

PACKLINE DEFENSE

Basic premise: Force contested jump shots

-Shrink the court to make it look like there is no where to go

6 Things that need to happen every day in practice

1. Transition Defense
2. Keep the ball out of the post
3. Ball pressure to disrupt the offense
4. Early help on dribble penetration
5. Awareness of cutters
6. Contest all shots

In the pack line, you are not allowed to go above the 3 point line unless you are guarding the ball (Toes on the arc)

-Get in help to keep the ball out of the post and out of the lane

How you play in the post is directly related to your pressure on the perimeter

-3/4 or full behind the post; do we automatic "Gold"?

-"Wall Up" when the dribble stops in the post

-No entries into the post from the top

Questions to ask:

-Will this help us beat the best teams on our schedule?

-Will this help us win on the road?

-Do you improve as the season progresses?

-Will this help us win in tourney play?

Key Concepts of Pack Line

-No denial of wing; stay below the ball and take away gaps one pass away

-Recover to the gap, then closeout on your girl

-Keep the ball in front of you; no straight line drives

-Stay below the ball defensively

-When help comes, don't get split and force the longest pass while taking away the obvious pass

-Closeout with high hands, and work on closeouts every day

-If you get beat off the dribble on the perimeter, stay on her hip to limit the direction that she can turn and also help the helper know what angle they should take

Stop hand checks by putting tennis balls in their hands

-Give the offense a point if a tennis ball hits the floor

DRILL WORK

Technique Drills

- Duke Slides
- Mass Closeouts
- Figure 8 Closeouts
- Defensive Gauntlet

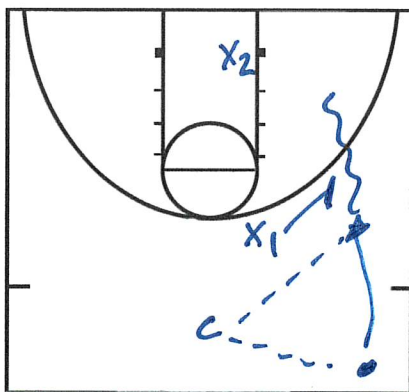
Consistent 1 on 1 closeout drills

- 1 on 1 closeout on the wing/ top of key
- 1 on 1 weak side closeout
- 1 on 4 closeouts

Tulsa Breakdown drills; emphasize defensive angles

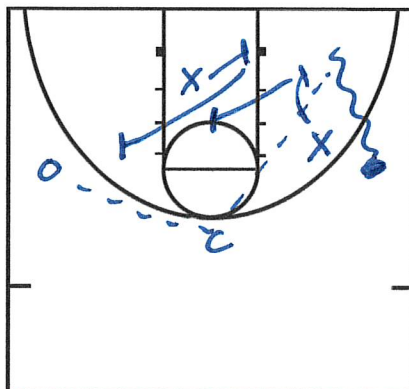
"Ohio" Series

1 on 2



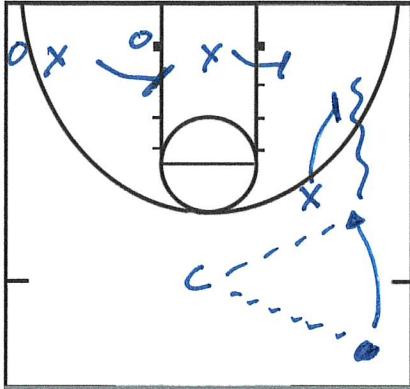
Go 1 on 1 with help
X2 doesn't move from block unless she has to
Work both sides

2 on 2



Coach can be used as reversal point on top
Opposite wing stays behind the 3 point line, but can crack back low or high

3 on 3



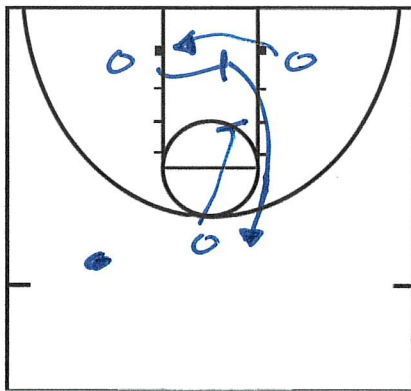
Start at different spots, take away obvious pass

4 on 4 Shell vs. opponent's best actions

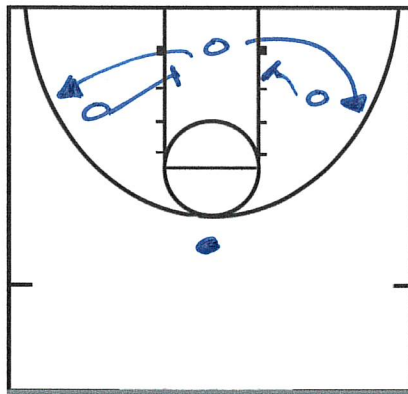
-Go 5:00 continuously defensively vs. 2 other groups

-Keep track of scores to make each possession competitive

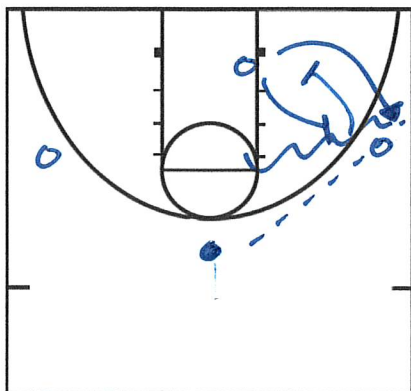
AMERICA



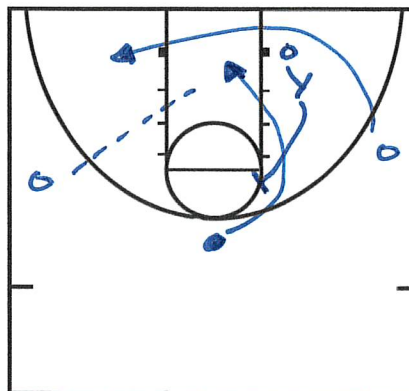
CROSS



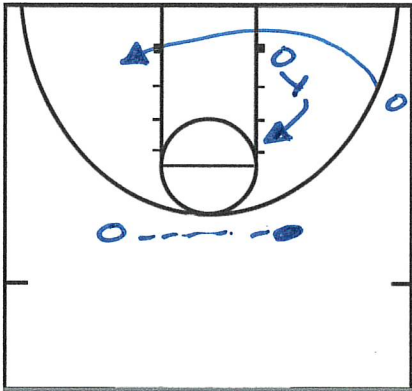
PIN/TAP



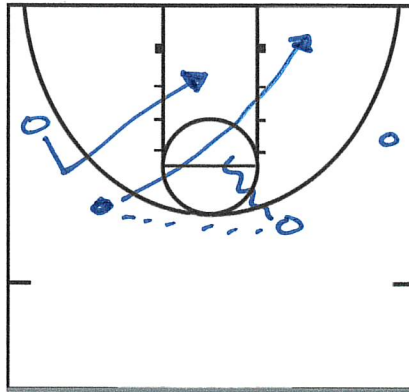
ELEVATION



FLEX



DRIBBLE DRIVE



PACKLINE PART II

Packline defense is not soft; it is aggressive on the ball with smart positioning off the ball

You may win the game, but you are going to have to beat us

Are they going to beat us with ball rotation and screens or are they going to beat us with penetration?

Need kids who play to win instead of kids who play to look good

Run your offensive sets against the JV/Scout teams so you don't lose confidence against your pack line

Don't allow teams to get in the bonus

DEFENDING THE PERIMETER

"Guard your Yard"

Unless you are guarding the ball, both feet should be inside the three point line

Chop your feet with high hands

- No straight line drives

- Don't reach

Defend the gaps! --> Make a flat triangle between the ball and your man

- Move on the air time of the pass, and sprint to the gap

- We must allow four gaps a game or less

- When the ball goes dead, then we can full deny

Look to go under most screens to contain the gaps

Fight for vision off the ball

- Don't get screened!

Stunt at the ball but don't over help

No face cuts!

DEFENDING THE POST

Put your chin on the shoulder, with a 3/4 bottom side in post

"Wall up" when caught behind the post

- "Show your hands to the official and foul the hell out of her with your hips."

- Post players have to constantly fight for space to keep the ball out of the post

Five guys gang rebounding

TRANSITION DEFENSE

Know where the ball is during transition; be on assignment and match-up quickly in transition

Flood toward the ball in transition

Regenerative Learning: When upperclassmen can teach the underclassmen

RANDOM THOUGHTS ON COACHING

TEAM BUILDING PROCESS

1. Training and Drilling: A lot of kids want to skip this part
2. Competition: Vital; gives a chance to look at success and failures
3. Evaluation: Coaches tell players what they have done well and what they need to improve on.

START OF PRACTICE

1. Meeting
2. Stretch
3. Go hard defensively

3 CATEGORIES OF SOLDIERS

1. Willing and able: They will do any job; need occasional praise
2. Unwilling and able: Lazy; need to get rid of
3. Willing and unable: Most high school players; need a lot of praise

Championship teams have 100% total buy-in to:

1. The Coach
2. The System
3. The Mission

7 WAYS TO SCORE

1. Transition
2. Offensive Rebounding
3. Free Throws
4. Penetration
5. Ball Screens
6. Half court actions
7. BLOB'S and SLOB'S

COMMON ACTIONS TO DEFEND

Basket cuts
Screen away
Flare
UCLA/Utah
Side Pick and Roll
Horns
Weave

Lombardi Formula: Grind away until you get the execution you want

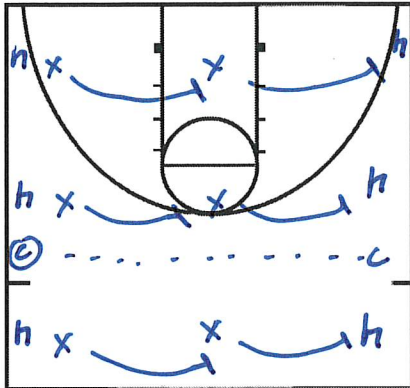
"It's not the help that gets you beat, it's the recovery."

-Chuck Daly

Offense
"We must out last the defense on every possession."
-Dick Bennett

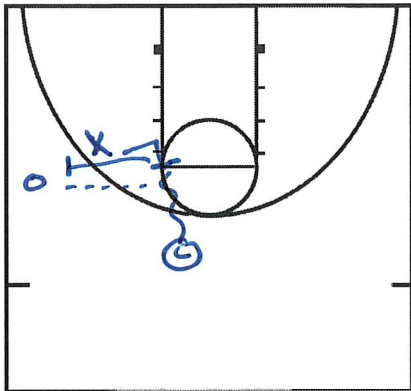
DRILLS FOR THE PACK LINE

CHAIR CLOSEOUTS



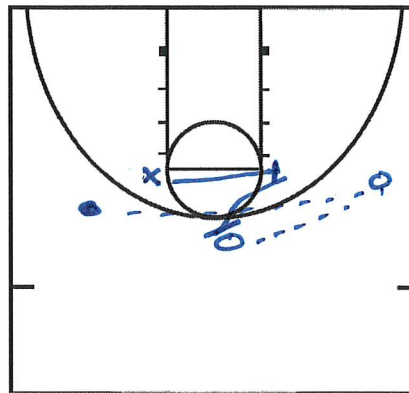
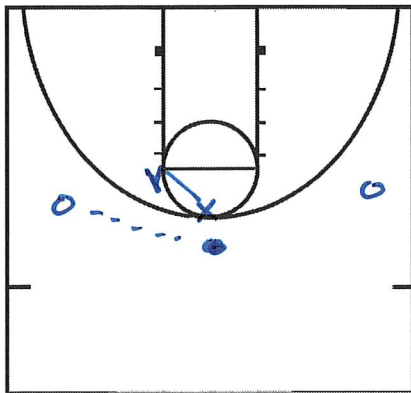
Run for 25-30 seconds

2 ON 1 HELP AND RECOVER



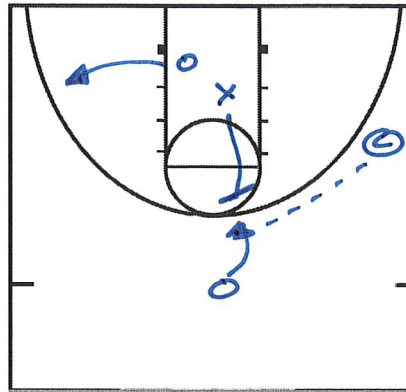
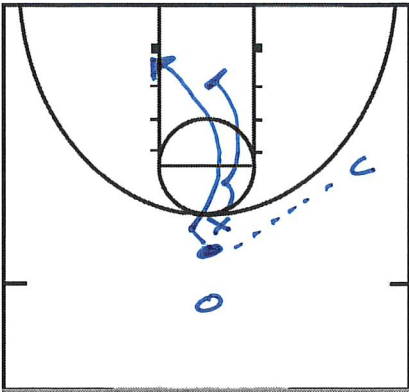
Help and recover back to the player

3 ON 1 GAP CLOSEOUTS



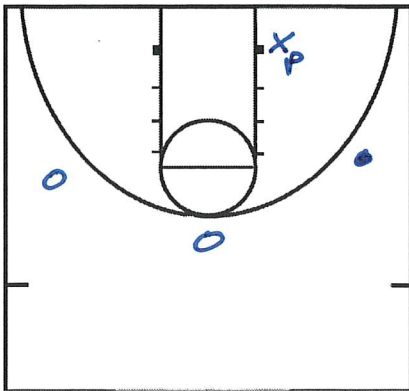
On the 3rd pass,
go 1 on 1

2 ON 1 BLACKHAWK DRILL



Defender has to lead the cutter through and then recover

4 ON 1 POST DEFENSE



Ball is swung from three perimeter spots and they try to enter the ball into the post

4 ON 3 OPEN POST: When the ball goes into the post, we "Gold" hard, then recover

4 ON 3 WITH A COACH: Coach ends up with the shot so we can work on rebounding

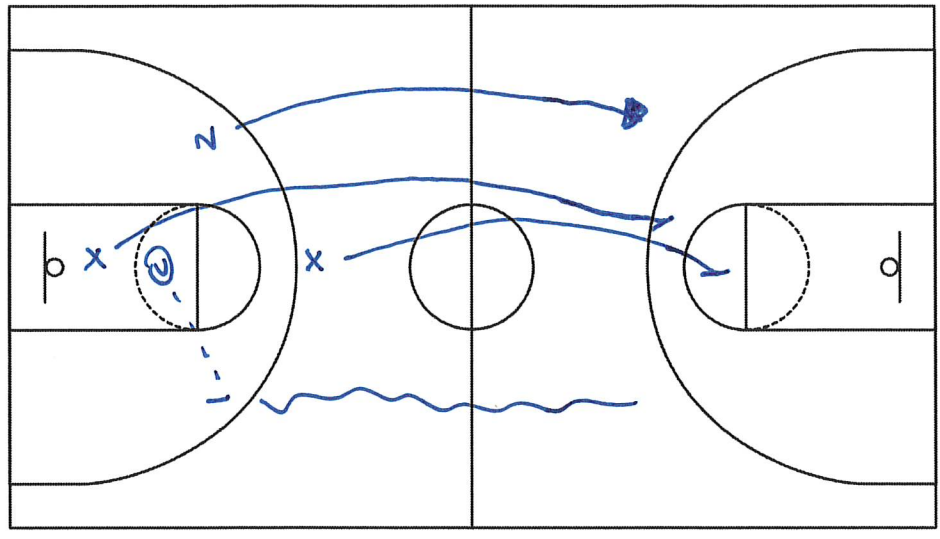
3 ON 3 CLOSEOUTS: Call the name of 1 of the 3 defenders to guard whomever gets the ball. The other two defenders have to match up to the other two defenders.

-Emphasize chop closeouts and high hands!

4 ON 4 SHELL DRILL: No dribble allowed

4 ON 4 SHELL DRILL W/ A POST: Start with a post entry, then "Gold" hard and force the kick out

GET BACK DRILL



Go back 2 on 2
-Move up to 3 on 2/ 3 on 3, etc . . .

"Gold": Double w/ a guard
"Silver": Double big to big