

“Blue” is our base man-2-man defense.

Four areas that we need to concentrate on:

- 1) On Ball**
- 2) Off Ball**
- 3) Situations**
- 4) Recovery**



******If we are strong in these areas we will feel confident in defending most actions***

******Communication cannot be stressed enough in terms of how much it can cover up mistakes and bailing our team out of tough spots.***

******Our goal every possession is to make them score against a 5v5 situation. This will drastically increase our chances of success.***

On Ball

Stances:

- Shoulder width apart, active feet and active hands!
- Know where you are forcing your man/proper close outs!
- Proper balance must be maintained, bad balance leads to fouls.

Closeouts (Verbal---“Ball”):

- Sprint halfway to man, the short choppy steps with hands up, our weight must be going back which allow us to move defensively
- We always anticipate drive and then react to a shot
- #1 problem is closing out, and then our hands become inactive, which makes our feet inactive!

Ball Pressure (Verbal---“Ball”):

- Our pressure extends to 25’ - We feel this is an attack area
- Extreme pressure on ball- you know your teammates are in help!
- Beyond 25’ contain – no direct drive lines!

Shot Contest (Verbal – “Shot”):

- We will contest each shot with a left hand (assuming shooter is right handed)
- A left hand shot contest leads to a decrease in shot % anywhere from 10-15%!

Jump to the ball (no face cuts):

- By jumping to the ball on every pass you will avoid face cuts
- You should jump to a “1/2” gap
- We never want a person to cut across our face
- This will provide the best help position

Containment (Verbal---“Ball”):

- Know your opponent – ask yourself “driver, shooter, post”
- Close out a driver short, close out a shooter long, get post off block
- We influence to the corner, not the baseline, if we do get beat we know there is help!

**They cannot get to the paint!!!
You can always get lower and wider!!!**

OFF BALL



“1/2 Gap”:

- Splitting the difference between the ball and your man
- You may know this principal as “ up the line, on the line”
- We want your chest parallel to the passing line

One pass away (Verbal---“Help”):

- Anytime you are 1 pass away you need to be in help
- Our help stance is ½ way between the ball and your man (our ½ gap)
- We want your chest parallel to the ball (passing) line
- We want the man with the ball seeing there is no driving lines

Help Side defense (Verbal ---“Help”):

- Our help position is straddling the midline of the court
- We want to create a triangle, being low enough to see the ball and the man
- Point at your man and the ball

Hoop Call (Verbal ---“Hoop”):

- If your man is 3 passes away you are calling “Hoop”
- Most situations, your butt is on the baseline being in a low triangle seeing the ball and your man

Take way all Flash cuts (cutting to the ball):

- Anytime a cutter is “flashing”, usually cutting across the lane to a scoring spot, we do not want the opponent to cut across your face (similar to face cut)
- We want the cutter to be forced high and away from the goal
- Our bottom foot must stay below the cutter, turn ¼ way towards cutter and hit him with an arm bar at the hip in order to force him high/away from the goal

Low Post Defense:

- Full Front – this will help with fouling and keep an aggressive mentality
- If post is beyond a posting position – play straight up – get low and wide and play drive!
- Never let the post establish position in paint – they must have 2 feet outside lane!
- You must get lower and wider if the ball is fed to a low post player – avoid spin moves
- On drive baseline – help comes from opposite wing; but “be a player” – we attack baseline drives
- When ball is centered you are ¾ top side

High Post Defense:

- We must deny any kind of flash cut to the high post... most of the time high post defense is defending a flash cut
- Containment from high post is critical – must defend from here – must be in a low containment stance

Situations



Ball Screens:

- There are three things that you want to accomplish on the hedging of a ball screen
 - o Pick up his dribble
 - o Turn or arc his dribble away from the basket
 - o Commit to a charge
- The player must be forced to use the ball screen
- Different ways to defend the ball screens - “Hedge”, “Squeeze”, “Trap”, “Switch”, “Ice”
- You must arrive with ballscreen!

Handcuts:

- Treat them the same as ball screens- more than likely you’ll know when they are coming through scouting reports, you won’t see too many handcuts except on sets...
- Most of the time we will try and hedge or chase and recover

Down Screens (Verbal ---“Player’s Name- Screen”):

- We go “3rd man” on all down screens (unless there is an exception in the scouting report)

In-screens (Verbal---“Player’s Name -Screen”):

- 90% of the time these are in set plays for shooters- we will teach you to trail the shooter

Back Screens (Verbal---“Players Name- Screen”):

- The cutter’s defender must jump above the screen and meet on the other side of the screen
- Screener’s defender must bump/check the cutter so he doesn’t cut through clean, then recover quickly with a good close out

Stagger Screens (Verbal ---“Player’s name-screen”):

- The bottom screener’s defender needs to drop to the lane and becomes a “1 man zone”. His responsibilities are to catch anyone slipping to the basket
- The defender guarding the top screen hedges much like a ball screen. His responsibility is to make the cutter catch the ball as high and as far away from the goal as possible.

UCLA Screens (Verbal ---“Player’s name-screen”):

- This should be easily defended because of the emphasis of jumping to the ball
- The cutter’s defender must jump to the ball, then get past or below the screen
- The screener’s defender must open and check any cutter that comes clean on either side of screen

Block to Block Screens (Verbal---“Player’s name screen”):

- When you are defending ball side post and he turns to set a post to post screen in the paint, communicate the screen then get your butt to the baseline for help reasons
- Once help is not needed, quickly recover to your man
- If you are defending the man receiving the screen, treat it like a flash cut. You’re forcing him as high as possible. ¼ turn, bottom foot below
- If cutter goes low, you turn and box the man out and ride him to the ball side post, but you should be in the front

Recovery

- We must make it a 5v5 game. Our chances of success are drastically increased if we make it 5v5!
- Communication is an absolute must. You need to understand there will be breakdowns for many different reasons throughout the game. Our ability to minimize breakdowns and then react to those breakdowns will add to our chances to succeed. Communication will bail us out of many tough situations!
- Matchups will not kill us, open shots will!

Transition Defense:

- 1) The ball must choose a side – we must dictate where the ball is going – this allows us to have help - if ball is centered there is no help!
- 2) You must get to level of ball – there is no “buddy” running – get back and defend their team not your man. The first three steps in transition are the most important!
- 3) Get to help positions
- 4) Progression – control ball, ballside block, ballside wing, get to help
- 5) You must be aware of transition threes and best player...where is he!
- 6) Make them make 2 more passes and team should be set!!!

A ball getting thrown out of trapping situation:

- You should be recovering to the furthest player on the court. A good rule of thumb is to turn to center of floor and sprint to front of rim and locate open man
- Most of our trapping will be done with plenty of help available!

Baseline drive from opposite wing:

- If you are in help position, and there is a penetrating baseline drive from the opposite wing you must provide help. Our mentality is to attack, as a team, anyone who drives baseline. We would rather “over commit” vs. “under commit”
- The next “slide” needs to be from the next guard sliding to take away baseline pass

Providing needed help in post:

- There will be many times that we need to provide extra help in post (block to block screen, transition, etc...). Again, the open man should be furthest from the ball, so turn and sprint to front of rim and adjust from there.

Long rebounds:

- Long rebounds seem to lead to scramble type situations...don't be too concerned with who you are supposed to guard, be concerned about guarding their team!

There will be many situations that are considered recovery situations and they may stem from poor close outs, getting hit on screens, crowd noise, etc... How we handle those situations will have a direct correlation to our success. Our goal is to make every possession a 5v5 situation, but how often we that happen? We must be good in these situations!!!

