical statistics and video observation, this paper makes a statistical analysis on the relevant data of defensive tactics and defensive fundamentals in the 2022 Women's Basketball World Cup match between China and Australia. This paper summarizes the experience of Chinese women's basketball team in defensive tactics and basic cooperation, as well as the advantages and gaps between them and their opponents. It is hoped that these research results can provide theoretical reference for improving the level of Chinese women's basketball in defense, and provide data support for correctly understanding the gap between Chinese women's basketball and high - level teams in the world.*

Keywords: Defensive Strategies, Women's Basketball World Cup 2022, Comparative Analysis, China and Australia, Basketball Tactics, Defensive basic cooperation

1. Introduction

1.1 Basis for topic selection

With the precipitation of time, basketball has made great progress in the past decades, both men's and women's basketball in professional skills, physical quality, and the ability to cope with the game are gradually improved. From the perspective of the entire history of basketball, the ability of players needs to be higher standards. Whether it is a mass basketball game or a professional basketball game, the sports level of the athletes is getting higher and higher, the visibility is becoming more and more comprehensive, and the games that the audience can watch are becoming more and more wonderful, and more and more games will be presented to the audience, such as the American Professional Basketball League, China Men's Basketball League, China Women's Basketball League. Basketball has become one of the most popular sports in the world, attracting a large number of fans and spectators. With the change and development of basketball rules, reasonable physical confrontation is often encouraged in the game, and the movement of women's basketball is gradually approaching to men. These factors have greatly increased the intensity of the game, and the strategy of "reattacking and defending weak" is no longer suitable. The characteristics of defense are gradually amplified and widely recognized. The essence of defense is to put pressure on the opponent to make mistakes and create more opportunities for the team to attack. The importance of defense is becoming more and more obvious, and the players' defensive attitude, psychological, physical quality, prediction accuracy, position selection skills, fake action response and defensive coordination all have a huge impact on the defensive effect. Only with good defensive skills can we push the competitive level to a higher level.

1.2 Research purpose and significance

As the highest level of Chinese women's basketball team, it is necessary to develop a set of their own defensive system. The purpose of this study is to observe the application of defensive tactics of Chinese women's basketball team in the 2022 Women's Basketball World Cup, analyze the use of different defensive tactics and their cooperation with basic defense, find out the advantages and disadvantages of Chinese women's basketball team in defense, put forward corresponding solutions, and provide targeted countermeasures. In order to improve the performance of the Chinese women's basketball team in the application and execution of practical defensive tactics. At the same time, this study provides reference for the future competition of Chinese women's basketball team, and provides theoretical and practical significance for the enrichment of relevant research materials and the development of basketball defensive tactics.

1.3 Research Tasks

First, by watching the video of the Chinese women's basketball team against the Australian team in the semifinals, we can get specific data. Secondly, comparative analysis of the obtained data is carried out to study the basic situation, implementation and application of defensive tactics used by Chinese women's basketball team and Australian women's basketball team, and to summarize the advantages and disadvantages and draw conclusions.

1.4 Literature Review

In this study, Wang Conserved summarized the basketball defensive tactics and analyzed the composition of the defensive tactics in the literature of the Concept Interpretation of basketball defensive Tactics. The main

contents of defensive tactics include individual defensive action, the cooperation of basic defensive tactics, man - marking, fast attack, zone defense, mixed defense, comprehensive defense and so on.

In the Concept Interpretation of Basketball Defensive Tactics, Wang Conserved pointed out that basic defensive cooperation is an important factor in full - court defensive tactics, and it is also a bridge for players to form defensive tactics through their own defensive ability. It is not only an important display channel of the players' defensive ability, defensive consciousness and defensive execution, but also the key of the whole team's defensive tactics recombination and transformation.

Chen Huimin emphasized the importance of defensive tactics in basketball games in his research paper "Study on the Application of defensive tactics in College women's Basketball Games - Taking the 19th Northwest CUBA Women's Basketball Game as an example".

There are few literatures on the defensive tactics of Chinese women's basketball team. The expert professor proposed to improve the defensive ability of women's basketball by comparing and analyzing the performance of women's basketball players in other countries participating in the World Series and the defense of Chinese men's basketball. However, with the rapid development of women's basketball, the speed, explosive power and coordination of women's basketball players have been improved, and fast and high - intensity offensive and defensive techniques have become the current trend. Women's basketball has its unique characteristics and needs special analysis and research.

2. Research Object and Method

2.1 Research object

This paper makes a comparative analysis of the defensive tactics used by the Chinese women's basketball team in the 2022 Women's Basketball World Cup and the semi - final opponents.

2.2 Research Methods

2.2.1 Literature method

By consulting and collecting related articles with basketball as the theme and defensive tactics as the key words in CNKI, VIP Resource database, web of science, and Library of Hunan Normal University, relevant articles are found and theoretical basis and reference content are provided for the

writing of this paper. And log on the official website of FIBA www.fiba.com to find the specific match data about the 2022 FIBA Women's Basketball World Cup China and its opponents, which will be used for research and analysis of this article.

2.2.2 Video observation method

Watch the video of the Chinese team against the Australian team in the 2022 Women's Basketball World Cup, record and collect the game data by repeatedly watching the game video, and using various viewing methods such as pause and replay.

2.2.3 Mathematical statistics

The data collected through video observation and statistics are classified according to the purpose and content of the study, and entered into the computer, and EXCEL software is used to generate relevant tables and charts, and mathematical statistical methods such as classification, screening and summation are used to analyze and process the data, so as to obtain relevant data.

2.2.4 Logical analysis method

Using the research method of inductive analysis, the collected literature and statistical data are summarized, analyzed, compared and logically reasoned in order to achieve the research goal of the paper.

3. Results and Analysis

3.1 Comparative analysis of the defensive tactics used by the Chinese team and the Australian team in the 2022 Women's Basketball World Cup

From 1994 to 2018, the Chinese women's basketball team has not beaten the Australian women's basketball team. In the 2002 and 2010 World Cups, the Chinese women's basketball team lost by a large margin. In the World Cup four years ago, Australia defeated China by 41 points. However, in the group stage of the 2021 Tokyo Olympic Games, the Chinese women's basketball team relied on Li Yueru's free throw to complete the revenge. The two teams are evenly matched. In the 2022 Women's Basketball World Cup, China defeated Australia 61 - 59. Next, we will make a comparative analysis of the defensive tactics applied by the two teams.

3.1.1 Analysis of the basic situation of defensive tactics used by Chinese and Australian teams in the 2022 Women's Basketball World Cup

Table 1: Comparison of defensive tactics used by China and Australia in the match

	Man to man at half court	Zone defense	Full - court press	Defensive fast break	Total
Frequency	85	0	6	10	101
Percent	84.1%	0%	5.9%	9.9%	100.0%

As can be seen from Table 1, the Chinese team uses full - court man - to - man defense to defend the Australian team. As one of the top teams in the world, Australia's strength is not to be underestimated, and individual skills are excellent. Playing man - to - man defence will limit Australia's

individual ability. In this game, the Australian team frequently launched fast attack, showing the level of a world - class team, which brought physical fatigue and psychological pressure to the Chinese team. China defended 10 fast breaks throughout the game.

Table 2: Comparison of the types of defensive tactics used by Australia and China in the match

	Half - court man - to - man defense	Zone defense	Full - court press	Defensive fast break	Total
Frequency	10	78	9	6	96
Percent	10.4%	81.25%	9.37%	6.25%	100%

According to the data in Table 2, it can be seen that the Australian team adopted the half - court man - to - man defensive strategy in the whole game against the Chinese team. Since the Chinese team is not as good as the Australian team in terms of physical confrontation, the Australian team adopts half - court man - marking defense

can effectively limit the offensive play of the Chinese team.

3.1.2 Comparison and analysis of the effect of using defensive tactics between Chinese team and Australian team in 2022 Women's Basketball World Cup

Table 3: Statistical table of the process data of defensive tactics used by the Chinese team in the match with Australia

Type of defense	First period			The second section			The third segment			Fourth quarter		
	Number of successes	Number of failures	Defensive success rate	Number of successes	Number of failures	Defensive success rate	Number of successes	Number of failures	Defensive success rate	Number of successes	Number of failures	Defensive success rate
Man to man at half court	16	12	57.1%	14	6	70%	10	8	55.5%	7	10	41.1%
Defensive fast break	3	1	75%	1	2	33.3%	4	1	80%	5	2	71.4%

As can be seen from Table 3, in the first quarter, the Chinese team adopted the contraction defense, and the outside players actively helped the inside players to defend Magbay. In the first quarter, the success rate of the Chinese team's half - time man - to - man defense was 57.1%, but it was still four points behind in the first quarter. The second verse. The Australian team replaced young interior players, and the Chinese team also adjusted personnel, and the success rate of the Chinese team's half - time man - to - man defense was 70%, and the score was reversed. The defensive rhythm of

the Chinese team has been firmly controlled by the Australian team in the whole game, which is largely due to the great psychological pressure of the Chinese team. Facing such a physically strong player like Australia, the Chinese team can only prevent the attack inside the line by assisting the defense. However, the consciousness of other aspects of the Chinese team's defense line is weak, which gives the Australian team more offensive opportunities. But against the rest of the Australian team, China took the opportunity to raise its defensive intensity and beat Australia 61 - 59.

Table 4: Statistical table of the process data of defensive tactics used by the Australian team in the match with the Chinese team

Type of defense	First period			The second section			The third segment			Fourth quarter		
	Number of successes	Number of failures	Defensive success rate	Number of successes	Number of failures	Defensive success rate	Number of successes	Number of failures	Defensive success rate	Number of successes	Number of failures	Defensive success rate
Man to man at half court	12	10	54.50%	12	9	57.10%	10	11	47.60%	6	9	40%
Defensive fast break	5	3	62.50%	1	3	25%	3	1	75%	2	1	66.60%

According to the data in Table 4, in the first quarter of the game, the Chinese team adopted a shrinking defensive strategy and let the outside players actively help the inside players to defend Magbay. The Chinese team took advantage of Magbe's slow speed and adopted a half - round forward defense to prevent Magbe from catching the ball. The Chinese team adopted a full - court man - to - man defensive strategy at the last moment, strengthening the interference and limitation of the Australian team's offensive end. On this basis, the Chinese team also adopted the "pincer" tactic, using two defenders to double team the opponent's players,

so that the other team is difficult to get a shot. In addition, in the process of defense, the Chinese team also adopted a more proactive strategy to actively interfere with the opposing team's offense, forcing the other side to make turnovers and grab key rebounds.

3.1.3 Comparison and analysis of the use of defensive fundamentals and tactics between the Chinese and Australian teams in the 2022 Women's Basketball World Cup.

Table 5: Comparison of the use of basic defensive tactics in the match between the Chinese team and the Australian team

	Chinese team			Australian team				
	Number of successes	Number of failures	Total	Success rate	Number of successes	Number of failures	Total	Success rate
Close the door	-	-	-	-	1	0	1	100%
Pincer attack	3	6	9	33.30%	20	4	24	84.60%
Filling - in	2	6	8	25%	3	4	7	42.80%
Total	5	12	17	29.40%	24	8	32	75%

According to the data in Table 5, the Australian team was more active in the application of defensive basic coordination tactics, reaching 32 times, much higher than the Chinese team's 17 times. The Australian team's success rate in full - court defensive basic play was 75 percent, while the Chinese team only 29.4 percent. The Chinese team used the strategy nine times, with a success rate of 33.3%. The Australian team used 24 pincer defense in the whole game, and through excellent defensive awareness and internal and external double - team strategy, the success rate was as high as 84.6%.

To sum up, there is not much difference between the Chinese team and the Australian team in defense. The defensive level of the two teams is very high. The individual ability and physical quality of the Australian team are better than that of the Chinese team, but the Chinese team has a strong sense of teamwork and good defensive consciousness.

4. Conclusions and Suggestions

4.1 Conclusion

In the matches between Team China and Australia and the United States in the 2022 Women's Basketball World Cup, the defensive tactics used by Team China most are half - court man - to - man defense. In some matches, the selection of defensive tactics is relatively simple with no obvious changes, and more half - court man - to - man defensive tactics are used, and zone defense is adopted in a few cases. The effect of containing the opponent's attack is better through defense change; In terms of fast attack defense, the Chinese front line players are older and more experienced in the competition. They perform well in blocking the opponent's pass and marking the opponent's ball players, and lack fighting spirit compared with some opponents. The Chinese team should rely on strong inside line and team tactical execution ability to show in a larger arena. When the Chinese team met the world's strong teams such as the United States and Australia, the defensive foundation and tactical use were poor, and the success rate was low. The peak of Chinese women's basketball team has arrived. The women's basketball team is strong against the strong, and can continue to improve in the game. With an average age of 25, this group of young players is on the rise in their careers, and they can still remain extremely competitive and achieve even better results together.

4.2 Suggestions

- 1) In order to improve the level of defensive tactics of the basketball team, it is suggested that coaches and players should deepen their theoretical knowledge of defensive strategies while maintaining their current defensive capabilities. This can be achieved by further studying defensive concepts, improving coaches' ability to play the field, players' tactical understanding, and teams' ability to adapt to changes in defensive tactics during games. By increasing the frequency of defensive changes in the game, the chances of opponents adapting to the Chinese defense will be reduced.
- 2) Utilizing full - court press defense at critical moments of the game puts mental and physical pressure on

opponents and enhances a team's ability to control the pace of the game when defending fast breaks.

- 3) Individual defensive ability is the basis of the whole team defense, and successful one - on - one defensive tasks can improve team coordination and team tactics. Individual defensive ability is the key to improve the Chinese women's basketball team in the aspects of defensive action, arm interference timing, air tackling ability and so on. It mainly refers to the ability to compete for two - dimensional space on the ground and in the air, supplemented by reasonable tactical coordination
- 4) By strengthening the players' shooting ability and physical fitness, as well as their mobility on the court, the team's overall defensive ability can be improved. This will also develop the players' determination to strive for excellence and contribute to the success of the team.

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