

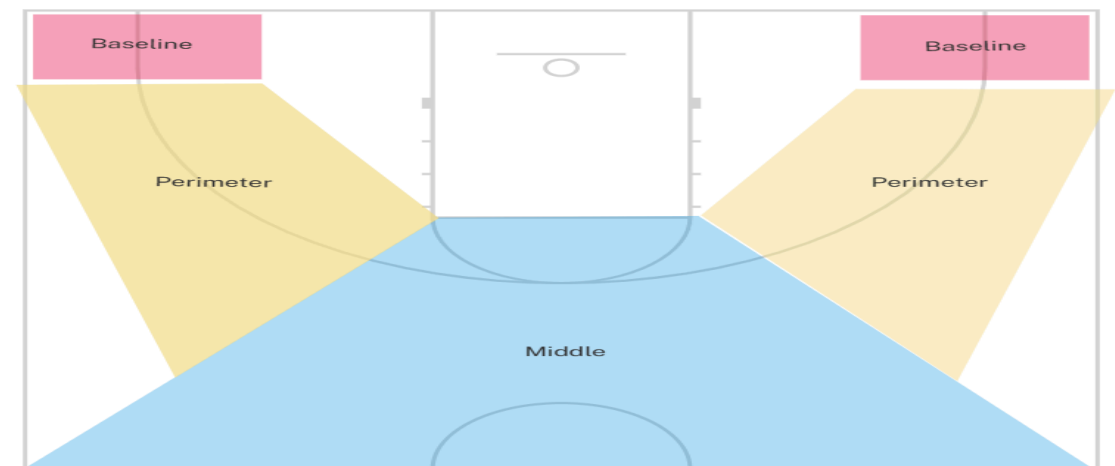
Defensive Principles

Defense Principles

- 1) Closeouts
- 2) Rotation
- 3) Ball Screens
- 4) Off Ball Screens
- 5) Key standards and expectations

Defensive Areas and Meaning

- 1) Middle/Neutral Zone
 - a) "Middle/Neutral" area is defined as corner of the keys to the corners of half court.
 - b) Any defense in this area is using chests to bump the defender as they drive. A large percentage of actions in this area is dribble penetration to the middle or wings. We want to force them out of the path to the middle using our chest and moving our feet. We don't want to use hands in this area as it is open and ref's are in plain view of grabbing and reaching. We also don't want to reach or gamble in this area because the whole defensive principle is broken if you gamble and lose, you now put the rest of the team at a disadvantage. The shot selection in this area is very limited. Risk reward is high risk and low reward to gambling.
- 2) Perimeter Zone
 - a) More focus on the top foot of the ball handler. We want to be more intentional on defending the ball handler and forcing them baseline, away from the middle. We are up tight depending on matchups but also understanding that we want to force baseline. We CAN NOT ALLOW any straight line drives to the rim or to the paint. If you are isolated on a side, you will still force baseline, we will have help side defense.
- 3) Baseline Zone
 - a)



1) Closeouts

a) Right Side Closeouts

- i) We attack the ball handlers LEFT side or Inside. Attack with both hands until close and then we stutter step and split where our RIGHT foot is higher than the defenders.
- ii) We have our RIGHT HAND contesting shots and inside passes, tracing the ball.
- iii) We have our left hand low preventing drives and post passes.
- iv) When the ball handler jabs or attacks, we step back with our left foot...NOT the right foot. We may have to jump back but we want to maintain position to push the ball handler to the baseline.

b) Left Side Closeouts

- i) We attack the ball handlers RIGHT side or Inside. Attack with both hands until close and then we stutter step and split where our LEFT FOOT is higher than the defenders.
- ii) We have our LEFT HAND contesting shots and inside passes, tracing the ball.
- iii) We have our RIGHT hand low preventing drives and post passes.
- iv) When the ball handler jabs or attacks, we step back with our LEFT foot...NOT the right foot. We may have to jump back but we want to maintain position to push the ball handler to the baseline.

c) Right Baseline Closeouts

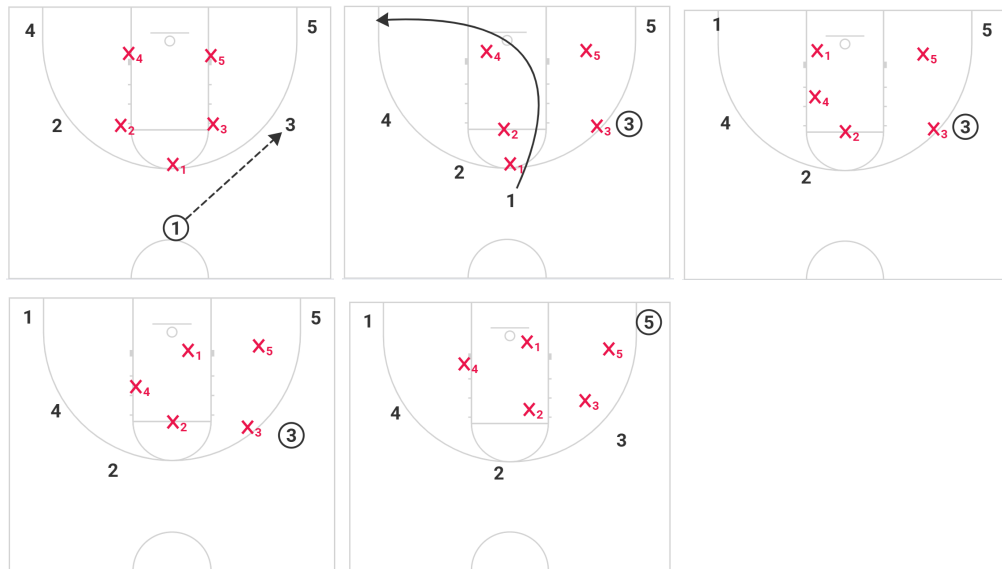
- i) We attack the high side of the defender, essentially giving up the baseline or making it look like we are giving up the baseline.
- ii) Attack both hands high on the closeout to contest any potential shots.
- iii) RIGHT foot and right hip is higher than the ball handler, almost halving the ball handler on the right side, forcing them into help baseline and forcing a skip pass or baseline pass to the opposite corner.
- iv) RIGHT hand is up to contest shots and reversal of the ball.
- v) LEFT hand is low to prevent any post entry and coverage on driving.
- vi) We need to shuffle and chest them up as they drive baseline and cut them off.

d) Left Baseline Closeouts

- i) We attack the high side of the defender, essentially giving up the baseline or making it look like we are giving up the baseline.
- ii) Attack both hands high on the closeout to contest any potential shots.
- iii) LEFT foot and LEFT hip is higher than the ball handler, almost halving the ball handler on the right side, forcing them into help baseline and forcing a skip pass or baseline pass to the opposite corner.
- iv) LEFT hand is up to contest shots and reversal of the ball.
- v) RIGHT hand is low to prevent any post entry and coverage on driving.
- vi) We need to shuffle and chest them up as they drive baseline and cut them off.

2) Rotation

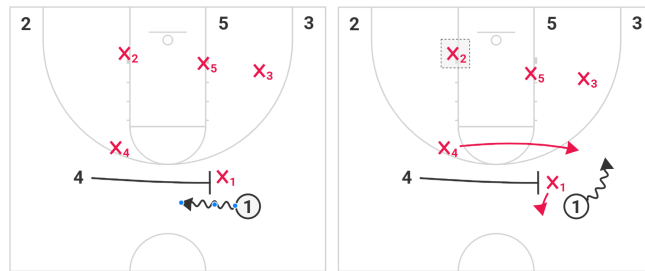
- a) Base setup defense, in pack line formation, until a strong side has been established. 90% of the teams run 5 out. If no side is established we want to force weak hand side(right dominant, force left baseline, left dominant, right baseline).
- b) O1 passes to the O3 wing, X3 will close out the high side to force the right baseline. X5 moves into the help position. We want to identify prior to the game if they have 3 pt shooters. X5 will stunt the right baseline drive and recover on kick to corner. X1 will establish a help side. X4 is the middle help side(never under the bucket, shade strong side or weak side. and X2 is nail help. Taking away any thoughts of the ball handler to attack the middle paint. NO MIDDLE! We are forcing them to skip pass.



3) Ball Screens(Wing Screens)

a) Wing/Slot Screens

- i) We will be establishing ICE/DOWN on wing screens. Meaning we will “freeze” or ice the ball handler from driving the strong side of the screen and forcing them back to the baseline.
- ii) O4(drag) sets screen for O1. When O4 moves into position, X1, will immediately take their right foot and establish inside position on O1 and over O4, forcing O1 to revert back to right side baseline where X4 establishes pressure to keep O1 out of the paint using “chestin” until they hit the wing and X1 recovers for defense. If O1 uses the screen and continues to the left side, X1 still has coverage and forcing now to the left side baseline, thus keeping O1 out of the paint.

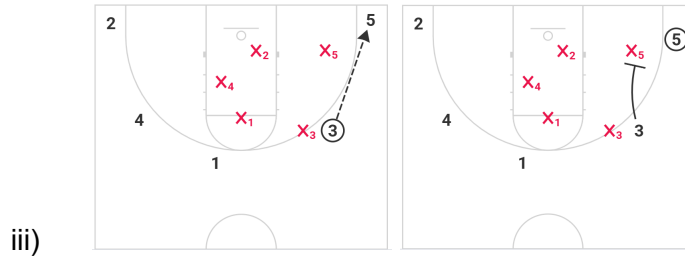


iii)

X3 is in position to STUNT if O1 gains control. X5 is in HELP/GOALIE position. X2 is also in HELP weak side reading the skip pass. X4 has recovered and is in NAIL coverage.

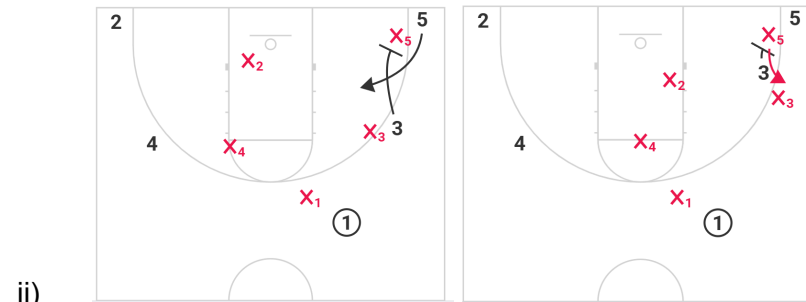
b) Down Screens

- i) Same concepts apply when handling down screens. We want to maintain pressure to force baseline. O3 passes to O5 in the corner, and then immediately follows with a down screen.
- ii) X5 will establish the angle to push O5 back to the baseline by positioning his right foot above the screener and O5 player. X3, because it's a down screen, will hedge the screen to force O5 to baseline and possibly double team. X2 is forcing a skip pass and is in HELP/GOALIE position. X4 is in position to deflect the cross court skip pass to O2 and O4 as well as help on O3 cutting or slipping the screen. X1 is in position to take away drill penetration by O5 should he get the angle on the screen. We focus on pushing baseline and forcing skip passing and then closeout and start the process again.



c) None Ball strong side down screens

- i) We will not allow any screened offensive player to establish cutting to the basket or middle. On a down screen, X5 will establish the angle as to push O5 back to the baseline or AROUND the screen away from the middle.



- iii) X3 will then HEDGE or step out to the top side to deny X5 the ability to curl cut to the paint and force them to either back cut or curl away from the middle. X2 is in position to take away the back cut and also provide coverage for the curl cut if successful. X4 is in nail position to help with O1 driving and taking away middle. We are forcing baseline and forcing them to skip pass.
- iv) If O2 and O4 interchange then it is up to the defenders X2 and X4 want to switch, depending on the matchup and also coverage. We don't want to leave our post where X2 leaves defensive coverage on back door as X4 is moving down. We must communicate and talk.

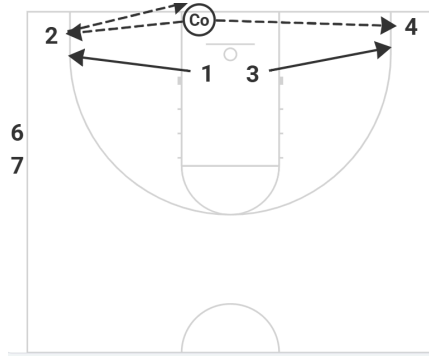
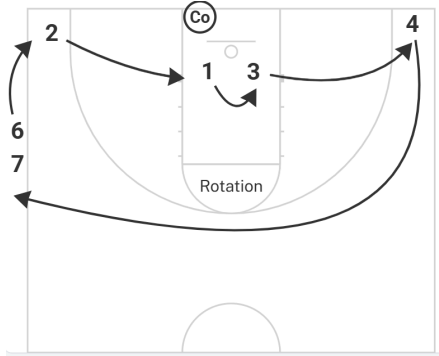
4) Keys defensive standards to establish

- This defense will be aggressive in nature.
- Non stop effort, never stop, continue moving and attacking
- Do not allow penetration off ball screens
- Create 50/50 balls with active hands and digging.

Repping Out

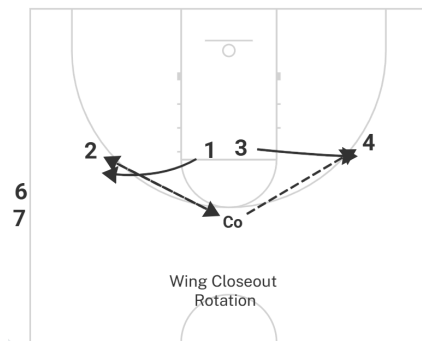
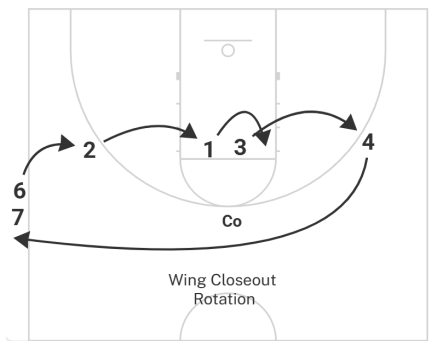
BASELINE

Left/Right Baseline Closeout



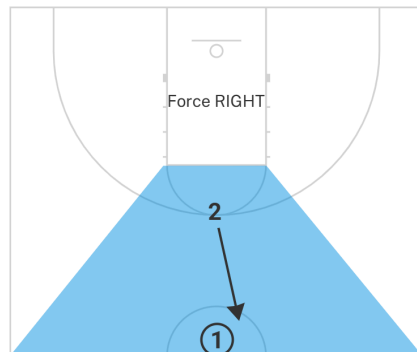
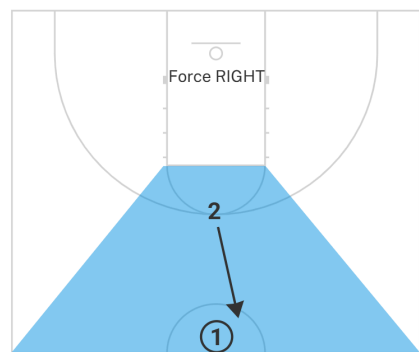
PERIMETER

LEFT/RIGHT Wing/Slot Closeout



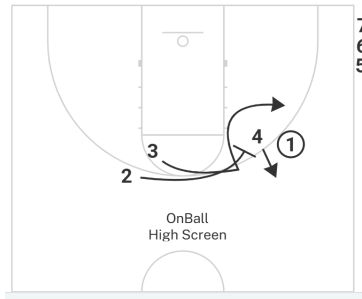
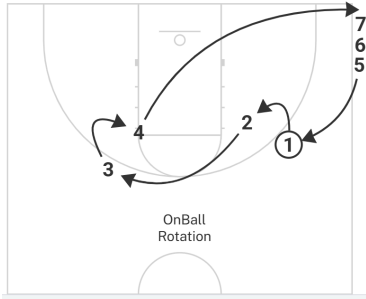
MIDDLE

Force Left/Force Right

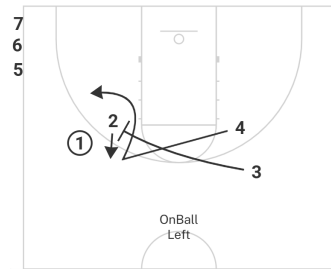
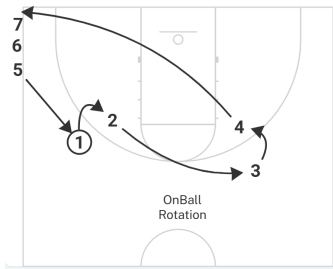


Screening

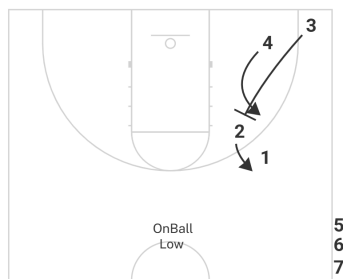
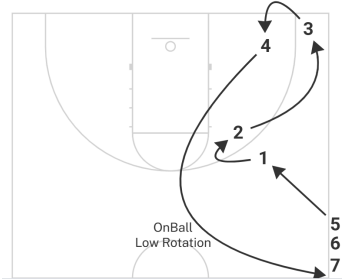
Onball High Side Right



Onball High Side Left



Onball Low side Right



Onball Low side Left

