

# SECTION III



**SKYHAWKS**  
SKITT CATHOLIC

## **DEFENSIVE SKILL DEVELOPMENT AND TEAM DEFENSIVE PHILOSOPHY**

## Chapter 12

### Individual Defensive Development and Rebounding

#### PART I: AN OVERVIEW

##### Initial Thoughts on Individual Defensive Development and Rebounding

- Great defense comes from great commitment and trust
  - Trust the talk, trust the coverage
- Good defense starts with good offense
  - Smart shot selection, spacing and the limiting of turnovers
- Defensive runs are just as important as offensive runs
- Constant emphasis on intensity and technique
  - Perfect technique, perfect possessions
  - Move on the pass on defense, not on the catch
  - Play the shot but think drive
  - Contest every shot; nothing is easy!
  - Complete every possession with rebounding
- Be a great closeout team; don't let the ball get into the paint → the basket is the president and you are the secret service
  - Eliminate penetration to limit offensive boards
  - Consequences for coming into the paint
    1. Charge
    2. Steal
    3. Deflection
    4. Blocked shot
    5. Hard foul
- Don't allow pattern teams to get comfortable
  - Make shooters drive and drivers shoot
  - Contest 60% of all shots in a game
  - Make the ball go around or above you , not through you
  - 40+ deflections a game= 90% winning percentage
- 90% of high school rebounding occurs below eight feet off the ground, so technique is important
  - Rebounding is statistically more important than free throw shooting
  - Everyone has to rebound; if a guard gets a rebound, just go!
- Defensive runs are just as important as offensive runs
- Avoid foul trouble; sometimes you have to think outside of the box
  - Guards defending posts/ posts defending guards

##### Four Keys to Great Defense

1. Stop the basketball in defensive transition
  - The higher the better
2. Pressure the ball
3. Quick ball side help
4. Quick weak side help

**Limiting easy baskets**

1. Transition
2. Second shots
3. Scouting pet plays
4. Limit free throws

**Stages of Defense**

1. Stance (Physical and mental)
2. Vision
3. Get into position by talking → communication is the hall mark of a great team
4. Anticipation off the ball
5. Rotation
6. Technique → Constantly work on it without thinking

**Nine Defensive Rules**

1. Transition and Communication
  - Stop the ball
  - Sprint back to the basket
  - Make your opponent go against our set defense
2. Positioning
  - Ball → You → Basket on ball
  - On the line, up the line off the ball
3. Ball Pressure
  - Level you pick up will depend on your quickness and depth
  - Force baseline/sideline and deny reversals
    - You allow penetration when you get out of your stance
4. Jump to the ball
  - The most dangerous person on the floor is the man that just passed the basketball
5. Quick help and early recovery
  - You can never help too early
  - Quick help to the person getting screened and recover back to the screener
6. Dead front the post
  - Meet the post player at the free throw line
  - Have all players work on post defense
7. Stop the reversal
  - Stop the opponent from using the entire floor
  - Helps the post players
8. Cover down (Double the ball)
  - Be lower than the ball
  - Double down on the ball by the guards
  - Be in a good position to take a charge
9. Block out and outlet
  - Complete the possessions
  - Guards have to help with rebounding
    - 5 people have to rebound
  - Apply pressure with your offensive break

**Basics of Skutt Catholic Defense**

1. Good stances → hands out, force the pass around you, but attack the ball!
2. Close out on the top side shoulder at a 45 degree angle unless we have a scouting report change
3. Do not give up the middle drive
4. Do not give up the back door cut
5. Options when the ball goes to the corner:
  - If we are in "Black", we "kill" the ball in the corner at a 90 degree angle
  - If we are in a zone, we play it straight up
6. Box out and finish every possession(58% of all rebounds are ours!)

**Non-negotiables on Defense**

1. Sprint back and get set
2. Protect the paint
3. Closeout hard and contest every shot
4. Fouling negates hustle
5. All 5 Box out

**Know your "No's"**

1. No middle drive
2. No paint
3. No Catch and shoots for a catch and shoot player
4. No drive for drivers
5. No second shots

**3 Absolutes on Defense**

1. No lay-ups
2. No 2<sup>nd</sup> shots
3. No fouls → "Fouling negates hustle!"

**Daily Defense (Pick 2 or 3 to work on every day)**

1. Closeouts/ 1 on 1
2. Transition
3. Pick and Roll
4. Post Defense (Gold)
5. Guard Catch and Shoot players
6. Rebounding
7. Disadvantage
8. Press

**Rebounding Technique**

1. Challenge every shot
2. Create contact with your offensive player
3. Drive the offensive player out with your lower body
4. Go and get the basketball!
5. Make a great outlet pass

**Building Intensity and Technique**

1. Less possessions means a smaller quantity of intense possessions
2. One perfect possession makes the team concentrate
  - Punish if they violate (frozen push up, wall sits)
  - Stress quality over quantity in possessions
3. Buddy Teaching system
  - Older players with younger players
  - Coaching your teammates on the floor during games and practices
4. 5 on 5 work
  - Defense grabs their jersey so they can't deflect the ball

**Break down of development of shooting skills by Year/Age Group****Elementary (5<sup>th</sup> Grade and Lower)**

1. Introduce the concepts of a good on-ball and off-ball stance
2. Introduce the concept of "attacking the basketball" and making the offense uncomfortable

**6<sup>th</sup> Grade**

1. Continue to develop the concepts of a good on-ball and off-ball stance and attacking the basketball
2. Introduce the concept of boxing out rebounders and the importance of gaining offensive rebounds

**7<sup>th</sup> Grade**

1. Continue to develop the concepts of a good on-ball and off-ball stance and attacking the basketball
2. Continue to develop the concept of rebounding (on and off the ball) and the importance of gaining offensive rebounds

**8<sup>th</sup> Grade**

1. Master the concepts of a good on-ball and off-ball stance and attacking the ball
2. Master the concept of rebounding (on and off the ball) and the importance of gaining offensive rebounds

**Freshman**

1. All skills should be mastered but continually emphasized and practiced

**Junior Varsity**

1. All skills should be mastered but continually emphasized and practiced

**Varsity**

1. All skills should be mastered but continually emphasized and practiced

## PART II: INDIVIDUAL DEFENSIVE DEVELOPMENT

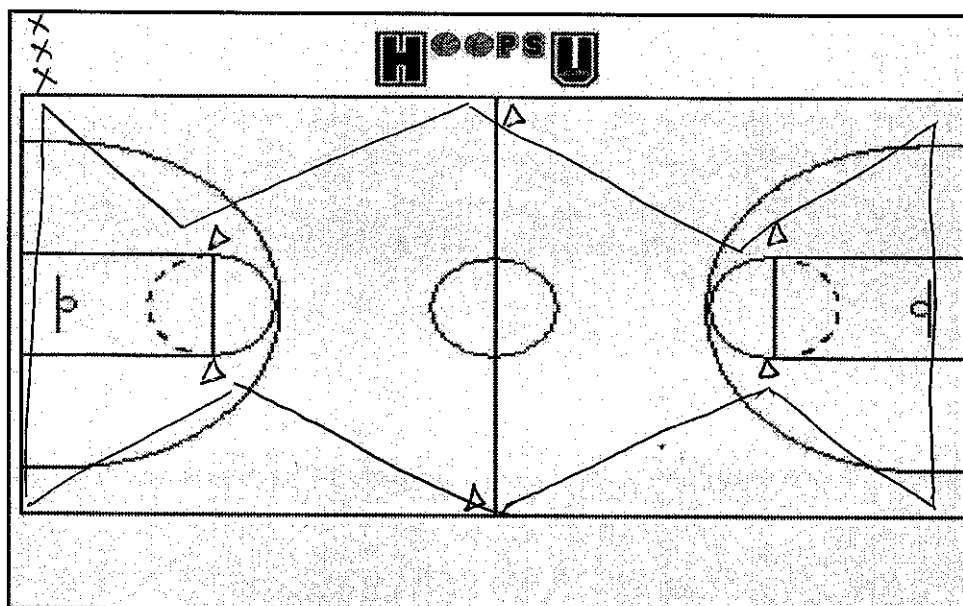
### Mass Closeouts

\*Have players partner up

Four stages (designated by number on diagram):

1. Closeout on designated shoulder
  2. Cut off dribble penetration
  3. Challenge shot, box out, rebound/ smother and deny
    4. Take a charge
      - Tuck your chin
      - Fall on your backside
- Don't use your hands/wrists to brace your fall

### Duke Slides



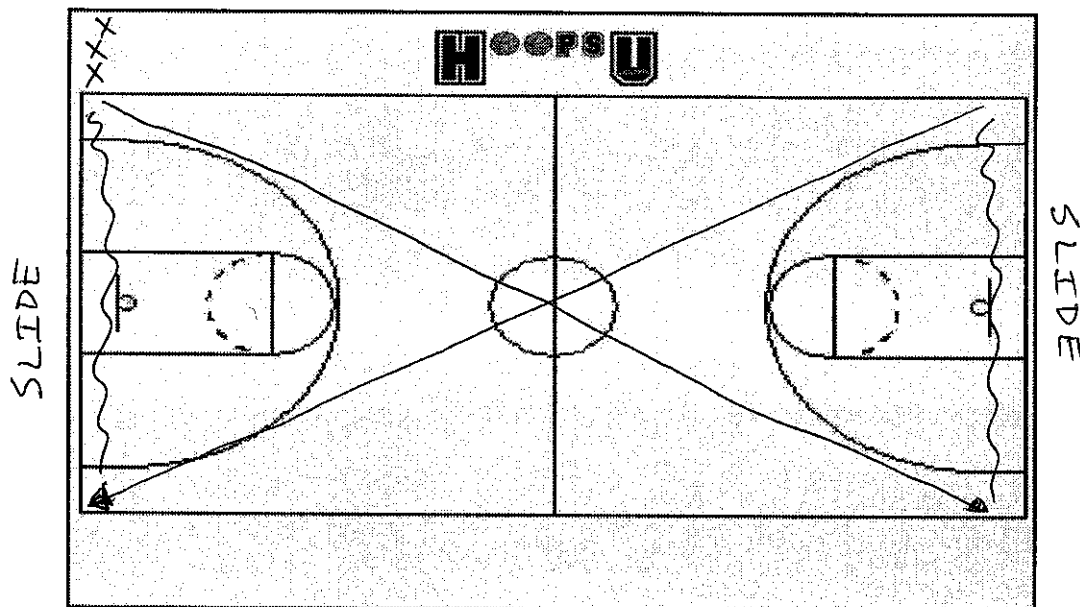
- \*Players push-slide to each corner marked
- \*At every change of direction, players slap the floor
  - \*Along the baselines, players sprint
  - \*Emphasize technique

### Mass Defense

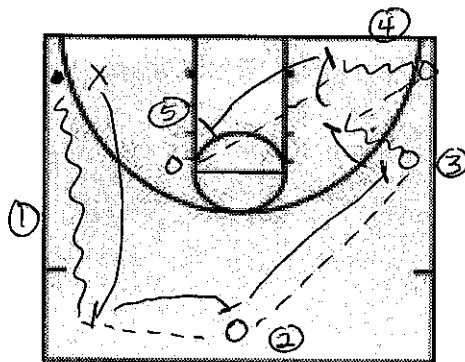
- \*Players get into a stance and follow directions of coach, with constant communication
  - \*Point right or left → push slide/ point backwards or forwards → push slide
    - \*Pick up ball → "Dead!"
    - \* "Shot/ Box Out/ Rebound/ Outlet"

## X Slides

\*Sprint in the middle, slide on the baselines. Do for "X" time.



## SkyHawk Individual Defense Gauntlet Drill



Station 1: Keep the ball in the tunnel

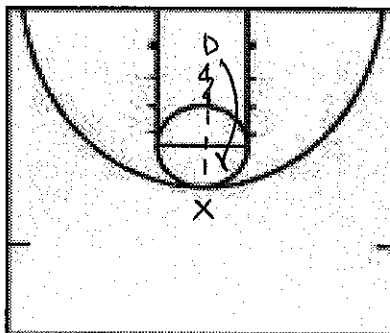
Station 2: DEAD!

Station 3: Closeout; keep the ball out of the middle

Station 4: Take a charge!

Station 5: Box out and Rebound

## 1 on 1 Closeout



\*Defense starts with the ball under the basket and then rolls it out to the offensive player

\*Players go one on one; offense only gets two or three dribbles

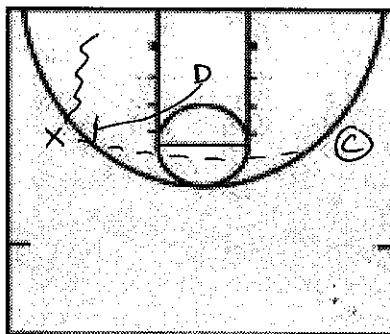
\*Places offense can/should start:

-Wing (close out on top side shoulder)

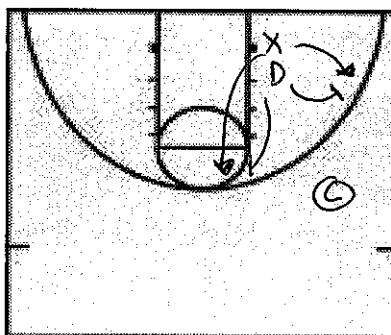
-Top of the key (push to weak hand)

-Corner (Kill it)

-Weak side closeout (close out on topside shoulder) → illustrated below



## 1 on 1 Denial



\*Deny the wing but don't get back-doored

\*On the catch, go 1 on 1



## Full Court Zig-Zag

\*Throw the ball in at one end of the court; defense has to get three turns before half court

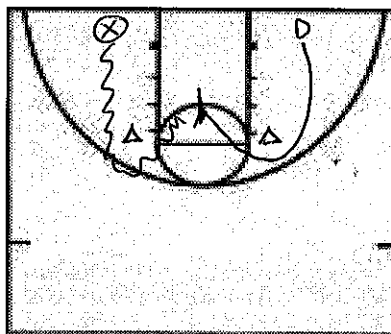
## 1 on 1 Full Court

- \*Two players go one on one up the court on either side.
- \*When the ball crosses  $\frac{1}{2}$  court, the offense kicks the ball to a coach at the top of the key.
- \*The offense works to get the ball back, then offense and defense go one on one to the basket.
- \*Offense gets three dribbles.

## 1 on 3 Closeout Drill

- \*Start with three offensive players and one defensive player.
- \*Coach throws the ball out to one of the offensive players.
- \*Defense closes out and defends.
- \*Offense is limited to three dribbles.
- \*If the offense scores, the defense stays on.
- \*If the defense gets a stop, then the offensive player goes to defense.
- \*Fouls count as a basket.

## 1 on 1 Cone Curl Drill

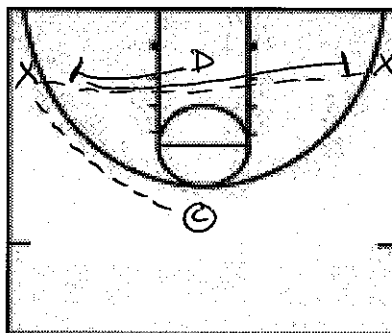


- \*Offensive player dribbles at cone and curls around.
- \*Defensive player sprints around cone and tries to beat offense to the spot.
- \*Go 1 on 1 at that point.

## 4 Defense vs. 5 Offense

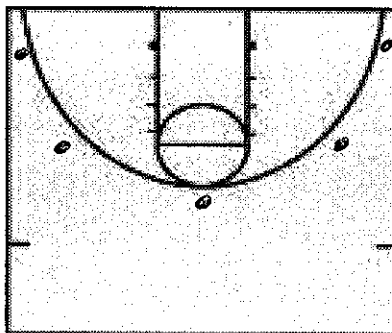
- \*Have an open guard or post to work on rotations off dribble penetration

## 2 on 1 Baseline Closeout



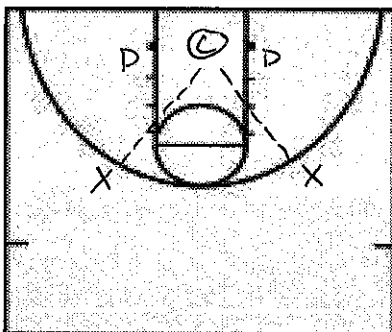
- \*Coach throws the ball to one of the corners; X closes out.
- \*O skips the ball to the weakside, and X closes out as O tries to score.

## 5 Spot 1 on 1



- \*Offense has its dribbles limited, but can get offensive rebounds.
- \*Defense foul= win for offense.
- \*Best of 5 wins.

## 2 on 2 Closeouts



- \*Work on closing out on the ball
- \*The offense can take one dribble either direction to work on help and recover
- \*Good drill to work on angles and closing out, pushing people into your help

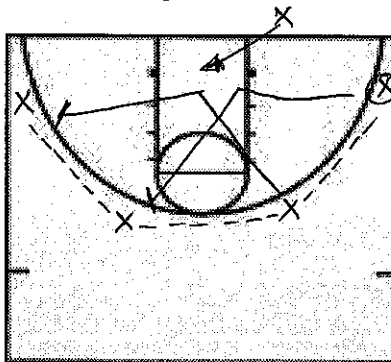
## 2 on 2 Full Court

\*Same concept as one on one full court, except that there is no middle penetration.

\*Each offensive player is limited to three dribbles before and after  $\frac{1}{2}$  court.

\*Once the ball crosses  $\frac{1}{2}$  court, the offensive player will then kick the ball to a coach, just like one on one

## 2 on 3 Creighton Closeouts

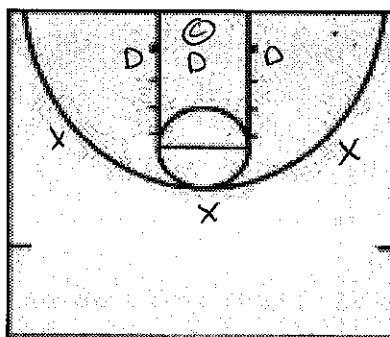


\*Rotate the ball around the perimeter in the designated spots.

\*When the ball reaches the opposite corner, the ball goes live, with the help side defender stepping in after the ball reaches the opposite corner.

\*Defense needs to kill the ball in the corner. Initiate the drill from both sides.

## 3 on 3 Closeouts



\*Defense starts with the ball under the basket and then rolls it out to the offensive player

\*Offense only gets two or three dribbles

\*Things defense can/should work on:

-Get through a screen (Designate certain screen to start drill)

-Switching screens

-Pick and roll

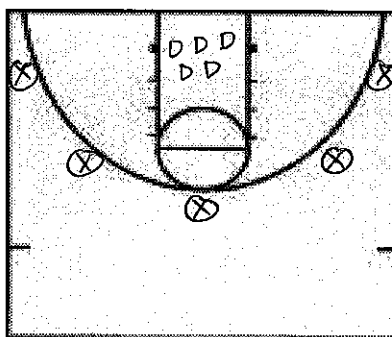
-Jamming cutters

## Team Closeouts

- \*1 on 1 Closeouts to "X" → Make it, take it (team that gets to that number first wins)
- \*2 on 2 Closeouts to "X" → Make it, take it (team that gets to that number first wins)
- \*3 on 3 Closeouts to "X" → Make it, take it (team that gets to that number first wins)
- \*4 on 4 Closeouts to "X" → Make it, take it (team that gets to that number first wins)

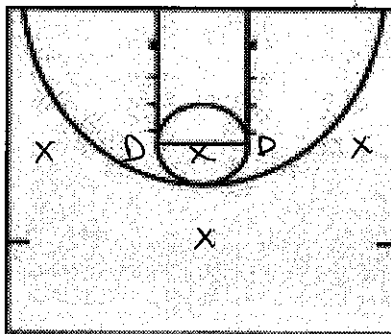
## 5 on 5 Closeouts

- \*5 people in the lane, 5 people out on the perimeter, each of which has a ball
- \*One of the players slaps their ball, and the five players need to communicate who they have and close out on one of the players



## Zone Drills

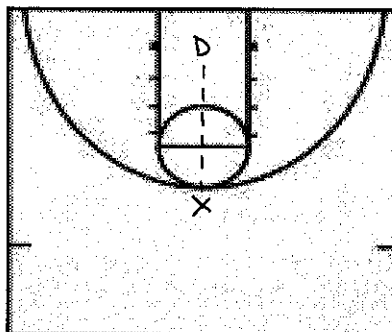
- \*4 on 2 Deny the High Post: Have to protect the High Post
- One person on the ball, one person protecting the High Post



- \*3 on 3 Skip pass
- Slide hard and protect short corner on reversals

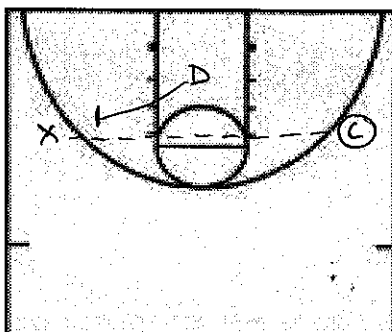
## PART III: INDIVIDUAL REBOUNDED DEVELOPMENT

### 1 on 1 Rebounding



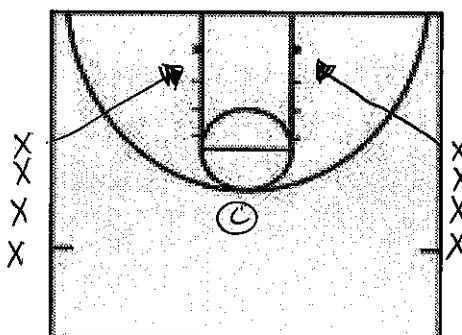
- \*Defensive player rolls the ball out to the offensive player
- \*Offensive player catches and shoots; defensive player challenges shot, boxes out and then goes to get the rebound, finishing with a good outlet

### 1 on 1 Weak side Closeout Rebounding



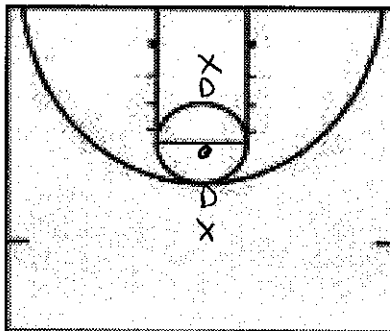
- \*Defensive player jumps to the ball away from the offensive player
- \*Coach makes a pass to the offensive player catches and shoots; defensive player closes out, challenges shot, boxes out and then goes to get the rebound, finishing with a good outlet

### 1 on 1 Go Get It Rebounding



- \*2 lines on each side of the floor; coach shoots the shot and whoever "goes and gets it" wins.
- \*First team to "X" wins.

### Towel Drill



- \*The ball is on the free throw line with an offense and defense on the other end of the circle.
- \*Each X has a towel held behind their neck.
- \*Whistle blows and the X's have to prevent the O's from getting the ball for 3 seconds

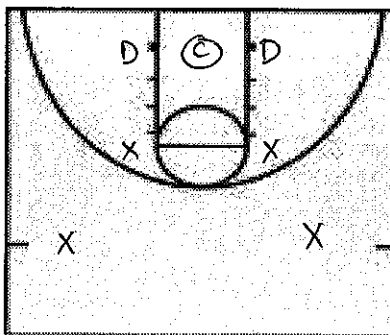
### Warrior Rebounding

- \*3 players are active in the drill
- \*Coach shoots a shot, and the players go after the ball. There is no real fouling called; players have to learn how to finish through contact and physicality
- \*Once a player makes two baskets (play is continuous), another player comes in for that player

### Free Throw Rebounding

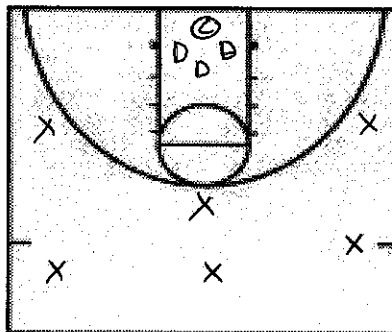
- \*Players line up on the free throw line in normal formation; before shot, defense talks about which player they are going to "pinch" and who has the shooter
- \*Shooter shoots a free throw, and the defense has to get "X" amount of rebounds before the offense gets a rebound

### Two on Two Rebounding



- \*Same concepts and directions as 1 on 1 rebounding; make sure we have 2 outlets
- \*Defensive players can "switch" assignments ("2 on 2 Switch") to make execution more difficult

### 3 on 3 Rebounding



- \*3 defensive rebounders, 3 offensive rebounders, and 3 outlets
- \*Ball is rotated around to one of the shooters, and that shooter shoots the ball
  - \*Play a make like a miss
  - \*If the offense gets the rebound, they try to score
  - \*If the defense gets the rebound, they make a good outlet pass
    - Out let people need to jump to the ball!

### 3 on 3 Rotation Rebounding

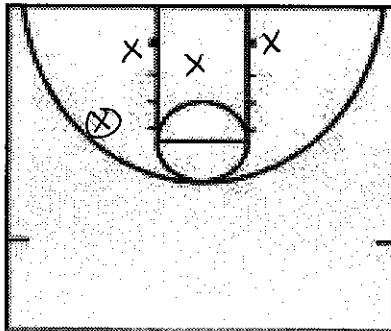
- \*Same drill as 3 on 3 Rebounding, but the players rotate to a different player than the player they are designated to close out on

### 5 vs. 4 Rebounding

- \*Match up five defenders with four offensive players
- \*4 defenders box out four offensive player; the 5<sup>th</sup> defensive player has to get the rebound

### UCLA Rebounding

- \*This drill involves 4 players.
  - \*Three players will be rebounders, with the fourth player being the shooter.
  - \*The shooter will shoot a shot, and the three rebounders will compete for the ball (miss or make).
  - \*Whoever gets the rebound will make an outlet pass to the shooter, who has relocated after the shot.
  - \*The first player who gets a designated number of rebounds (3-5) will replace the shooter, who will become a rebounder. All numbers are reset.



### **4 on 3 Rebounding**

\*4 offense, 3 defense. Coach kicks it out and is shot by offense.

\*Defense boxes out everyone but the shooter

### **Team Rebounding Drills**

In a team rebounding situation (1 on 1, 2 on 2, etc . . .) put 5:00 on the clock. The team on defense gets one point for every rebound, and the team on offense gets two points. Alternate groups on offense and defense. If the team on defense gets the initial rebound, they need to go up and finish the lay-up in order for the point to count.



## Chapter 13

### Transition

#### **PART I: AN OVERVIEW**

##### **Initial thoughts on Transition**

- Transition defense 10-15 minutes a day
  - 3 crash, 2 back (2 back get to elbows)
    - 1 person smothers while 1 other rebounder denies the outlet
    - Offense gets rebound, 3 rebounders sprint to lane
- Point and talk in transition
  - Mismatches don't hurt you in transition, open shots do
- Defend the lane first; nothing gets inside the lane!

##### **Defensive Transition**

1. No fouls
2. No lay-ups or easy points
3. Make them run an offense

##### **Point and Talk Rules-Defensive Transition**

1. Continuously pointing and talking (You can't communicate enough!!!!)
2. Don't have two people guarding the same person
3. Defense takes the shape of the offenses' alignment
4. Keep the posts in and the guards out
5. Posts only come out in emergency situations
6. Help side defenders straddle the weakside lane line
7. Switch everything you can switch
8. Challenge every shot without fouling
9. Finish every possession!!!!

##### **Offensive Transition**

1. Value the possession
2. Get a good shot

##### **Cycles-Offensive Transition**

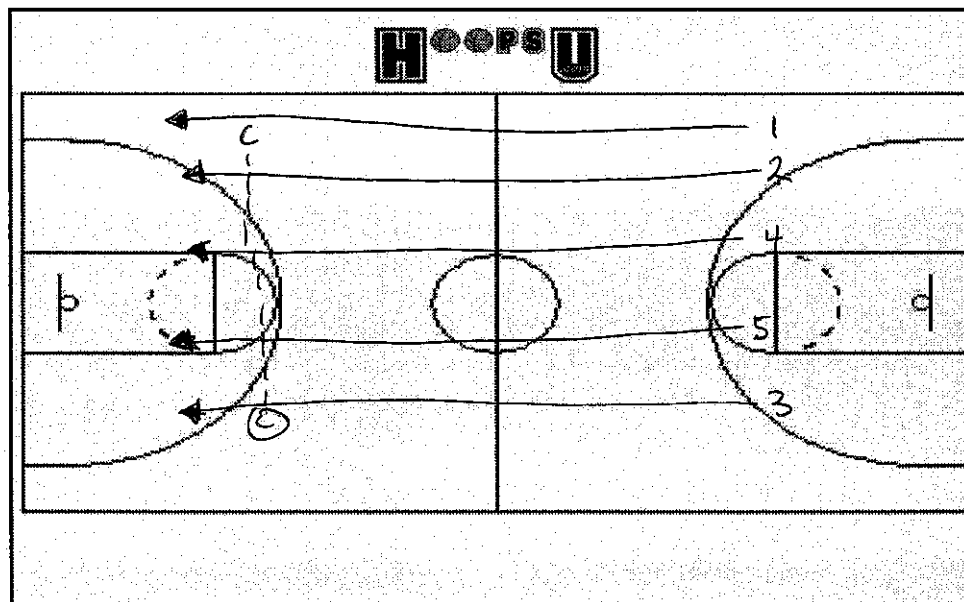
1. Look to attack before the defense can set up
2. If there are 1 or 2 defenders back, all players look to attack the rim; if there is more than two defenders back, posts need to get to the rim and the guards need to find the three point line
3. When the ball gets into the paint, three things can happen (make, miss or foul), and two of them are good for us
4. Be very aggressive early in games to put the defense back on their heels; if they have to worry about defensive transition because of our offensive transition, it will also make it easier for us to keep them off the offensive boards

## PART II: TRANSITION DRILLS

### Chuck Daly Transition

In a controlled scrimmage, first team to score twice wins.

#### 5 on 0 Transitions to Offense and Defense



- \*All five players transition into defense, jumping into help wherever the ball is
- \*Once communication is established, coach rolls ball and defense transitions into offense, running secondary break
- \*Once the offense scores, they jump into a press

#### 3 on 2 plus 1

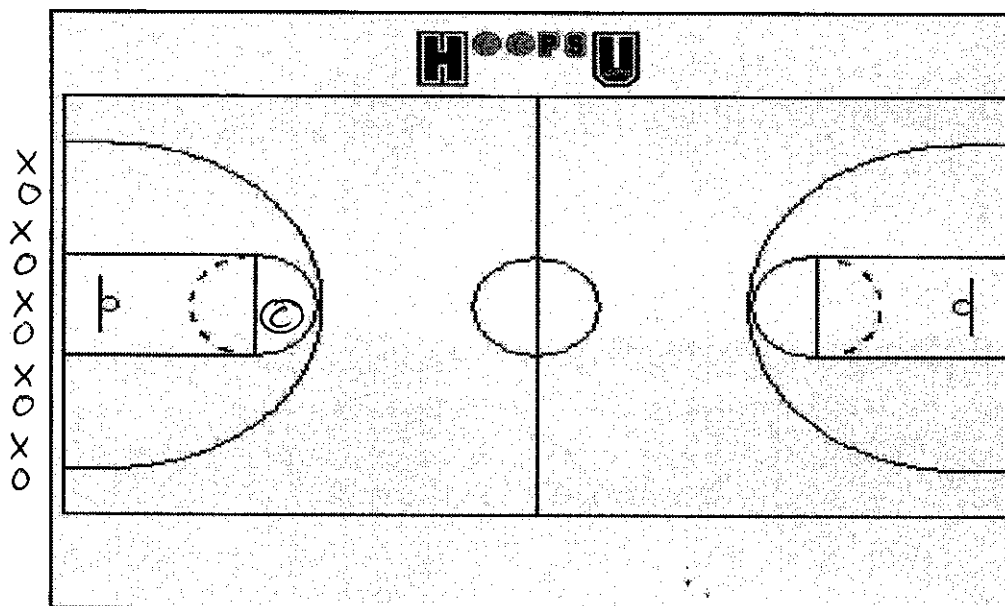
- \*Split the squad into two fairly even teams
- \*One team gets the ball in the middle of the floor, ready to go 3 on 2. Offensive team has two players back on defense protecting their basket.
- \*Offense starts to attack the defense. Once the ball crosses half court, an extra defender from the defensive team sprints to half court and touches the half court circle, then gets back on defense
- \*Stop or score, the defense then takes the ball and advances it to the opposite basket to try to score (to increase aggressiveness, allow the defense to press the offensive team)
- \* Once the ball crosses half court, an extra defender from the defensive team sprints to half court and touches the half court circle, then gets back on defense
- \*Play to "X" points; can award extra points for offensive rebounds, forced turnovers, fouls, etc . .

## Team Transition

Have players line up 5 on 5. Coach shoots, and whomever gets the rebound, that team advances on offense to the opposite end.

## Baseline Transition Drill

\*Five on five line up along the baseline. The coach throws the ball to one of the players; that team is on offense, and the opposition is to smother and deny the ball in transition. The emphasis in this drill is on A) Transition and B) Communication for both teams.



## 5 Man Change

\*Play 5 on 5; when the coach yells "change!" the offense puts the ball down and has to pick up defensively someone other than the person that was guarding them

\*The defense can pick up the ball on offense as quickly as they can and try to score

\*You can call "change" multiple times in a possession

## Indiana 5 on 5

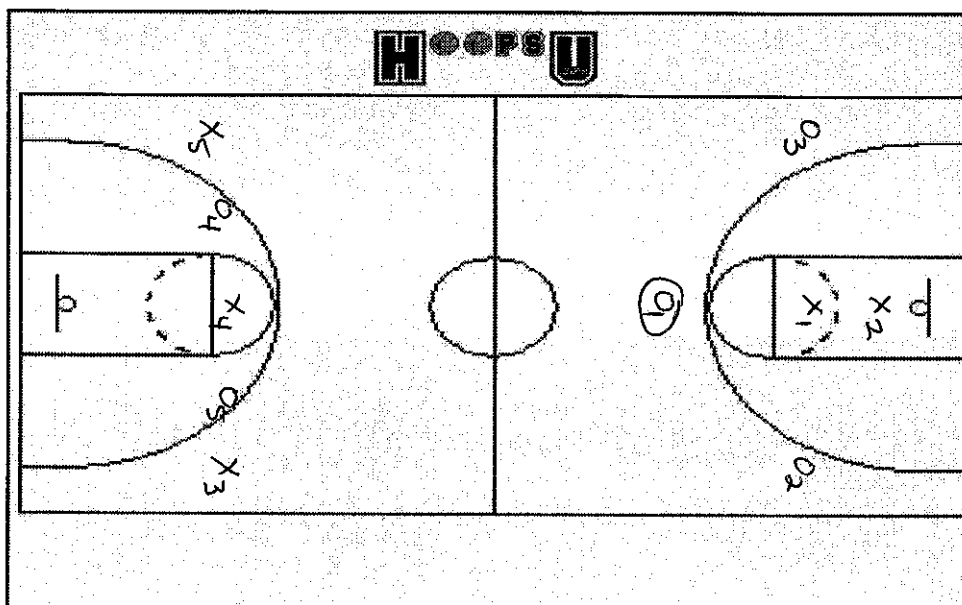
\*Start with two teams of 5; everyone is on the baseline. Coach throws the ball out and yells instructions:

- "Black ball, run Tulsa"

- "Black ball, Utah #2"

"White ball vs. Orange"

## Wisconsin Transition



\*X1 and X2 are defending 3 on 2, with X3, X4 and X5 on opposite FT line, along with O4 & O5

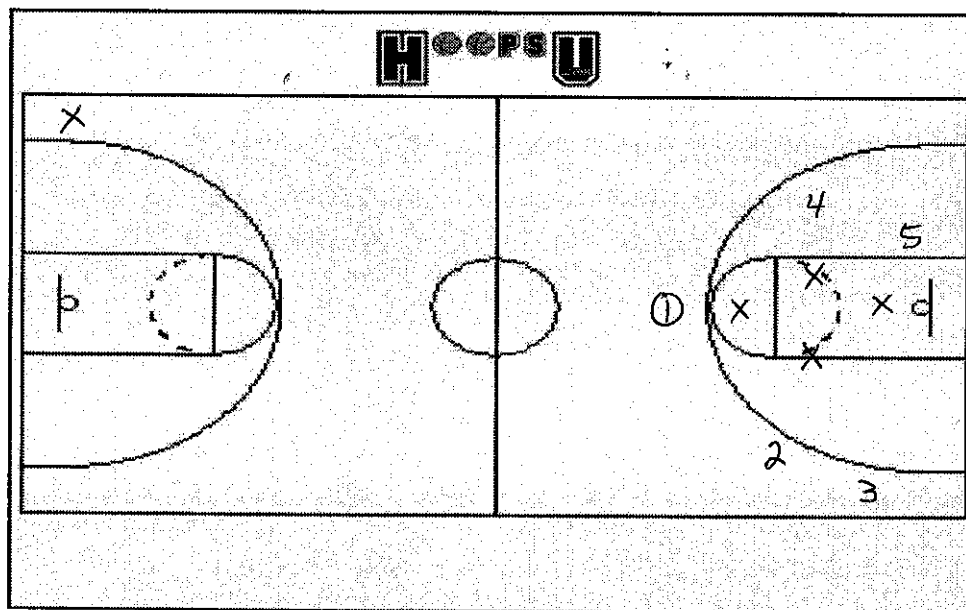
\*Once that possession is over, miss or make, Team X will transition to offense against Team O.

\*Team O will come down, miss or make, 5 on 5 against Team X after this possession.

Whichever team wins best 2 of 3 possessions wins.

-Play 3 out of 5 games, or 4 out of 7

## 5 on 4 Scramble Transition



\*Start the 5<sup>th</sup> X wherever you want.

\*Two dribble limit for offense

\*Transition into 5 on 5 after O's possession.

## 5 on 5 Drop the Ball Transition

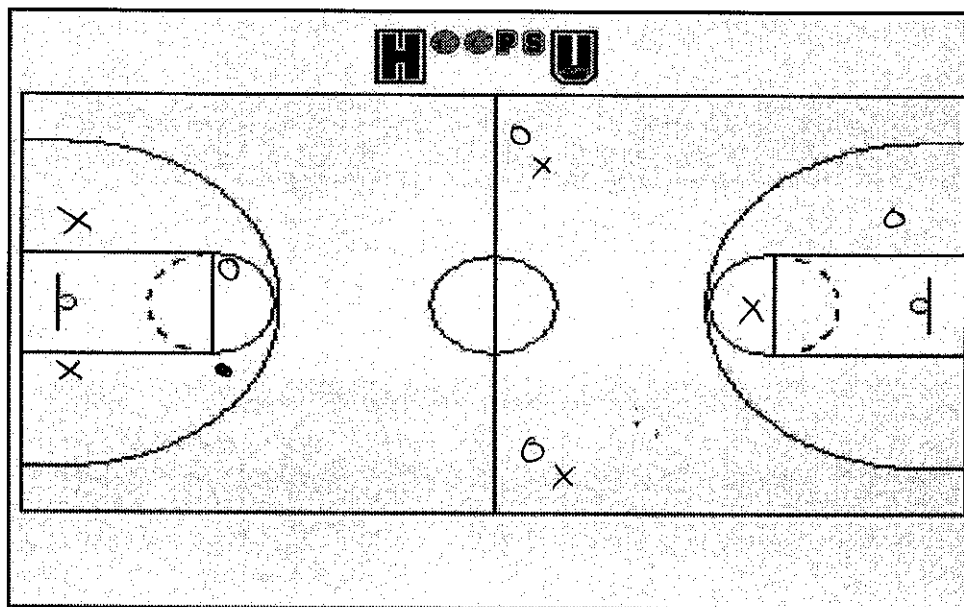
\*Offense runs the set through, and then on the whistle, the offense drops the ball on the floor while a defensive player picks up the ball and attacks the other end.

\*Both teams work on both offensive and defensive transition.

## 7 on 7 Creighton Stop and Score

Start Stop and Score with a free throw. If you start on defense, you have to get a stop/score/stop to get a point. If you start on offense, you have to get a score/stop/score to get a point. Set the clock for "X" time (20-25 minutes). Very good scrimmage breakdown drill.

## 5 on 4 ½ Full Court



\*The offense needs to attack the defense, and the defense needs to force a stop. We can use the following scoring system to reward both offense and defense:

-Offense

-3 pt. shot = 3 points

-2 pt. shot = 2 points

-Off. Reb. = 3 points

-Defense

-Def. Reb. = 3 points

-Turnover = 3 points

## Chapter 14

### Team Half Court Defense

#### **PART I: AN OVERVIEW**

##### **Initial thoughts on Half Court Defense**

- Great defense comes from great commitment and trust
  - Trust the talk, trust the coverage
- “One on the ball, four in the lane”
- Make the offense pass the ball
- Contest the first shot, don't allow the second shot
- First 10 box outs are the most important; it will either encourage or discourage the opponent from crashing the offensive boards for the rest of the game
  - Great defense is multiple efforts; losing teams are one effort teams
- Watch the ball when guarding the ball; teammates will talk to you about screens
- Practice your man to man technique in drill breakdown
- Don't play your secondary defense above your primary defense
  - Majerus rule: Stay in the adjustment until the opponent beats it three times
- Ball side defense makes you tough; your help side defense makes you successful

##### **Break down of development of shooting skills by Year/Age Group**

###### **Elementary (5<sup>th</sup> Grade and Lower)**

1. Introduce the concept of weak side help

###### **6<sup>th</sup> Grade**

1. Introduce the concept of “shell drill”
  - \*Close out on top side shoulder
  - \*Push the ball baseline/ sideline
  - \*Post players play  $\frac{3}{4}$  bottom side or full front
  - \*Off the ball players pressure without getting back-doored

###### **7<sup>th</sup> Grade**

1. Continue to develop the concept of “shell drill”
2. Introduce the concept of transition defense

###### **8<sup>th</sup> Grade**

1. Continue to develop the concept of “shell drill” and transition defense
2. Introduce the concept of defending the pick & roll (“hedge and recover” or “blitz”)

###### **Freshman**

1. Master the concept of “shell drill” and full court man to man defense (“Black”)
2. Continue to develop the concept of transition defense and defending the pick & roll (“hedge and recover” or “blitz”)

3. Introduce the concepts of "Gold" on a post player and ½ court zone defense ("Orange")

### Junior Varsity

1. Master the concept of transition defense and defending the pick & roll ("hedge and recover" or "blitz")
2. Continue to develop the concepts of "Gold" on a post player and ½ court zone defense ("Orange")

### Varsity

1. Master the concepts of "Gold" on a post player and ½ court zone defense ("Orange")

## **PART II: MAN TO MAN HALF-COURT DEFENSE**

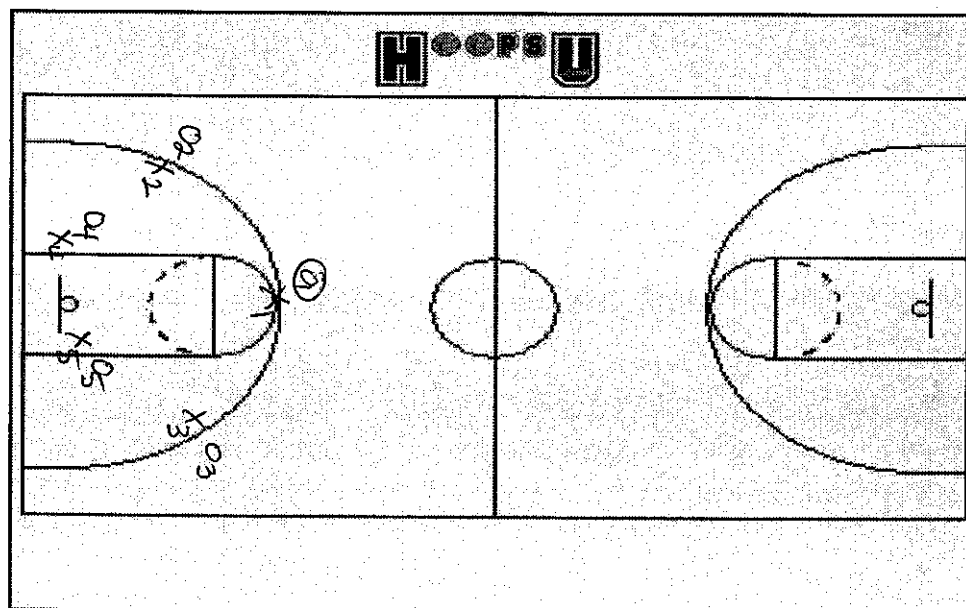
### Man to man Defenses

1. "Black"-Man to man; no switching
2. "Green"-Switching Man to man
3. "Gold"-Double down on the post player when she gets the ball in the scoring zone
  - Dig hard on the ball and force it back to the perimeter
  - Work on doubling the post with a post, especially out of a 4 out, 1 in
  - Trapping the post causes turnovers

### **Black (Half-court man to man)**

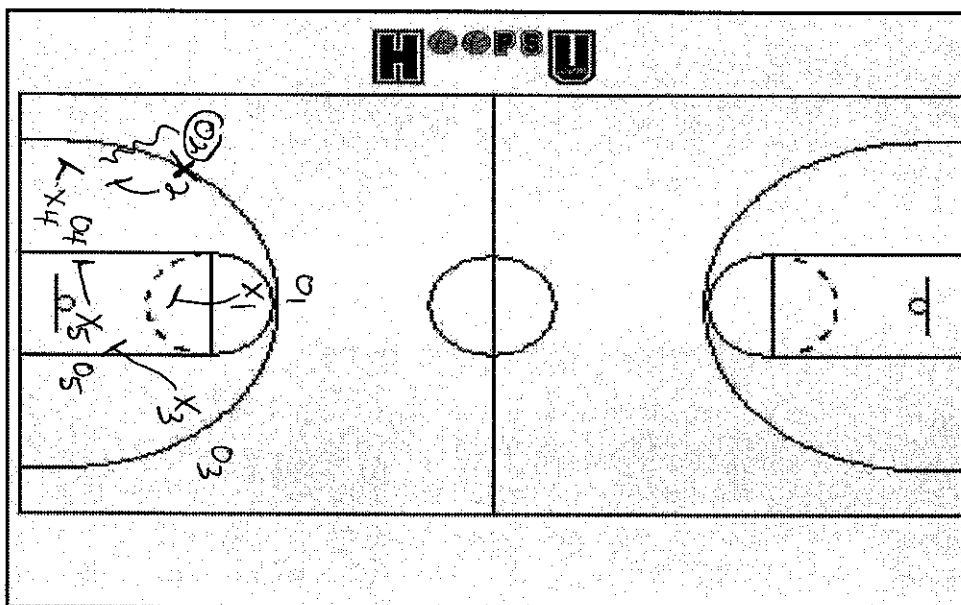
When the ball is in the half court against our half court Black, we want the person guarding the ball to push it "baseline/sideline". This means that we want to keep the ball out of the middle of the floor and limit the offense to one side of the floor. It doesn't matter which side of the floor the offense goes to, but the defense must push them to the baseline side. We teach our defenders to close out on the offenses' "topside shoulder" by lining up their nose on their opponent's topside shoulder.

### **Half court Black line-up; ball on top**



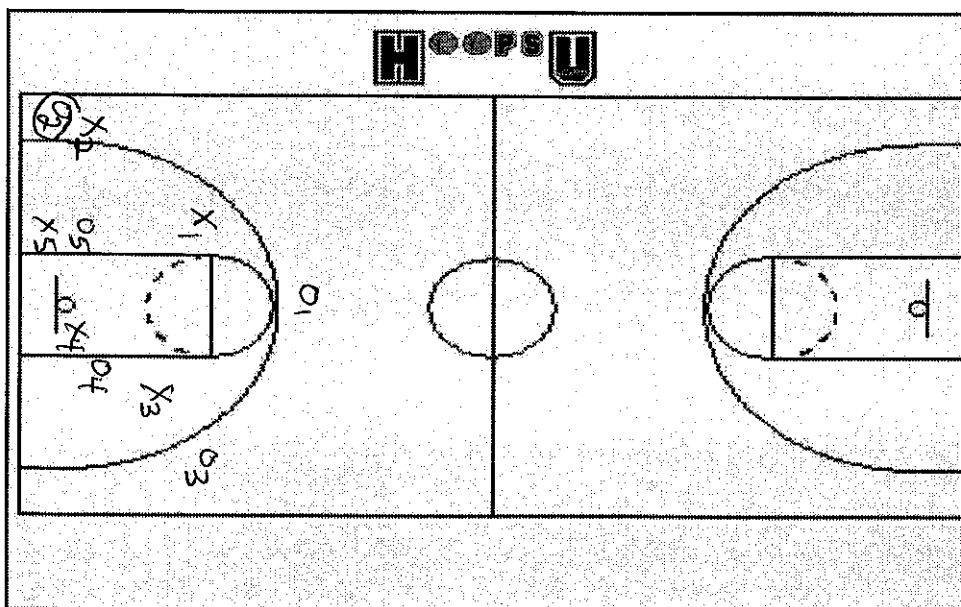
If the player is one pass away, we are denying all reversals. If the player is more than one pass away, they should be jumping into help and be in a position to rotate and help out on dribble penetration. Any dribble penetration should go to the baseline/sideline; there should never be dribble penetration to the middle of the floor.

### Shell drill rotation; dribble penetration from wing



When the ball is along the baseline (approximately five to seven feet above the baseline), we want to “kill it in the corner”. This means that we are going to change our angle from approximately 45-60 degrees to 180 degrees, totally giving the offense the baseline. We will sacrifice the baseline in return for the offense not having access to the rest of the floor. If and when the offense dribble penetrates, we will rotate per our shell drill rules.

### “Killing it in the corner”





We will defend the post either three quarter bottom side or full front, depending on our match-ups and scouting report. Shell drill defense indicates rotations on dribble penetration.

We will deny wing entries hard, but when we deny the wing, defenders should deny their offensive player when they are one pass away to the three point line, then stay a *half-step below* the defender to prevent a back door play.

### **Green (Switching man to man)**

There are a variety of ways that you can run a switching man to man, including but not limited to:

1. Switch every screen, regardless of position and size
2. Have one person stay with one defender, but everyone else switch during a screen

(Simplest way to call it: Green, Mary no switch).

3. Only switch post-to-post and guard-to-guard screens. This is very difficult to do and not recommended unless you have an extremely intelligent team.

There are also some important concepts in a switching man-to-man defense to master before you can run it in a game:

1. The person who is guarding the screener *must go to the screen* and meet the cutter coming off the screen. If they don't, smart players will curls or back cut and get easy baskets.

2. The person guarding the cutter *must get under the screener* to prevent the screener from sealing or slipping the screen and getting an easy basket.

3. Weak side help is essential in case of dribble penetration. Ideally, we would like to cut off passing lanes, so many teams will just look to dribble penetrate as a last resort. *Good weak side help* must be there in order to help the on-ball defender.

4. *Communication* is essential for this particular defense to work. Players must communicate on a high level before they can run this defense.

Again, in order to run Green, it is absolutely necessary for your team to have the basic concepts of half court Black down before you move on to this more complex defense.

### **Gold (Double down on post)**

There are a variety of ways you can double down on a post player, including but not limited to:

1. Post to post double
2. Designate a guard
3. Attack with multiple players
4. Double team the post before the ball is even in the post

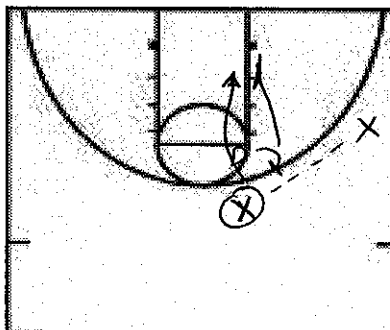
### **Shell Drill**

-Do at side baskets so that if the defense gets a steal, rebound, etc . . . they can attack on offense; it also forces the offense to work on defensive transition

-Sometimes don't call any fouls so the defense can work on ball handling

## Different ways to do Shell Drill

\*Lead a cutter through the lane



\*Hedge the pick and roll at the start of the drill

\*Nelson (full deny offensive player)

\*First player that catches the ball dribble penetrate

\*Continuous pick and roll

\*Make it, take it

\*Point System

-Score: 2/3 points

-Offensive Rebound: 3 points

-Stop: 2 points

-Turnover: 3 points

## Timed Shell Drill

Start the clock with "X" time. Defense has to get the clock down to 0:00. Adjustments are made to the clock based on the following actions:

-Offense Scores: Add :30 seconds

-Offensive Rebound: Add :30 seconds

-Defensive Foul: Add :45 seconds

-Turnover: Subtract :20 seconds

Stop: Subtract :20 seconds

Tip: Subtract :10 seconds

-Offensive Foul: Done

## PART III: ZONE HALF-COURT DEFENSE

### Why Zone?

1. You're playing against an opponent that doesn't attack zones well
2. You can't guard them man to man
3. You need to sandwich the post
4. You can't handle their dribble penetration

### Orange (2-3 zone)

Orange is our change-up, 2-3 zone. The top two people must take away the high post area, while the bottom three players must dominate the boards and force corner jump shots. There is still a responsibility of challenging every shot, but we are going to be more willing to give up a three pointer in this defense than allow dribble penetration or allow a post player to get the ball inside. Our perimeter defenders are still forcing the ball *baseline/sideline*, and the posts will still either three quarter bottom side or full front the post.

We often use Orange to protect a lead late in the game to prevent the opponent from getting a good look close to the basket. We believe by that point in the game we have pressured the opposition the entire game, and they probably won't have consistent lift on their perimeter shots, thus making the zone more effective.

There are 2 "Always" and 2 "Nevers" in our zone defenses:

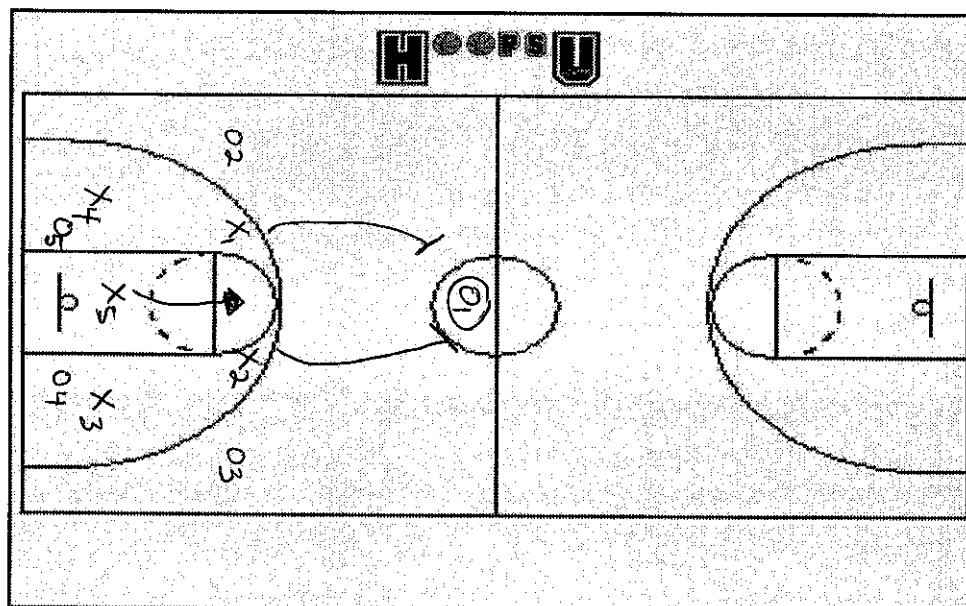
- Always have great ball pressure on the ball
- Always force the extra pass
- Never let anyone guard 1 on 1
- Never let the ball get to the high post

We call "Bump" on the skip pass from the weak side to the strong side, and we want to cover the short corner along the baseline as quickly as possible

### Orange "Up" (Trapping 2-3 zone)

We will start our in our Orange alignment. When the ball crosses half-court, the top two people rush the ball and try to trap. As they do this, the middle person in the zone moves up to the free throw line to try and prevent the offense from getting the ball in the middle of the floor and attacking our remaining three defenders. The wing defenders on the bottom of the zone will look to anticipate passing lanes, but also have a responsibility to protect the basket in the event that the opposition gets the ball out of the trap.

### Orange "Up" Rotation

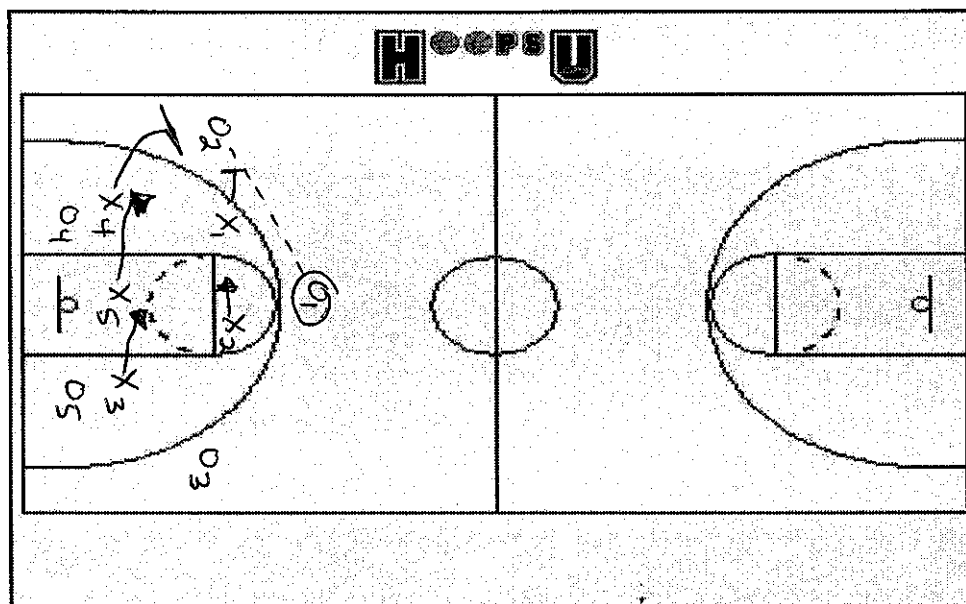


This is a great change-up for one possession, especially after a timeout or after a quarter break. At the same time, it is difficult to run after you have run a regular press.

### Orange "X" (Sideline trapping 2-3 zone)

We will start our in our Orange alignment. When the ball is entered to the wing free throw line below, the two people on that side of the floor (one top and one bottom) rush the ball and try to trap. As they do this, the other three defenders slide to the ball side of the floor, full denying all players. All defenders should be on the strong side of the floor. Trappers cannot get split. If the ball is allowed out of the trap, players return to normal "Orange"

### Orange "X" Rotation

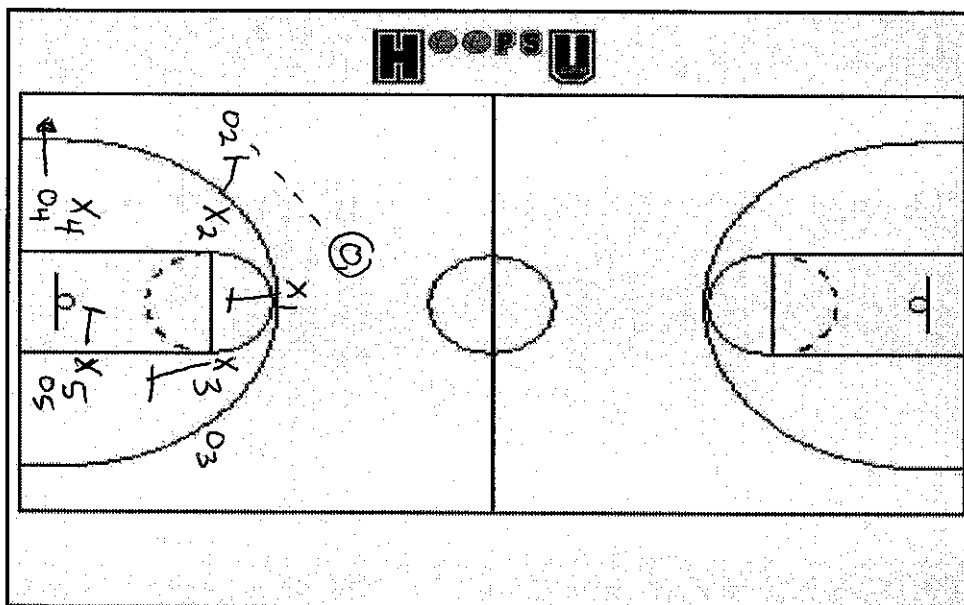


This is a great change-up for one possession, especially after a timeout or after a quarter break. At the same time, it is difficult to run after you have run a regular press. It also can be a high risk, high reward defense.

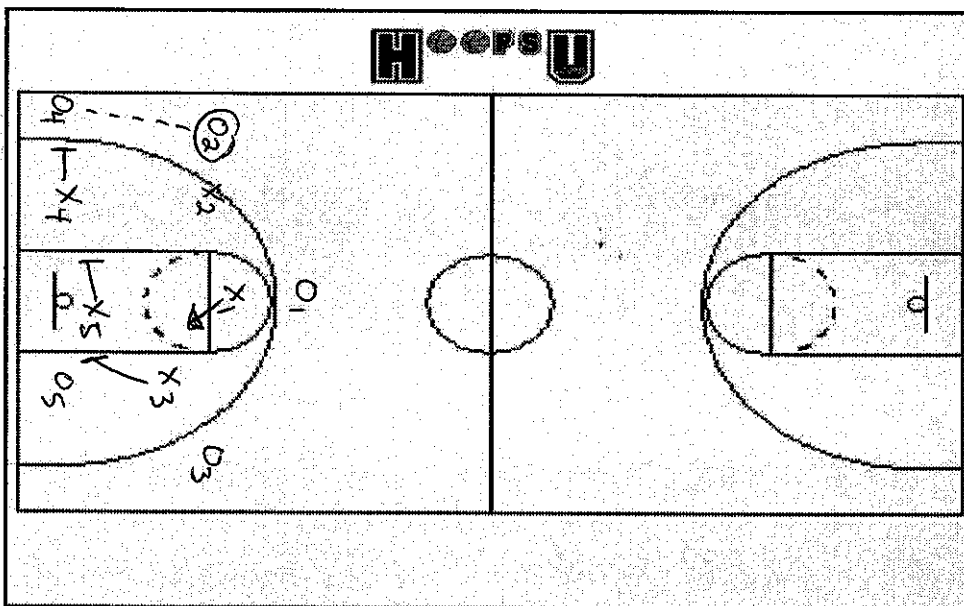
### Blue (1-2-2 zone)

Blue is another change-up zone. The basic concepts and reasoning of our Blue are the same as our Orange; take away the high post, keep teams out of the lane, contain dribble penetration, etc . . . all basic defensive rules are the same; baseline/sideline,  $\frac{3}{4}$  post defense, etc . . .

The top player attacks the ball. When the ball is swung to a side, the second level defender will step out onto the ball, while the top person slides to take away the high post. The opposite second level defender will drop into "No Man's Land" between the second and third level.



When the ball is swung to the corner, the ball side third level player jumps out on the ball (straight up; DO NOT KILL!), while the third level weak side player slides to the short corner area. The second level weak side player contains the bottom back side, while the strong side second level player denies the reversal. The top player is still responsible for the high post.

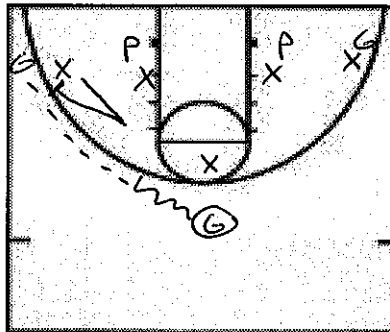


### “23” Black

This is a call we use to take a team out of its rhythm as well. We will start in Orange, then after the first pass we will jump into our Black defense and defend that way until the end of the possession. We will also run Black “23”, which is just the opposite; start in Black, then after one pass, we jump into our Orange defense.

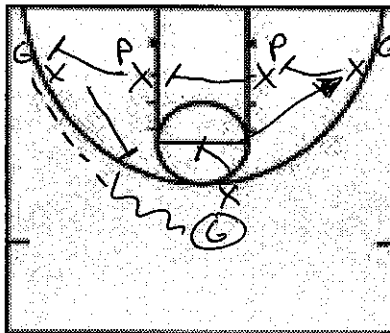
# PART IV: 1-4 LOW DEFENSE

## “Dork Trap”



*Retreat after pass*

## “Dork Rotation”



\*Can also jump into “Orange” before the play begins

## Chapter 15

### Team Press Defense

#### PART I: AN OVERVIEW

##### Initial thoughts on Pressing Defense

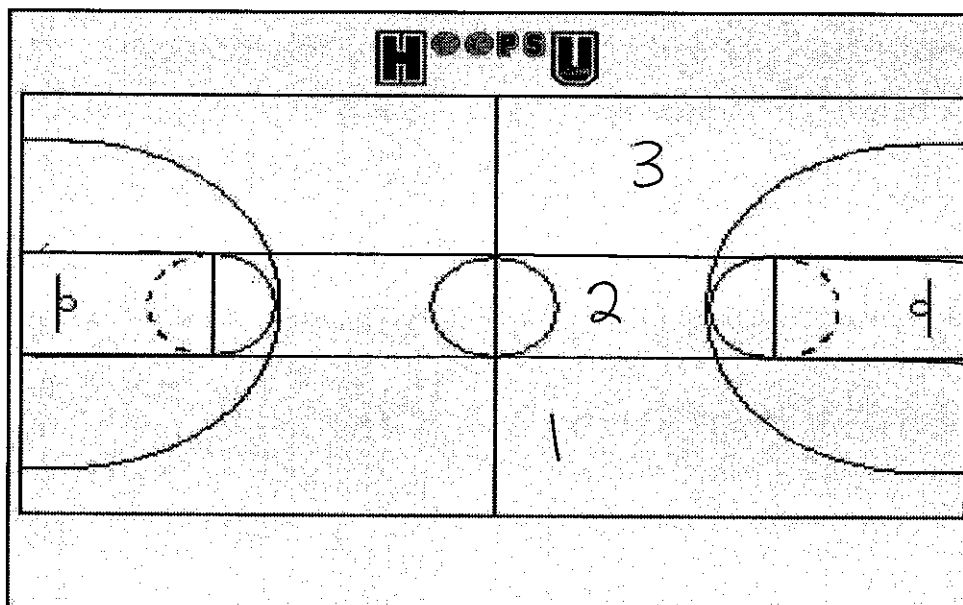
- Build an aggressive press defense to mount a comeback ("T" or "X")
- Have a designated press that you are going to run after a made free throw
- Pressure can be used to speed up teams that don't want to run and slow down teams that want to run
  - Pressing makes teams work on their press offense to get ready to play against you
  - Effectiveness isn't based on talent and skill, but on discipline and will
- Pressure the ball to get steals off the ball
- You don't need to steal the ball to be effective, but a lot of your steals should come without touching the ball or off the ball in the passing lanes
- When you force a team to call timeout because of your pressure, it is just as good as a turnover

##### Keys to pressing and why press?

1. You need to vary your tempos and looks (Straight, T, X, Z, Yellow)
2. Helps you use your depth
3. Hides players defensive deficiencies
4. Gives players confidence

Guard the 2 lane; most important area of the floor in pressure defense

- If the ball is in the 1 lane, you can let the ball go to the 3 lane but not the 2, and vice versa



## **Break down of development of shooting skills by Year/Age Group**

### **Elementary (5<sup>th</sup> Grade and Lower)**

1. None (Most leagues and tournaments do not allow pressing at this level)

### **6<sup>th</sup> Grade**

1. Introduce the concept of full court man to man defense ("Black"/"White")

### **7<sup>th</sup> Grade**

1. Continue to develop the concept of full court man to man defense ("Black")
2. Introduce the concept of our 2-2-1 press ("Yellow")

### **8<sup>th</sup> Grade**

1. Continue to develop the concept of full court man to man defense ("Black") and our 2-2-1 press ("Yellow")
2. Introduce the concept of our trapping man to man press (White "X")

### **Freshman**

1. Master the concept of full court man to man defense ("Black")
2. Continue to develop the concept of our 2-2-1 press ("Yellow") and our trapping man to man press (White "X")
3. Introduce the concept of our 1-2-2 press ("Blue") and our run and jump press (White "X"; if applicable)

### **Junior Varsity**

1. Master the concept of our 2-2-1 press ("Yellow") and our trapping man to man press (White "X")
2. Continue to develop the concept of our 1-2-2 press ("Blue") and our run and jump press (White "X"; if applicable)

### **Varsity**

1. Master the concept of our 1-2-2 press ("Blue") and our run and jump press (White "X"; if applicable)

## **PART II: BASE MAN TO MAN PRESSES**

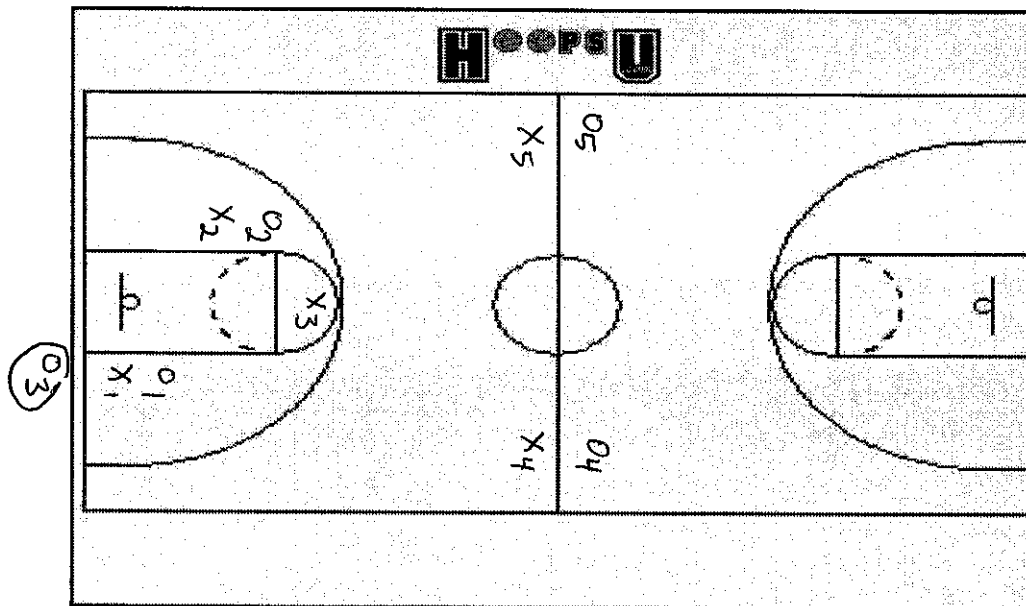
### **Black (Full court → "Open Hands" Hand Signal)**

Our base man to man call is black, which can be termed "Full court black" or "Half court black". In the full court version, we will *front*, or deny, all offensive players except for the person taking the ball out of bounds; that defender will be called "*centerfield*" (we usually use our "3" as our centerfielder, but that is up to your team and its strengths and weaknesses) and will play behind the "*fronters*" (usually our "1" and "2" if it is a 2 guard front, but again, adjust to your strengths and weaknesses) to prevent the opponent from going deep over the top. It is important that your players match up with a player, not run to a spot and anticipate their person is going to come there.



We will use our "black" pressure most often when we have the quickness advantage, but if you have a good *centerfielder*, you can run this with a team whose quickness is average or above.

### Full court black alignment



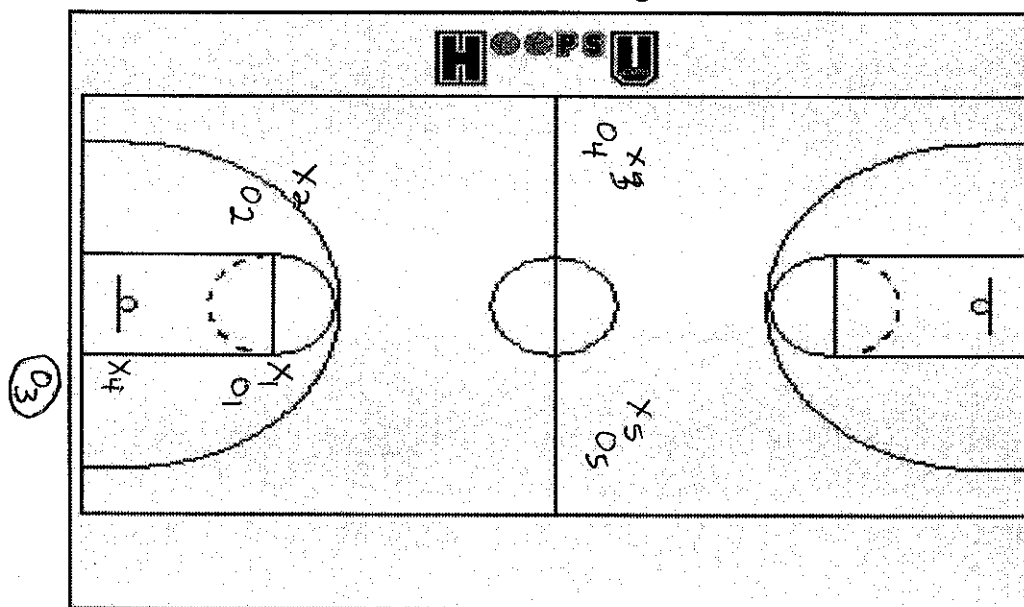
Once the ball is in-bounded, the "*centerfielder*" matches up with the in-bounder and the defense forces the offense to work the ball up the floor. Ideally, we would like to force the defense to the sideline and keep the ball out of the middle of the floor. We emphasize this in every defense, as it is a major key to our full court trapping defense.

There is no trapping in this defense; we simply want to force the offense to work the ball up the floor with extreme pressure but not leaving anyone open in a rotation situation. Almost 100% of the time we will retreat into half-court black.

### White (Full court → "Open Hands" Hand Signal)

White is applied as a full court man to man press. The "*fronters*" will not play their opponent on their inside hip and will push the defender back to the ball. The "*centerfielder*" will match up on the ball (we like to put our "4" on the ball and have our "3" to a different position on the floor), and will jump into "*big help*" after the ball is in-bounded. The purpose of this press is not necessarily to force the defense into making mistakes, but to allow the opponent to make their own mistakes by applying token pressure and not giving them a free pass to bring the ball up the floor.

### Full court White alignment

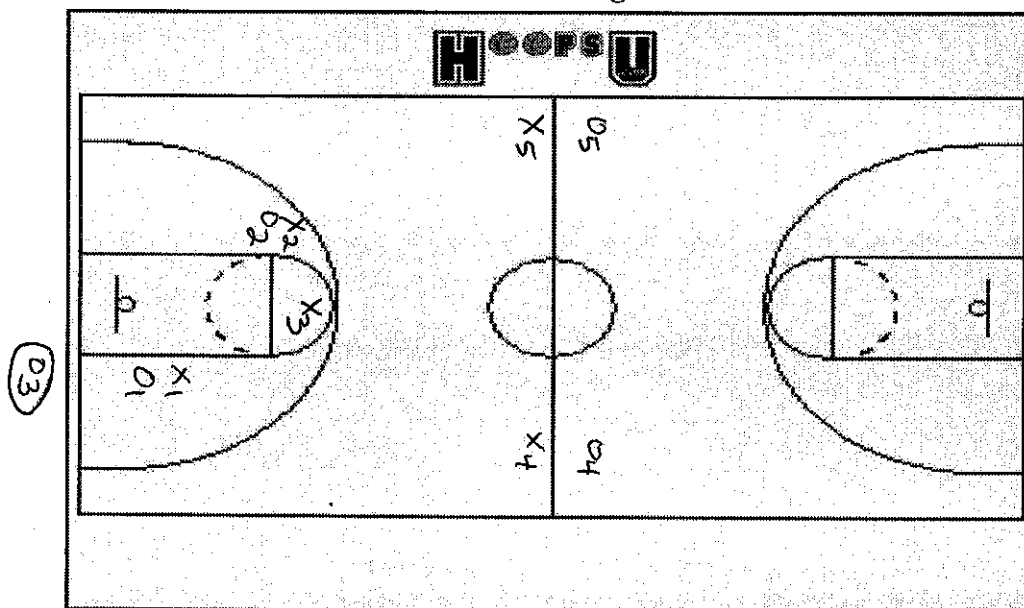


Out of our White press, we can fall back into our half court black or our half court orange (2-3 zone defense). We also will occasionally fall back into our red (1-3-1 zone defense).

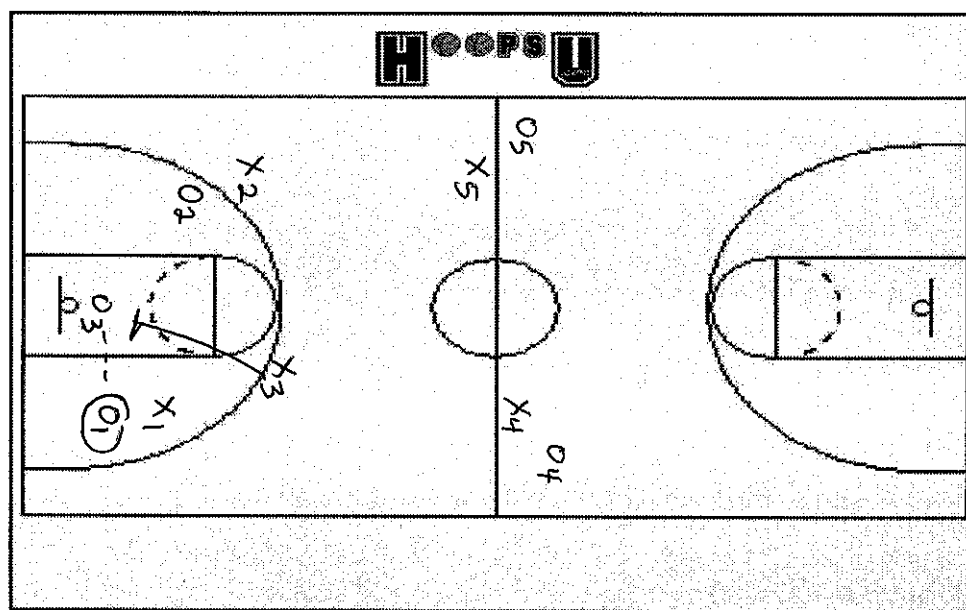
### “Soft” Black (Full court → “Open Hands” Hand Signal)

“Soft” black is a combination of our black and our white press. We align our players in our black press, but we have our “fronters” play their opponent on the inside hop and push them back to the ball. Once the ball is in-bounded, we again look to push the ball to the sideline. The “centerfielder” will not match up to the in-bounder; instead, she will stay in front of the ball and allow the ball to go backwards. If the ball does go backwards to the in-bounder, then the “centerfielder” will match up with the ball and put pressure on the ball handler bringing the ball up the floor.

### “Soft” Black Alignment



**Rotation if the ball is reversed back to in-bounder after dribble (above)**



We will use our “soft” black press in situations where we want to burn time off the clock at the end of a quarter, half or game, especially if we are shooting free throws or we are protecting a lead. We simply want to keep the ball in front of us and force our opponent to earn every basket they are going to get at this point.

### **PART III: MAN TO MAN ROTATION PRESSES**

#### **Principles of the Run and Jump**

1. Constant Pressure
2. Fear and fatigue
3. Confusion and stress
4. Conditioning and a deeper bench
5. Rotation and rebounding
6. Poor shot selection by the opponent

#### **What the run and jump shouldn't be**

1. Poor half court defense
2. Reaching and fouls
3. Giving up lay-ups
4. Just running around
5. Giving up offensive rebounds

### **Four sins of the Run and Jump**

1. No lay-ups
2. No straight line drives
3. No fouls
4. No offensive rebounds

There are many qualities that you need to have in your players in order to make your rotation presses work, especially with the type of presses we run. Number 1 is heart. You have to have the desire to work harder than you ever have before on defense to make this work.

Communication is the second aspect that you need to make our rotation presses work. There is no set pattern to these defenses, so everyone must communicate to keep everyone on the same page. The third thing that is necessary for these rotation presses to work is a high basketball IQ. Players who aren't as athletic can find a home in this system through anticipation and the reading of the offense so they can make plays.

I think the fourth important thing you need for this system of rotating pressure defense is to be teachable. Especially in the beginning of teaching this system, there is going to be a lot of stopping and starting, and your coaches are going to spend a lot of time teaching you about reads that you should be making. It is a different system, but if you listen and you are willing to be taught new things, you have a chance to be successful.

As a team, the most important tool to make our rotation pressure system work is to maintain a high level of intensity. Also, our man to man principles must be put into place before we make move on to extending our pressure system into the full court. Our man to man defense is the base of our program, and we have to be able to stop someone in the half court before we extend into a trapping full court defense.

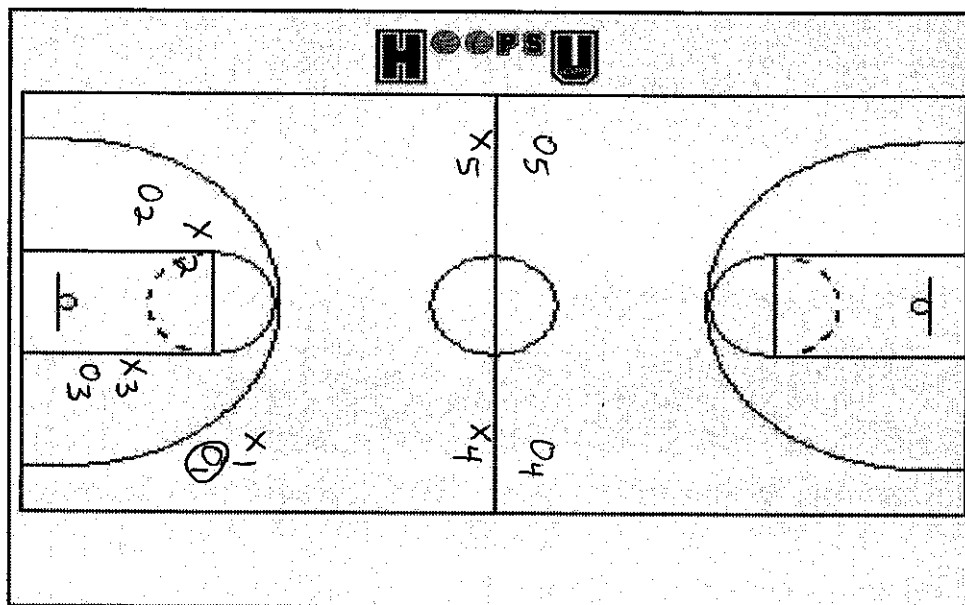
### **Black "T" (Full Court → "Closed Fists" Hand Signal)**

We line up our black T the same way we do our black pressure. Most teams will use a two guard front against our pressure, but we do see single guard fronts, three people up and four across. We will discuss different adjustments to these various press breaks later on, but for simplicity, we will use the example of the two guard front.

In this set-up, we want to do a variety of things. First, we want to make it as hard as possible for the opposition to in-bound the ball. The "*fronters*" (X1 and X2) deny the ball, while the "*centerfielder*" (X3) denies the lob pass over the top. When the in-bounder throws the ball in, it is very important for the "*centerfielder*" to call out "Ball in!" so that the "*fronters*" can react to the ball coming in.

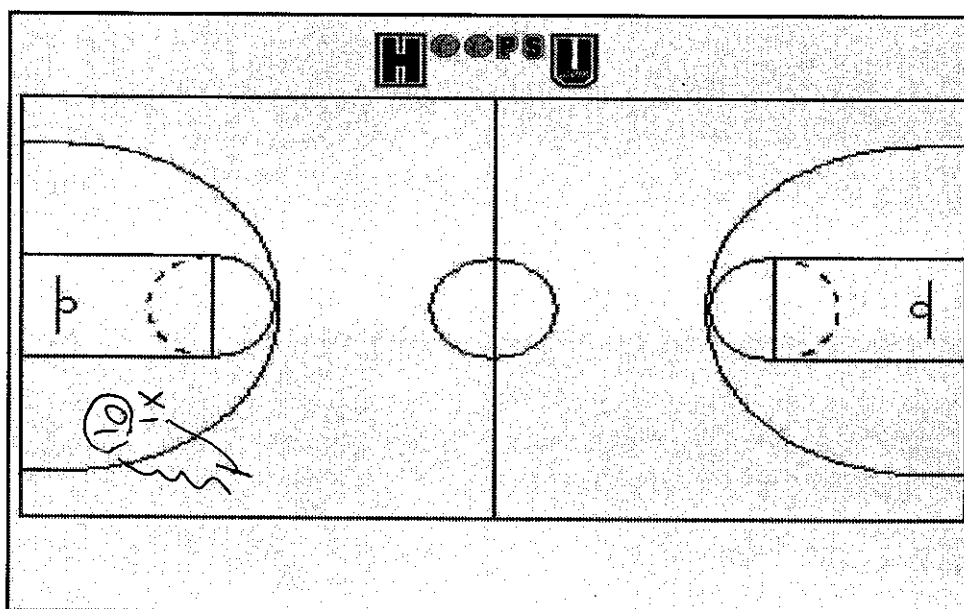
If the ball is in-bounded, we must adjust and get in-between the ball and the basket. After we adjust when the ball is in-bounded and the "*fronters*" are between the ball and the basket, the "*centerfielder*" then matches up with the in-bounder. When the ball is in-bounded, we have to be sure to match up as quickly as possible. The quicker we get matched up, the easier it is to get an organized rotation out of our pressure.

### Black T set-up after ball is in-bounded



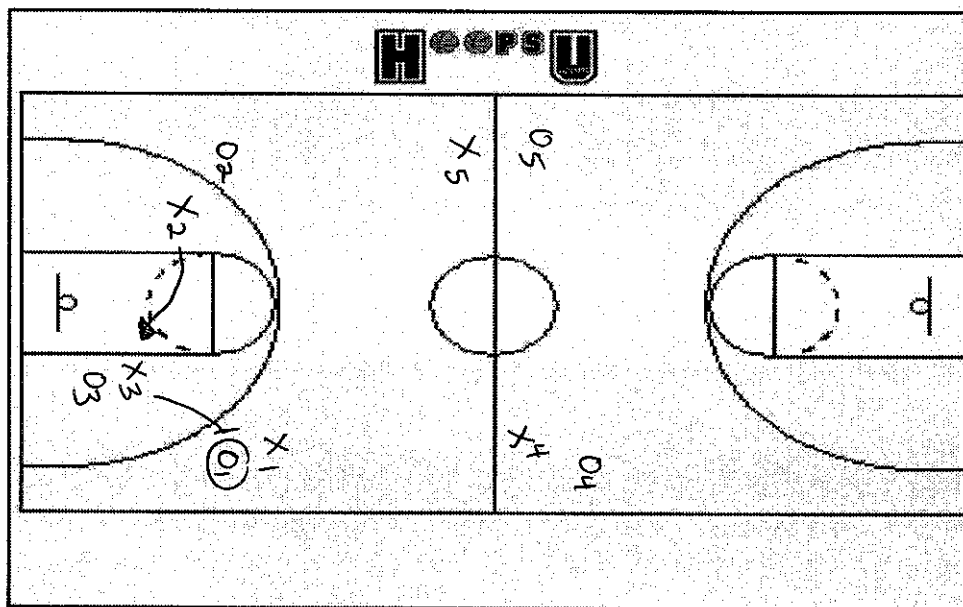
Now we are prepared to rotate. We rotate on whoever gets the ball, whether it is a guard or a post. The "fronter" in our scenario (X1) who is on the ball is going to push the ball to the sideline, meaning we want to force the offense to dribble the ball towards the sideline and away from the middle. The "fronter" must then work extremely hard to beat the dribbler to a spot and force them to change up their dribble in some way. Preferably, we would like for the ball handler to do a spin dribble, stop dribbling, or just slow down their dribble. If we don't *turn the ball handler*, then we won't be able to rotate the way we would like to.

### Pushing the defender sideline out of Black T



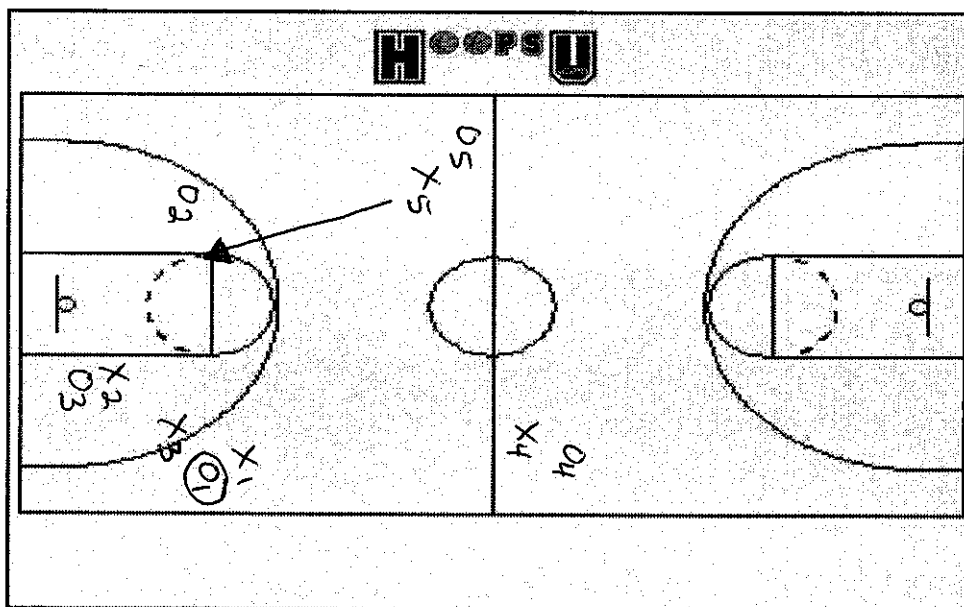
When the ball handler begins to go sideline, the “*fronter*” (X1) is trying to make the defender turn back into the defense. As soon as the ball handler begins to dribble towards the sideline, the *next closest defender on the back side* (usually X3) begins to rotate to trap the ball handler. When X3 starts to rotate to the ball, X2 will leave her player and rotate to X3’s player. This is what we refer to as a “*first rotation*”.

### First rotation out of Black T



As X2 rotates, X5 must leave her player and rotate onto X2’s girl. This is what we call “*second rotation*”.

### Second rotation out of Black T



As the ball handler picks up the basketball, the defense is rotating, but we don't want to over rotate. By this, I mean that we are not rotating to deny the next pass, but want to rotate to an "**anticipation**" position in the passing lanes and try to intercept the ball in the passing lanes rather than the ball, much like a free safety in football.

This is where the basketball I.Q. comes in to play. The rotating players have to read the eyes and the shoulders of the ball handler and make the steals as the ball handler tries to escape the trap. If you are good at anticipating and rotating, you can find a home in this system

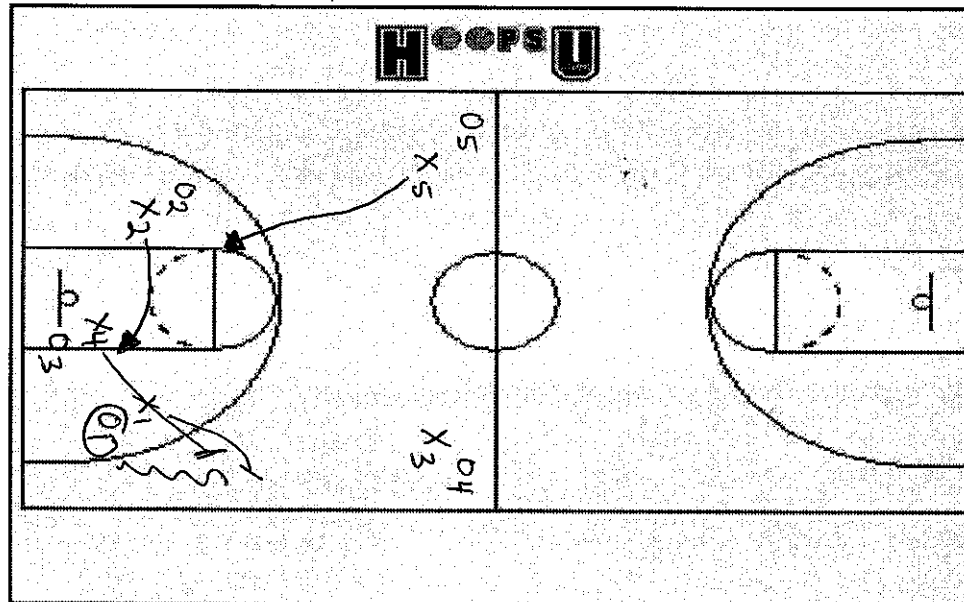
One very important thing to remind your players is when they decide to rotate, they must go! **There is no hesitation!** We believe that it is better to make an aggressive mistake rather than a hesitation mistake because you can still make something happen if you are aggressive.

### White "T" (Full Court → "Closed Fists" Hand Signal)

White T has the same basic concepts as Black T, except we start in the white alignment. We take the "*centerfielder*" and put her on the ball (again, we like the "4" in this position and move our "3" to a different position), and the "*fronters*" will play on the inside hip of the oppositions guards. We will sacrifice denying pressure to make sure that the offense doesn't get a cheap basket because we are overly aggressive in our denial.

When the ball is in-bounded, we still force the ball handler to the sideline, exactly like we did in Black T. Everyone is matched up, and when we see the dribble, we can now rotate and attack the offense with the same rotation.

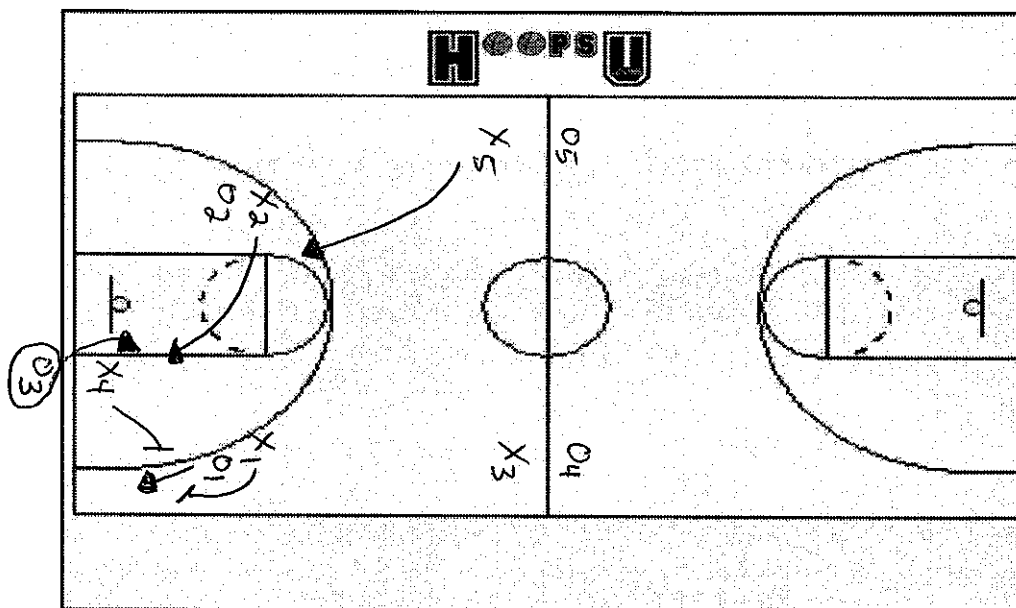
### White T basic rotation



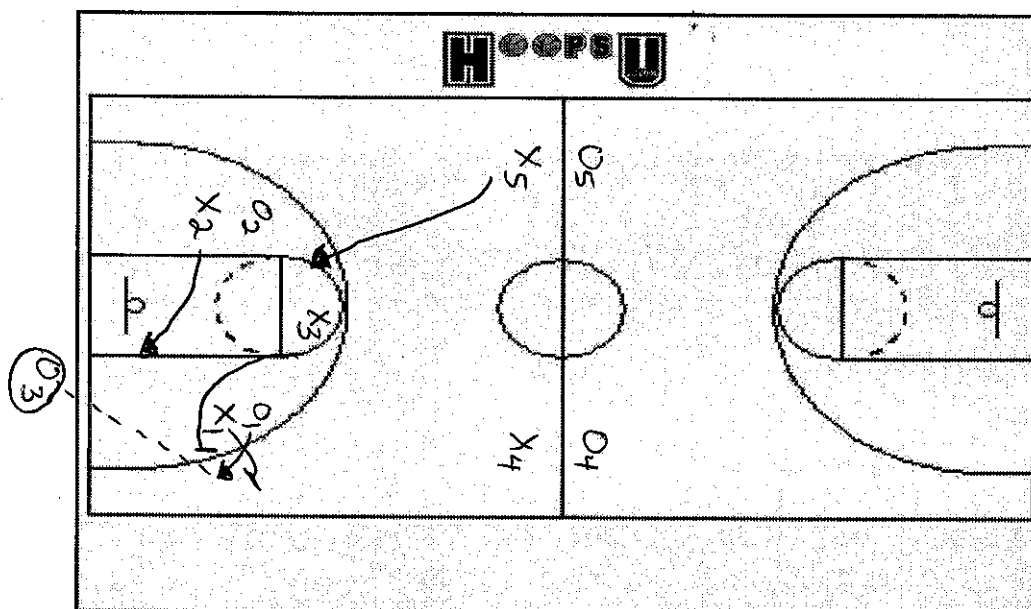
### White "X" (Full Court → "X" Hand Signal)

White X is a press we use when people try to hold the ball and clear out against either our straight black or white presses or our "T" presses. We get in our White alignment, and when the ball is in-bounded, the person on the ball (X4) goes to trap immediately. We then rotate and try to deny all ball reversals.

#### White X Rotation



#### Black "X" Rotation





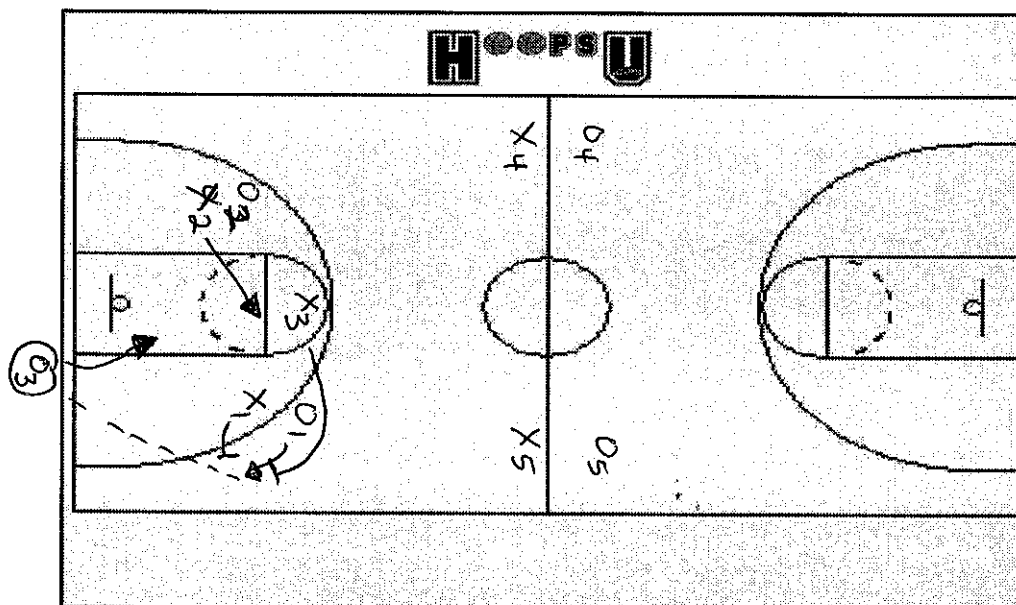
Black "X" is used in the same context as White "X". We get in our Black alignment, and when the ball is in-bounded, the person who is playing "centerfield" (X3) goes to trap immediately. We then rotate and try to deny all ball reversals.

### Black "Z" (Full Court → "Hand Jive" Hand Signal)

Black "Z" is a press we use when we want to get the ball out of a team's very good ball handler but at the same time not allow that player to make a play to give the opponent an easy basket. It is a combination of Black and Black "X".

If we are in a typical Black set, when the ball is in-bounded to O1, we are going to take our "centerfielder" and immediately trap the ball handler (the Black "X" concept). Everyone else (X2, X4 and X5) will stay home and not rotate (the Black concept).

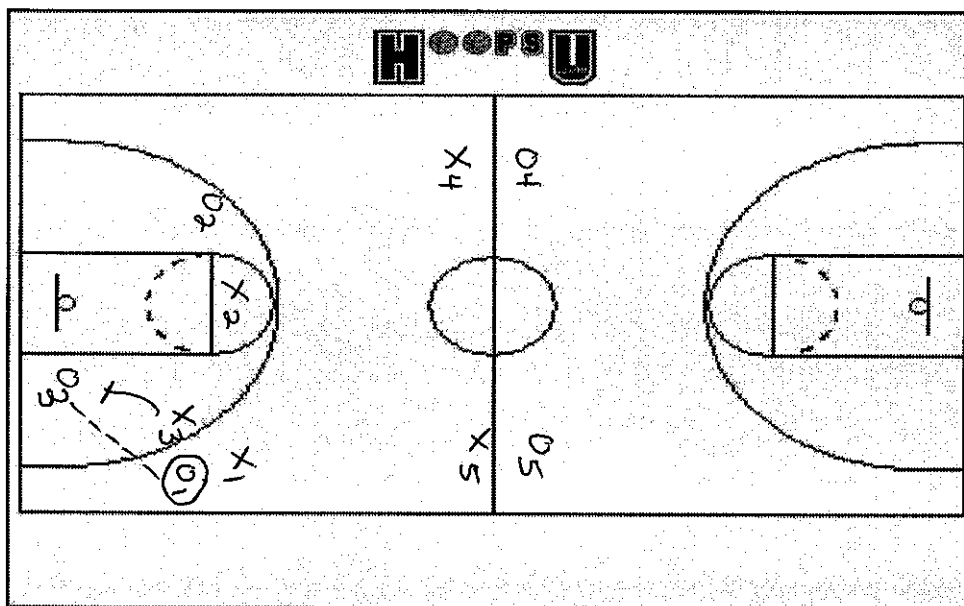
### Black "Z" rotation



We want the good ball handler to give the ball back to a secondary ball handler (O2), whom we will force to bring the ball up the floor with solid man to man pressure, as X3 has rotated back onto the ball.

We will use this on teams that have a very good ball handler but have a post player take the ball out of bounds on their press break

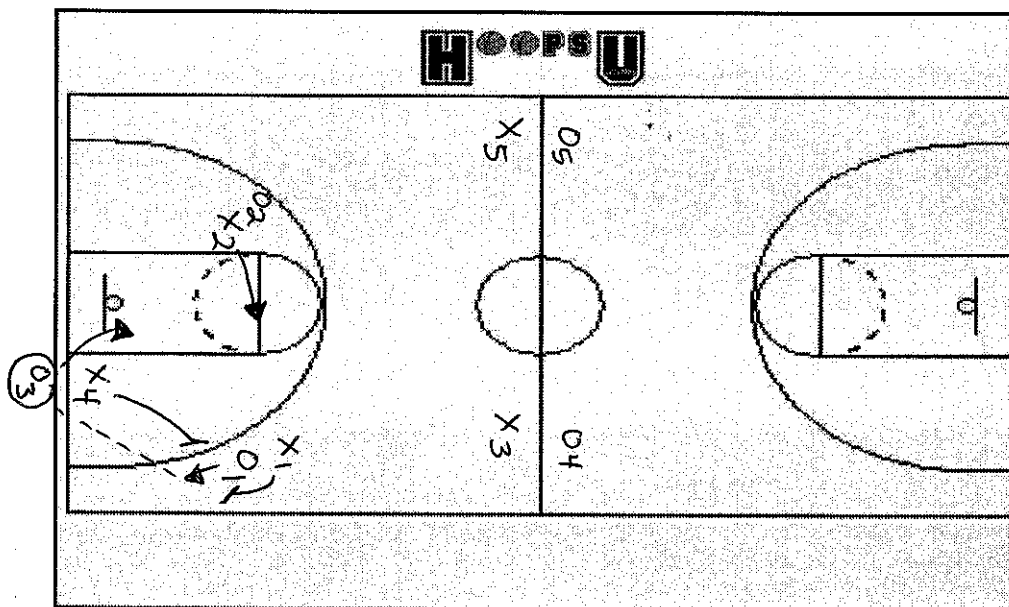
**Black "Z" rotation after ball is reversed to in-bounder**



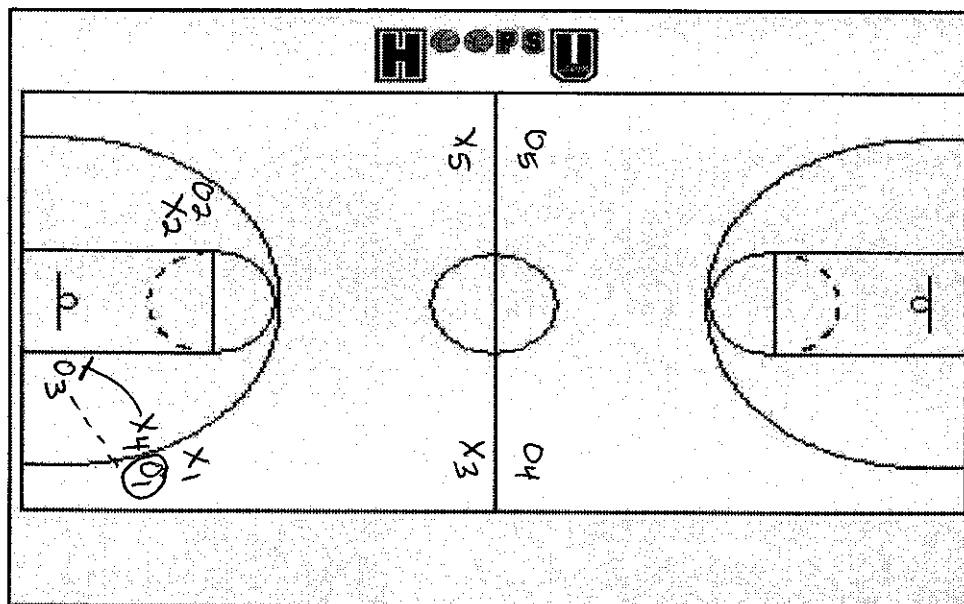
**White "Z" (Full Court → "Hand Jive" Hand Signal)**

White "Z" is a combination of White and White "X", and is the same concept at Black "Z", only in the White alignment

**White "Z"**



### White "Z" rotation after ball is reversed to in-bounder



## PART IV: ZONE PRESSES

### Yellow (Full Court → "Open Hands" Hand Signal)

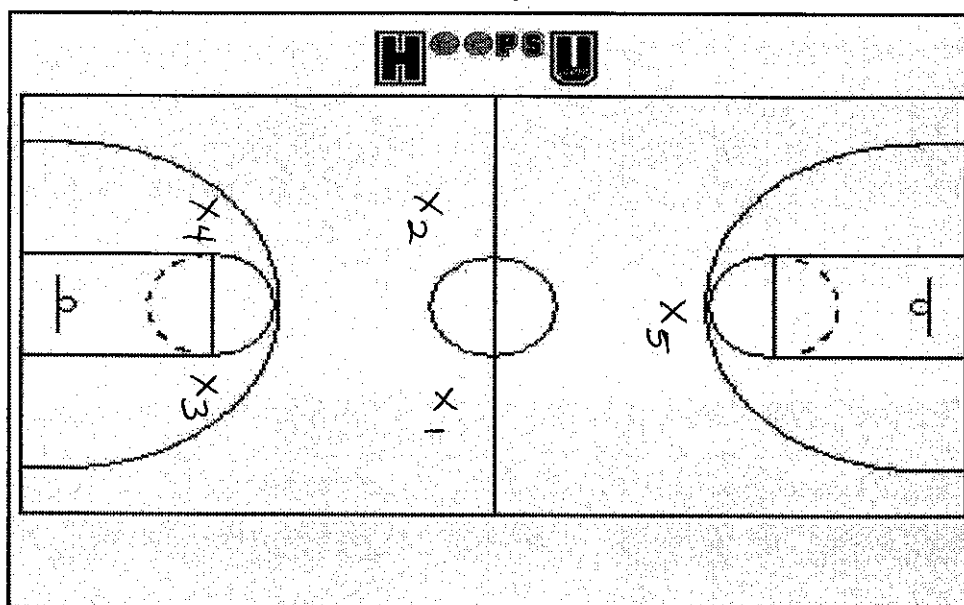
Yellow is our 2-2-1 three quarter court press. We run this a lot off of free throws or when we have been beat on our other presses. We at times just run this press to change the pace a little bit for the opposition and also to try to get them to think a little bit.

We align with our "1" and "2" at the top of the press as the "fronters". We want one of these players to put maximum pressure on the ball, again pushing the ball up the sideline, while the other is at about a 45 degree angle down from the ball helping take away the middle.

We have our "3" and "4" in the middle of the 2-2-1. The person on the strong side, similar to our "T" or "X" press, must stay at home, while the opposite person in the middle (in this example, X4) is responsible for taking away the middle. We call this "pinching the middle" in practice. Again, we want to keep the ball out of the middle of the floor.

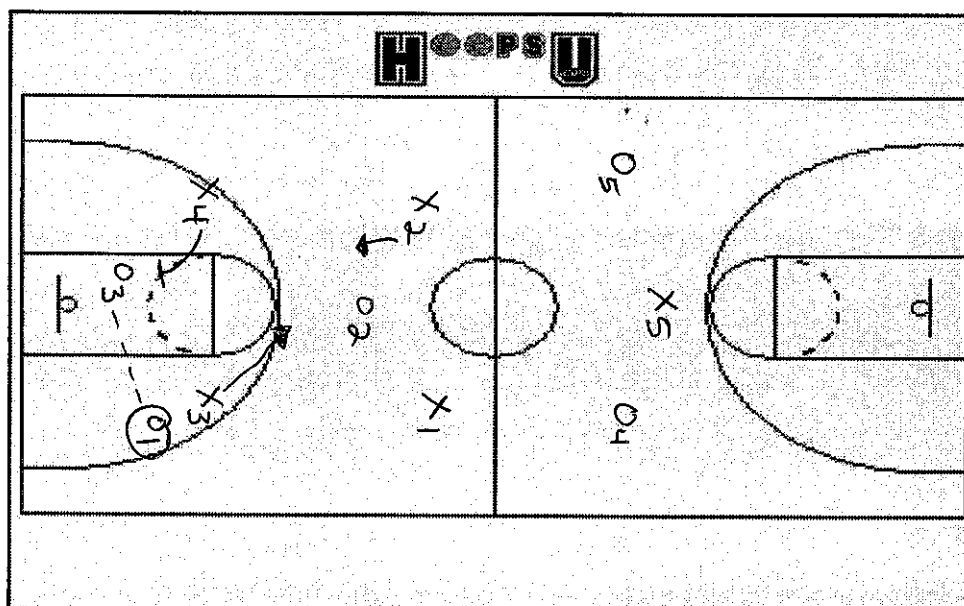
Our "5" player stays deep, protecting the basket and constantly communicating with our "3" and "4" about cutters coming to the middle of the floor.

### Yellow alignment

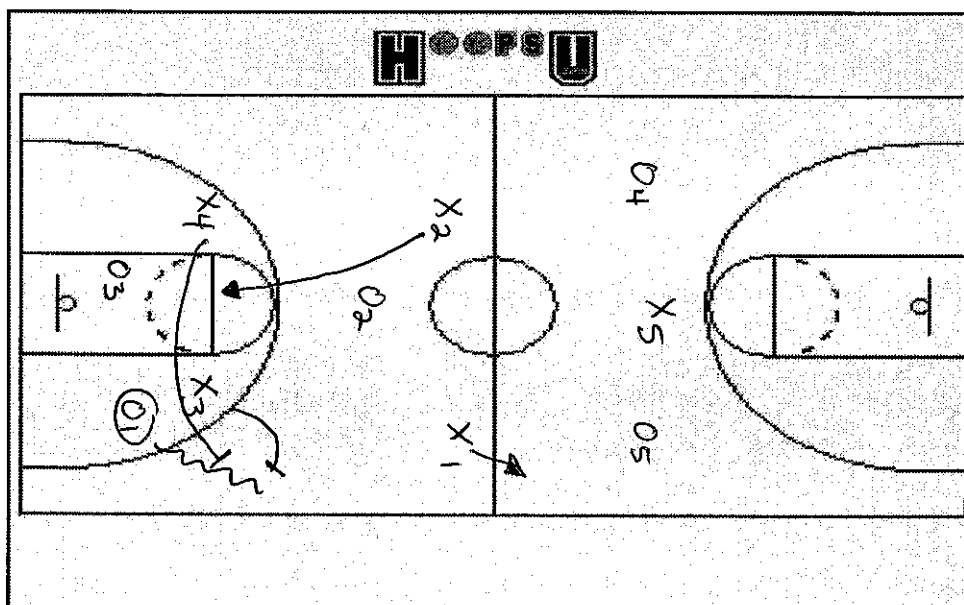


If the ball is reversed backwards from O1 to O3, we want the opposite defender (in this example, X2) to hesitate in the middle until X1 rotates back to the middle. Once X1 is in the general area, X2 will rotate up on the ball and push it towards a sideline. Depending on where the ball is, X3 and X4 will adjust their positions as well.

### Yellow rotation on reversal



### First Rotation out of Yellow "T"



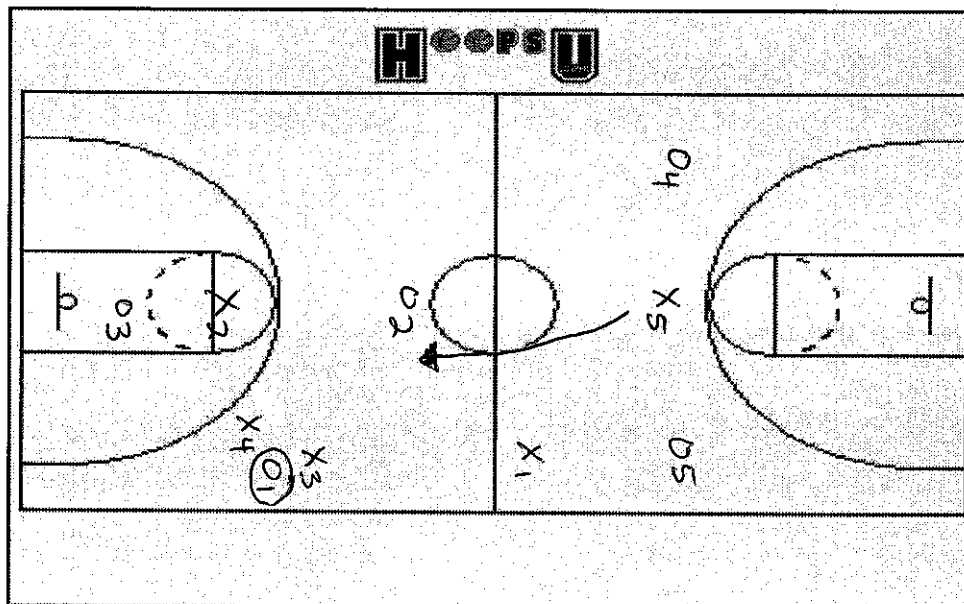
### Yellow "T" (Full Court → "Closed Fist" Hand Signal)

Yellow "T" is another change up that we throw at teams. It combines the concepts of our Yellow press and our "T" presses.

We align ourselves in our Yellow press. X1 will force the offense to put the ball on the floor towards the sideline, and we rotate just like we do out of our "T" press. X2 is going to rotate on the ball for the first rotation. (First rotation on previous page.)

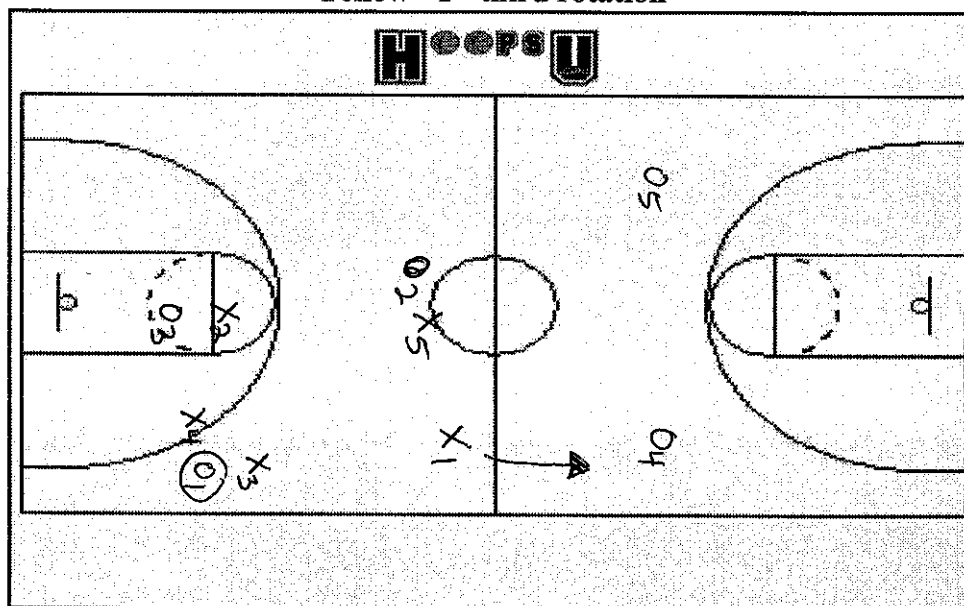
X4 is going to rotate up and take away the area where X2 was.

### Yellow "T" second rotation



X5 is going to rotate up and take away the area where X4 was. X3 needs to slide over a little bit in order to help take away the middle until X5 moves up from the back.

### Yellow "T" third rotation



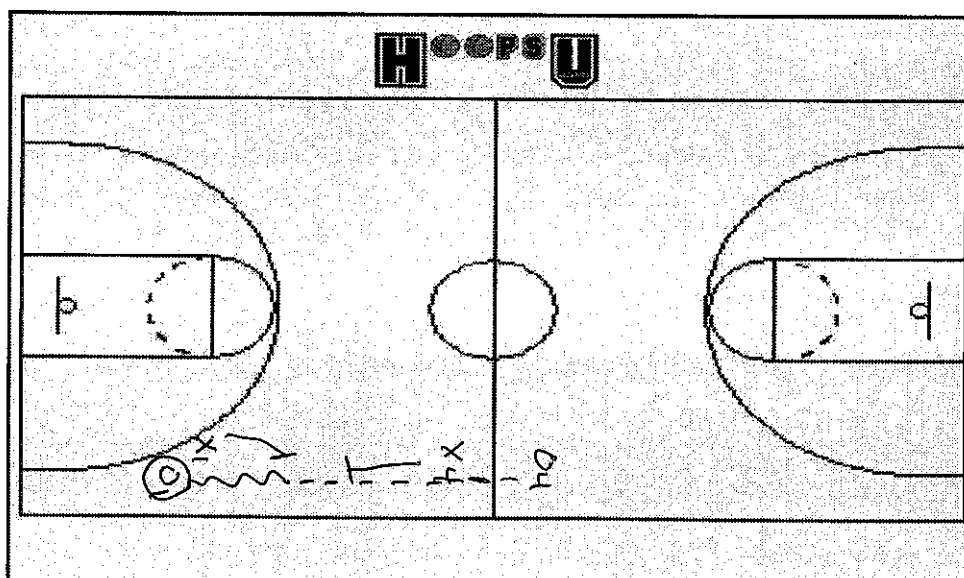
## PART V: RULES FOR PRESSES

### Rules for our pressing system

We have very few concrete rules in our pressing system, but here are five that we constantly emphasize:

1. **"Strong side stays":** Everyone that is on the strong side of the court (in this example, X4) must stay with their player and not rotate. When the strong side rotates up, it is pretty easy for the ball handler to see their teammate in front of them and make a forward pass. We want them to throw the ball to the side or backwards.

### Front rotation



2. **“Mirror the ball”**: When we trap the ball, we want the two people on the ball to “mirror the ball”, or to not reach on the ball handler. It is tempting at times, but we don’t want to work that hard to get the ball exactly where we want it and spoil it by reaching in and getting a foul not in the scoring area. Another phrase we use to emphasize this is telling the players we don’t want “84 foot fouls”.

3. **Don’t give up on the trap**: We will trap all the way down the length of the floor as long as the ball stays on the sideline. We have trapped people on their own free throw line; the key is to keep the ball along the sideline and limit access to the middle of the floor.

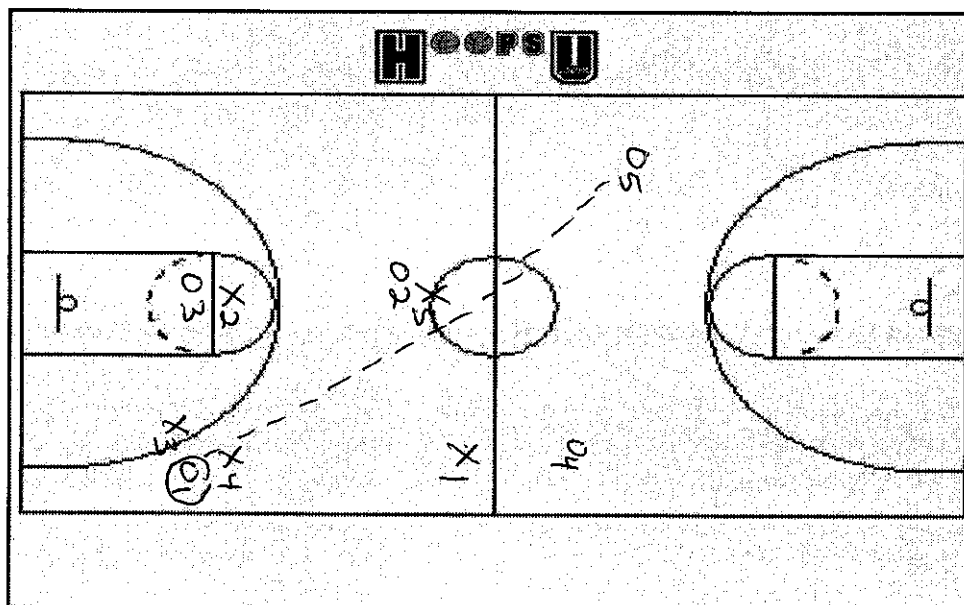
We have also had more than one trap on one possession. We believe that if they pass out of the first trap sideways or backwards, we have the opportunity to trap again, as long as we can get whoever is guarding the ball to turn the offensive player in the ways that we described before.

Along those lines, a lot of coaches have trapping zones and rules as to where and when they will trap the ball on the floor. I think that makes players think too much; we want our players to aggressively attack at all times. “Paralysis by analysis” is a killer in our system; we want our players to react, not to think too much.

4. **Be prepared to give up an easy basket every once in a while**: Every once in a while there is going to be a communication breakdown, a guard splits the trap or something else happens where the opposition gets an easy basket. We honestly don’t worry about that as much as you would think. As long as it is isolated, we feel that the pressure we are applying will ultimately wear you down and force you into mistakes in our favor later on in the game. Our players don’t hang their head if you get an easy basket, we just get the ball out and come right back at you offensively.

We know that we are leaving O5 open, but we don’t believe that a point guard will consistently be able to step up and complete that pass for the entire game. We refer to this person in practice as “opposite long” and we are willing to leave that person open on a consistent basis. We also believe that if that pass is made, it will take enough time for the ball to get there that our defense will be able to recover and protect the basket. More than likely, the person that catches this pass is the fourth or fifth best ball handler on the floor for our opposition, so if they want that person to consistently try to make a play off the dribble, then so be it.

#### Leaving O5 open

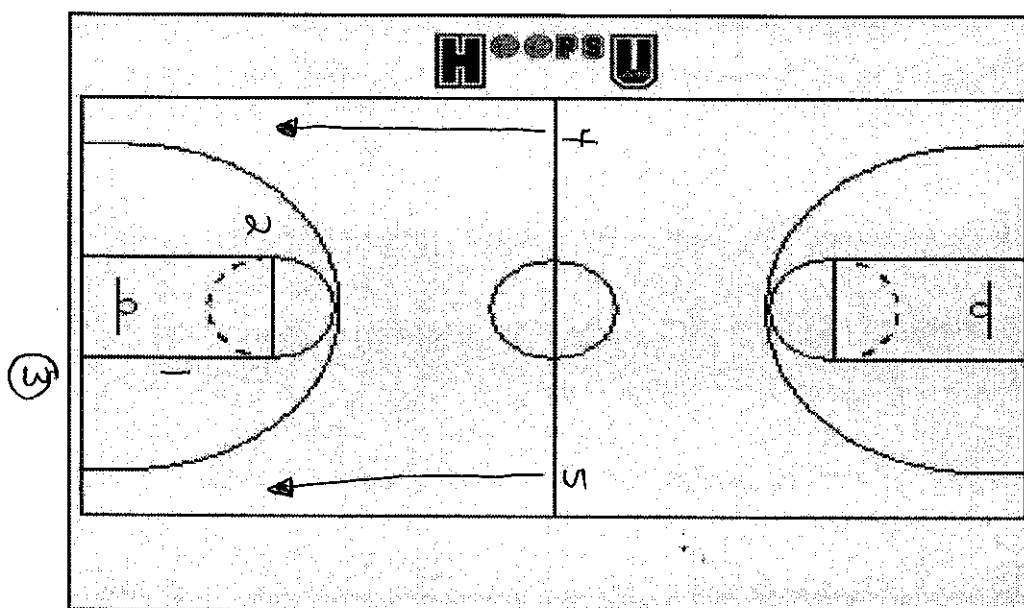


**5. Just because we don't get a steal doesn't mean it wasn't a successful possession:**  
 At the same time, if O5 is attempting to make a play, not only does this make O5 do something they are not comfortable with, but it also speeds up the game. If the opposition takes a quick shot or is taken out of their offensive sets, which is just as good as a turnover. Again, that shot might fall in the first quarter; it probably won't in the third and fourth quarter.

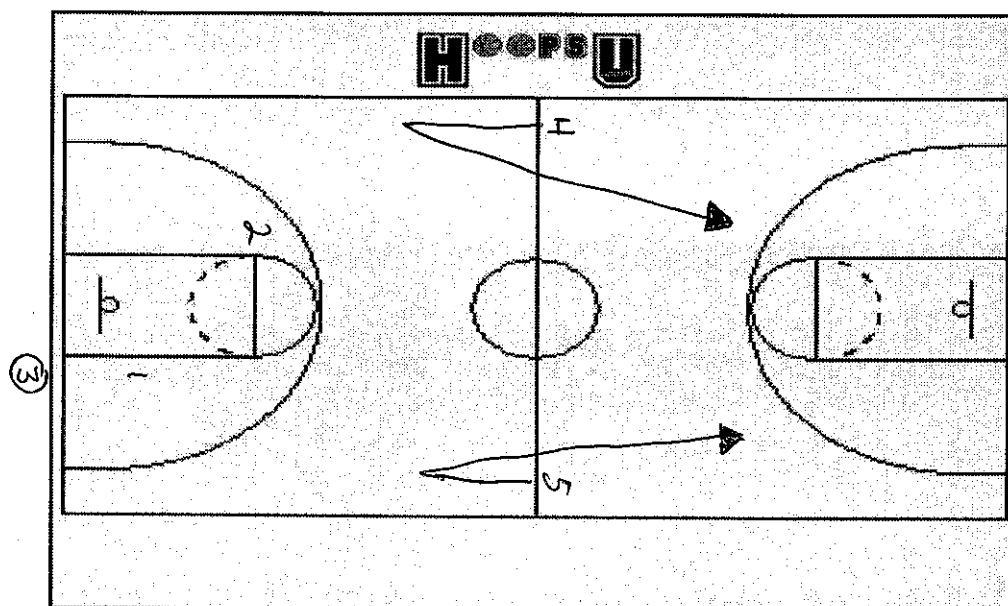
## PART VI: COMMON PRESS BREAKS VERSUS PRESSURE

We have illustrated in our examples the most common press break that we see versus our pressure, the two-guard front. Here are some variations of some of the things we see out of that particular press break

### Back row people flash back to the ball

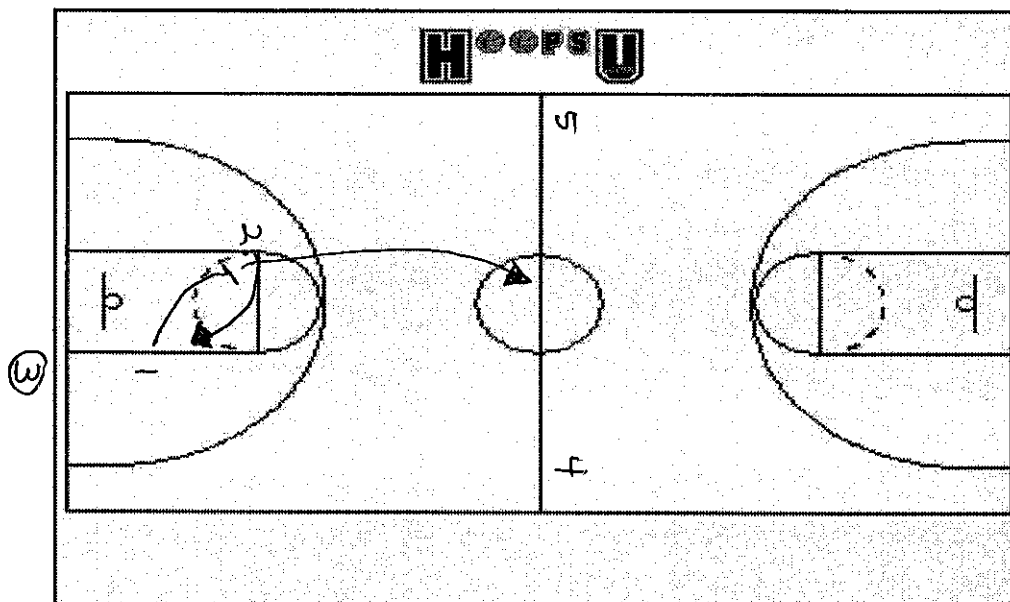


### Back row people flash up and then go long

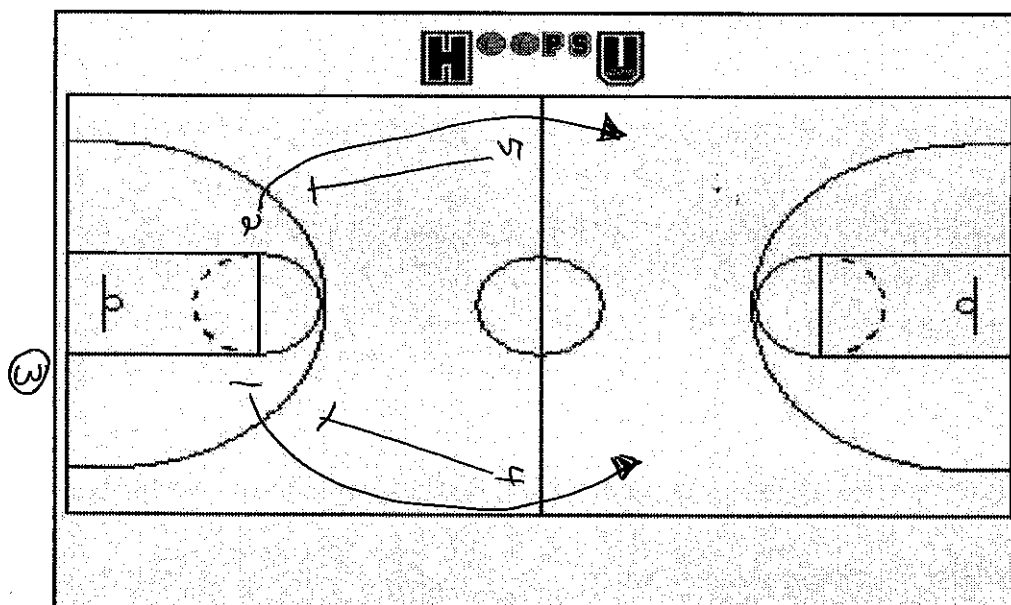




### Guards cross screen, then screener goes long



### Back row sets a back screen for guards



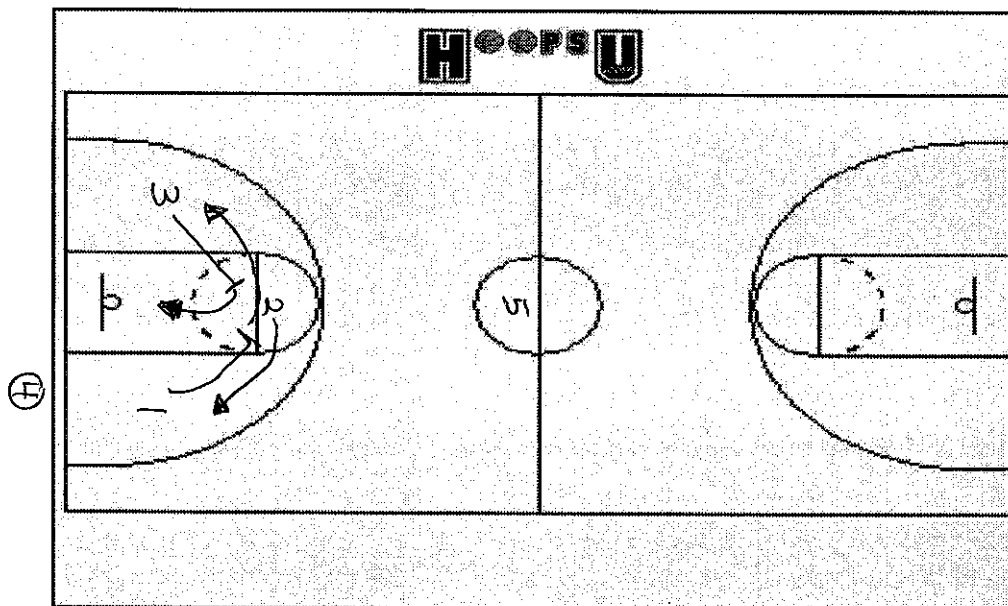
To combat these scenarios, we do a couple of things. We switch every screen in our pressure full court, and if the "centerfielder" goes long with the player running deep, the original person now becomes "centerfielder". We also tell our "centerfielder" to play a little bit deeper if we are in a dead ball situation (after a turnover, free throw, etc. . .) to guard against the baseball pass.

If we are in our “White” press, we teach our people who guard the ball to jump when the in-bounder is getting ready to make the long, baseball pass. We don’t see as much of the baseball pass against our White pressure as we do our Black pressure, as we allow the ball in-bounds in our White press, so teams aren’t as desperate to get the ball in-bounds.

### 3 Across

We also see a three-across press break from time to time, especially teams that have more than one solid ball handler. If they line up like this, most teams will run a screen the screener type of play to get the ball in-bounds.

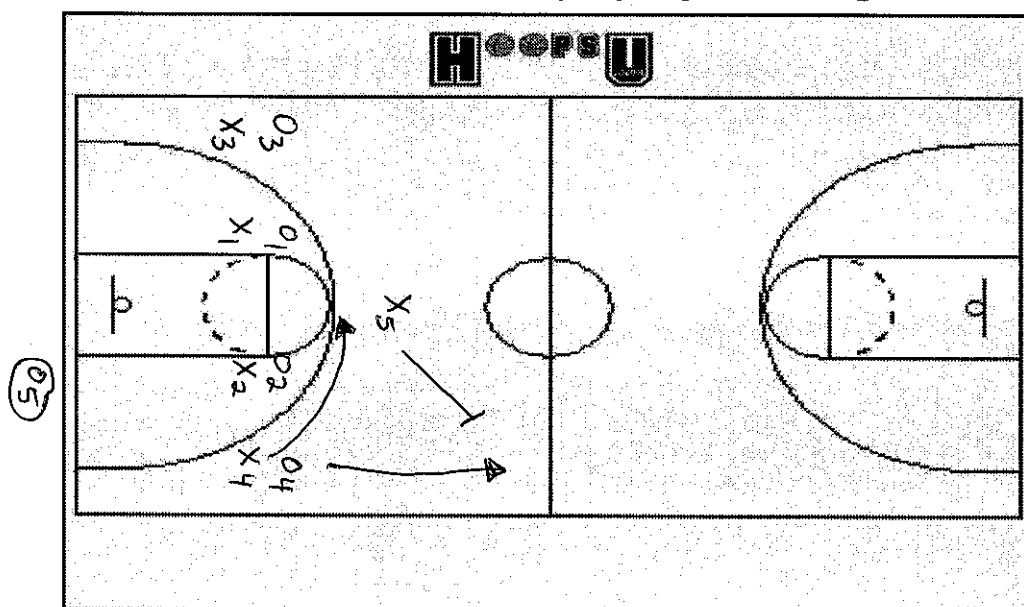
#### 3 Across screen the screener



### 4 Across

We also see a lot of four across, and there are probably more options out of this press break than I could list. The one major thing to remember is that someone is going long out of this line-up, more than likely a post player on the ball side. If you can pick up on that trend, then you can adjust by switching off on the person going long and rotating the person who was guarding the person going long to “centerfielder”.

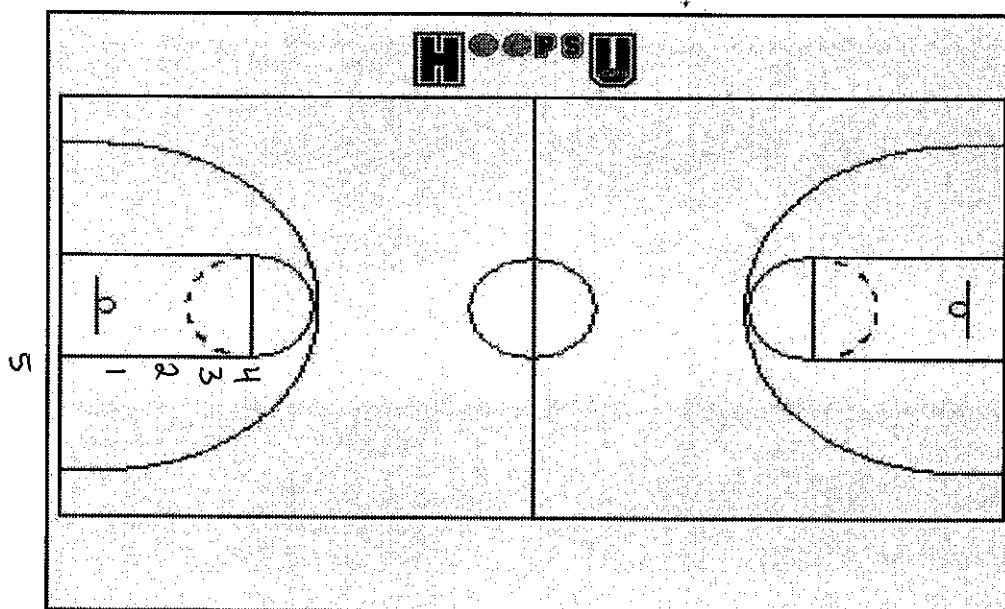
#### 4 Across, switch on the person going long and rotating centerfielder



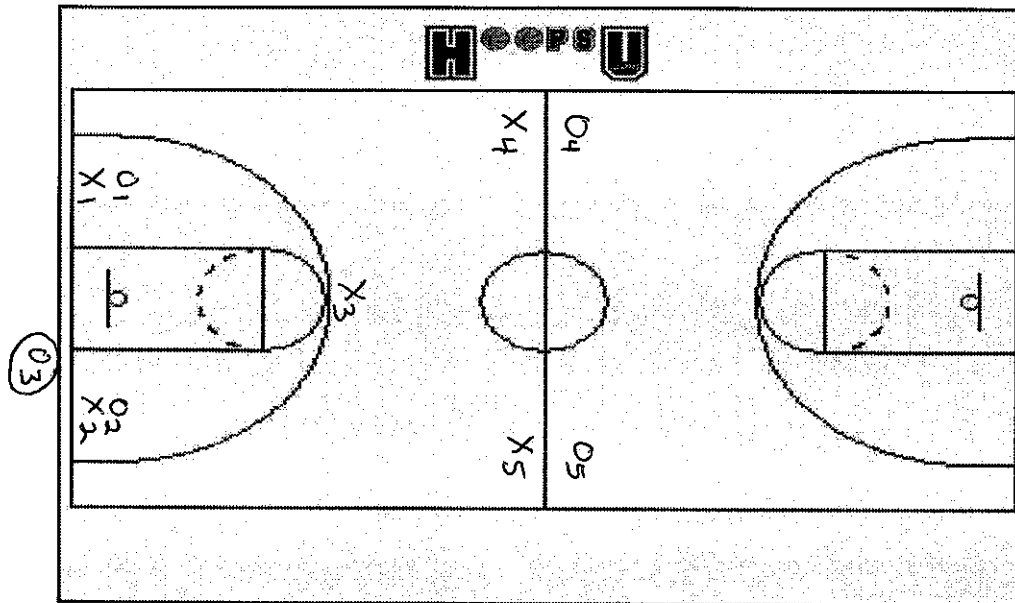
We believe that the more players a team brings back to the ball to help break our pressure means that they have no confidence in their guards and they, as a team, are intimidated by our pressure. This also makes it easier for us to rotate out of our presses because we are not as spread out on the floor, so we actually like facing the three and four across looks.

#### Other press breaks

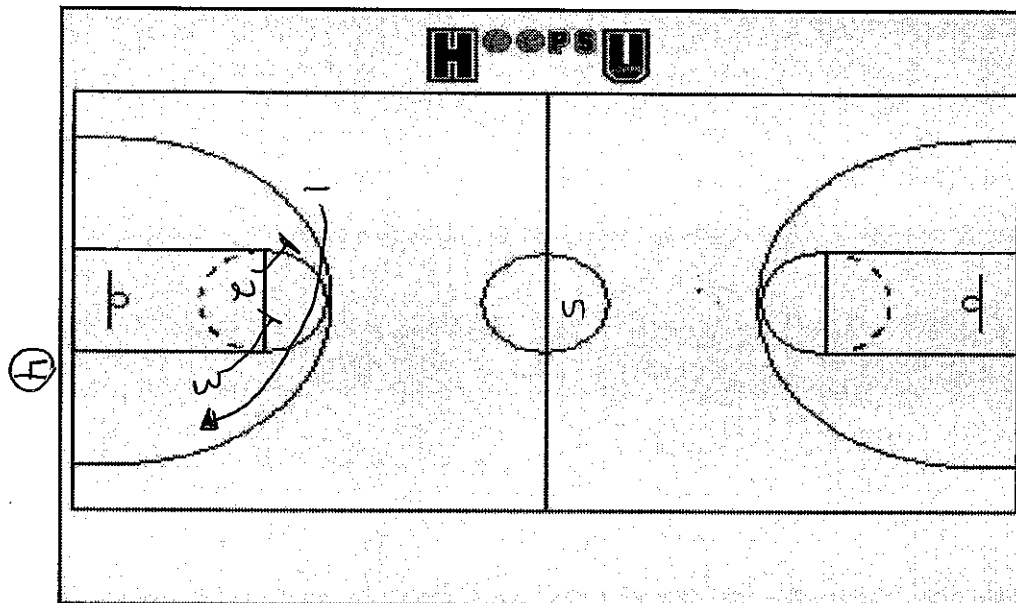
##### Line press break; someone is going long



**Lob press break; guard posts up our fronting guard and lob over the top**



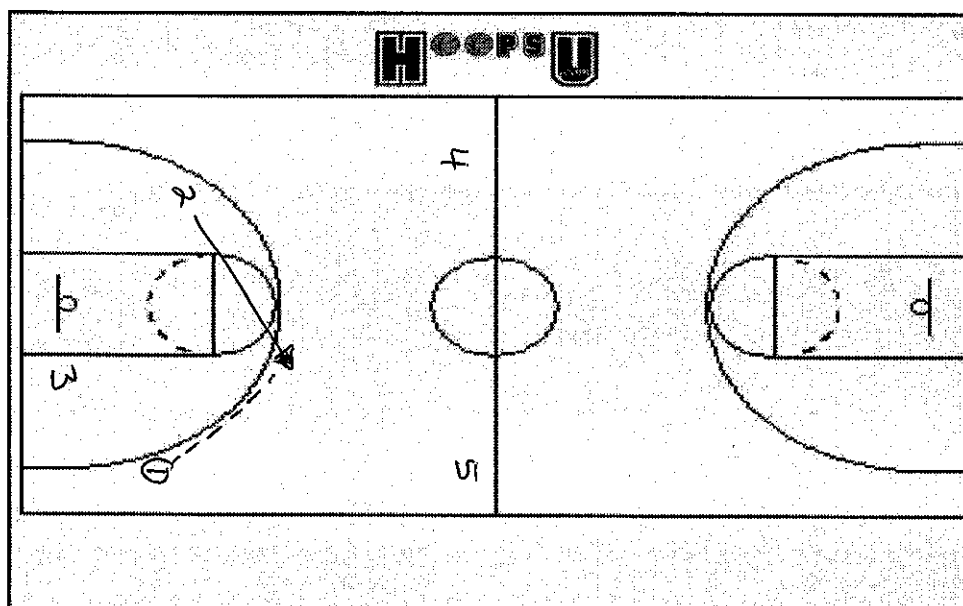
**Pius press break; double screen for main ball handler**



**Once the ball is in-bounded; what to do then?**

There are two major things that teams try to do once the ball is in-bounded against our pressure defense other than try to beat the pressure with the dribble. One is send a diagonal cutter through the middle of the floor.

### Diagonal cutter through the middle



To counter this, we work very hard on denying cutters to the ball, both in our full court work and in our shell drill principals. If we can deny that cutter, we are going to have a pretty good chance of making something happen with our pressure.

The other thing that teams do against our pressure once the ball is in-bounded is to make a quick pace back to the in-bounder. If we see this happen on a consistent basis, we will switch to our White press and deny this pass right away. Again, if we can deny this pass, we are going to have an opportunity to make something happen.

#### Pressing after misses or turnovers; how do you do this?

A lot of teams believe that you can only press after a make or in dead ball situation. As part of our system, we have worked on not only pressing in these situations, but we also press and rotate after missed shots and turnovers.

It starts with our rebounding philosophy. I don't believe in telling the "1" or the "2" that they can or cannot rebound offensively; again, it takes away from their aggressiveness and makes them think rather than react.

When we shoot a shot, we send all five players to the offensive boards. If you want to lead someone out to try and get an easy basket, that also means someone is not boxing out one of my players and gives us access to more opportunities on the offensive glass.

If we don't get the rebound, we do what we call "*smother and deny*". This means that the person closest to the rebounder will "*smother*", or pressure the ball, making it difficult for the rebounder to find someone to get the ball to. We then have the closest person to the point guard "*deny*" the point guard the ball, again to slow down the fast break.

While this is going on, the three other players will sprint back on defense, calling out their match-ups while defending the basket. If we can get matched-up quickly (which happens more often than you would think), we then look to rotate in the concept of our "T" press scheme if the situation presents itself.

By applying pressure in this situation, it doesn't allow the opposition any let-up. We are constantly putting defensive pressure in all situations, thus wearing down our opponent by the middle of the third quarter.

### After a turnover; what to do?

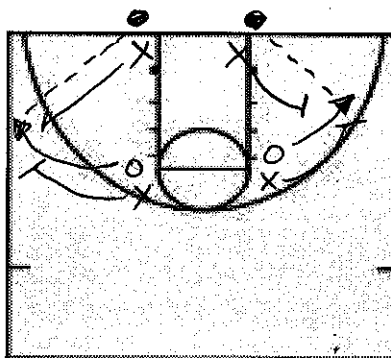
When we force a turnover, we have a plan of attack based on the defense and what they are doing and, more importantly, how many players they have back. We have two basic reads.

**1. One or less person back on defense:** If the opposition has one or zero people back on defense, we want our players to pick a lane and attack the basket

**2. Two or more players back on defense:** In this situation, we teach our guards to flare out to the three point line and get behind it to extend the defense out, which will then allow our posts to dive to either block. If the guard gets the ball at the three point line, they can look to shoot, pass to a diving post, or dribble drive and attack the basket. Even in transition, we want to keep the opposition's defense spaced as much as possible.

## PART VII: DRILLS TO IMPLEMENT PRESSURE SYSTEM

### 2 on 2 "X" Traps

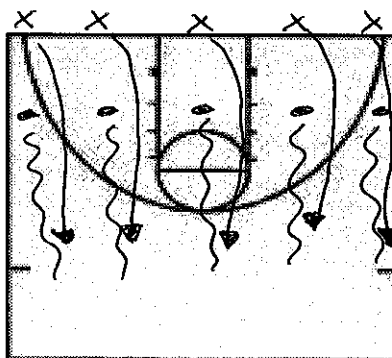


2 groups of 4 at each basket. Ball is thrown to the corner, and the "X" team works on getting a good trap on the "O" team; : First step by the "4" should be up the lane and get level with the ball. Not focusing on the reversal back to the inbounder, but instead focusing on:

- \*Not letting offense going up the sideline
- \*Not allowing offense to split the trap with the dribble
- \*Mirroring without fouling

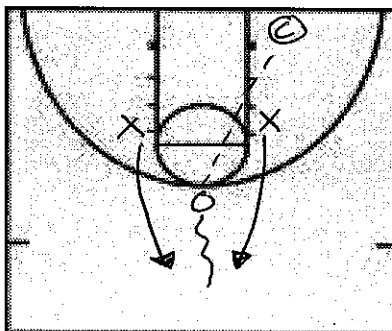
### Spear Drill

- \*Have one line of player's two steps ahead of another line of players.
- \*The players that are ahead each have a ball. They are going to speed dribble to the other end of floor, and their partner is going to try to spear the ball from behind them.
- \***You should always spear with the inside hand i.e. if the ball is being dribbled with the right hand, you should spear with the left hand.**

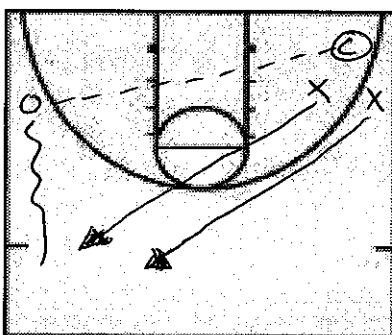


## 2 on 1 Bust out Drill

- \*There is one offense player with two defensive players lined up behind the offensive player.  
The coach has the ball on the block.
- \*The coach throws a pass to the offensive player, and the offensive player tries to dribble to the other end of the floor and score before the defense can spear the ball from behind.
- \*If the offensive player still has the ball by the opposite free throw line, then the defense needs to let her go so she can finish the basket without fear of injury.



- \*You can also change the angle to make the pass more of a cross court pass



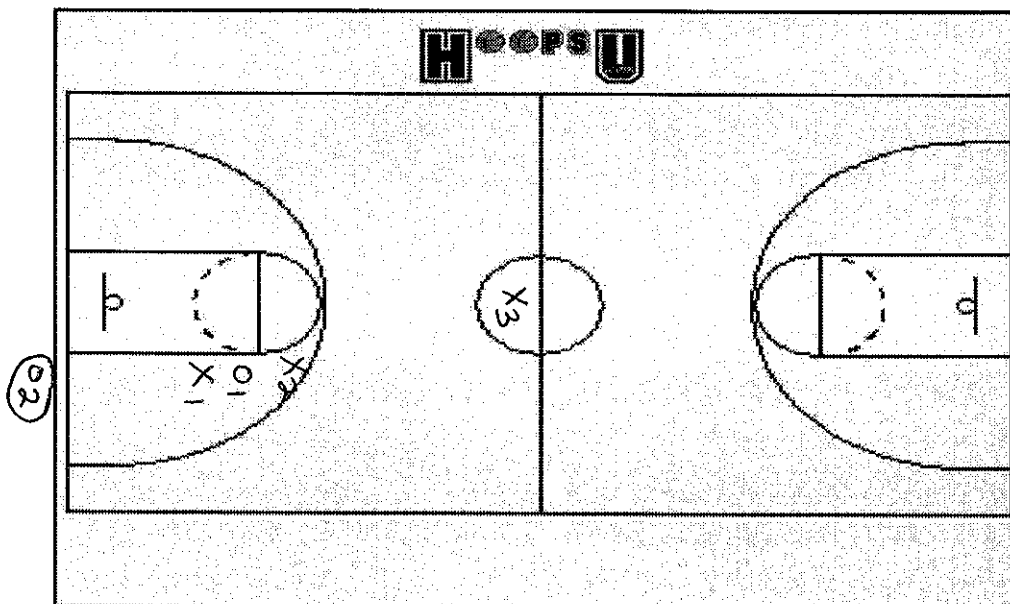
## 2 on 3 Defensive Rotations

In order to teach our players how to rotate in our "T" presses, we break it down into small parts first.

We begin with two offensive players; one offensive player is taking the ball out of bounds, while the other is going to work to get open.

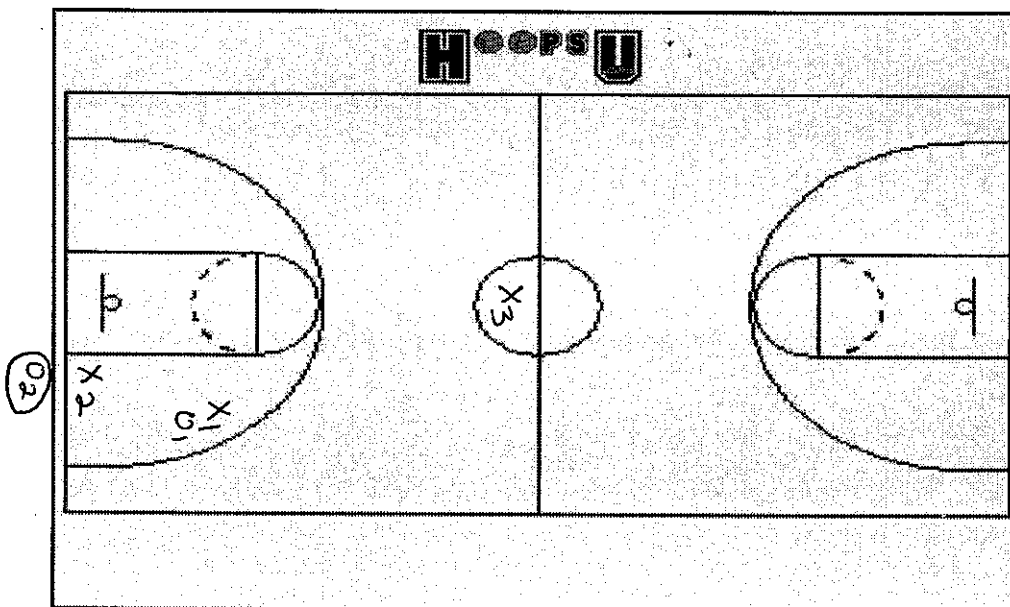
There are three defenders; two defenders are going to work on denying the offensive player, while the third defender starts in the center circle.

### 2 on 3 Defensive Rotation initial alignment in Black



Here is how you would set up if you wanted to work on a White press rotation.

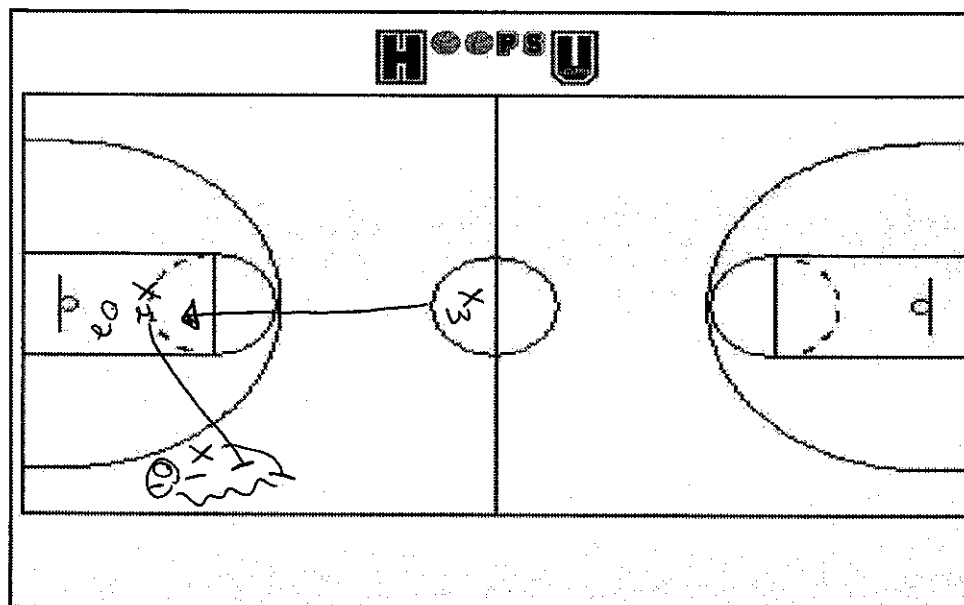
### 2 on 3 Defensive Rotation initial alignment in White





The defender in the center circle cannot leave until the ball is in-bounded. Once the ball is in-bounded, the "centerfielder" will then match-up with the in-bounder (just like in our "T" presses). The person guarding the ball will then try to force the ball handler to dribble to the sideline, and we will work on rotating.

### First Rotation out of 2 on 3 Defensive Rotation



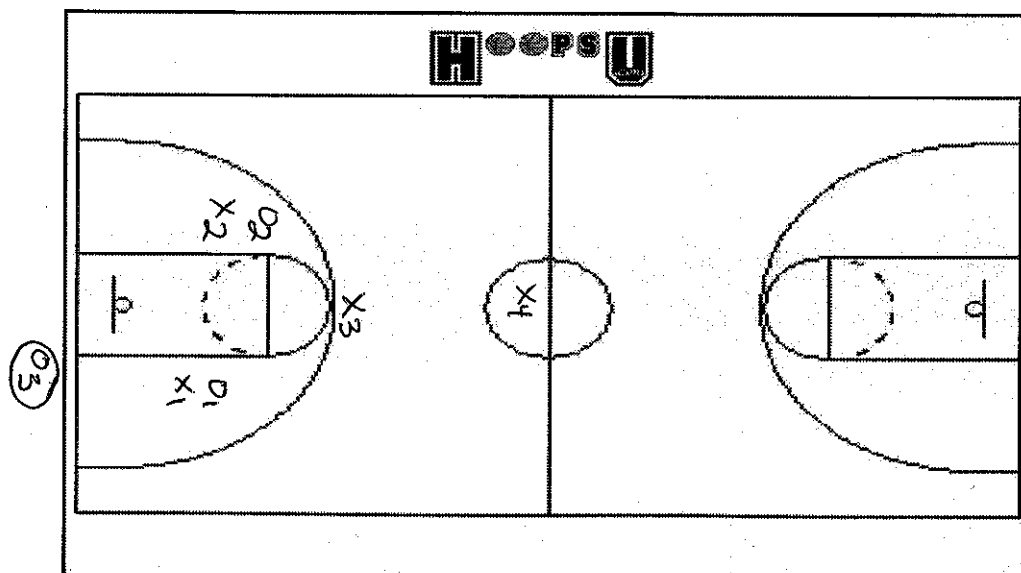
We play the rotation live until one of the following things happen:

1. The offense scores.
2. The defense forces a turnover or a missed shot; they then attack and try to score.

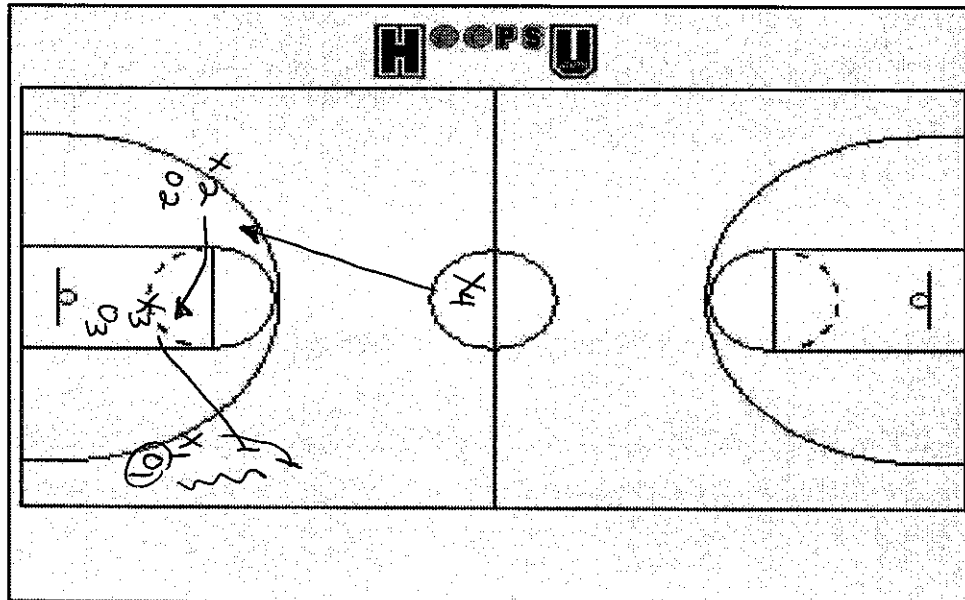
### 3 on 4 Defensive Rotation

Once we feel comfortable with our 2 on 3 defensive rotation, we then add one more offensive and defensive player, and then run the same drill with the same rules.

#### 3 on 4 Defensive Rotation Initial Alignment in Black

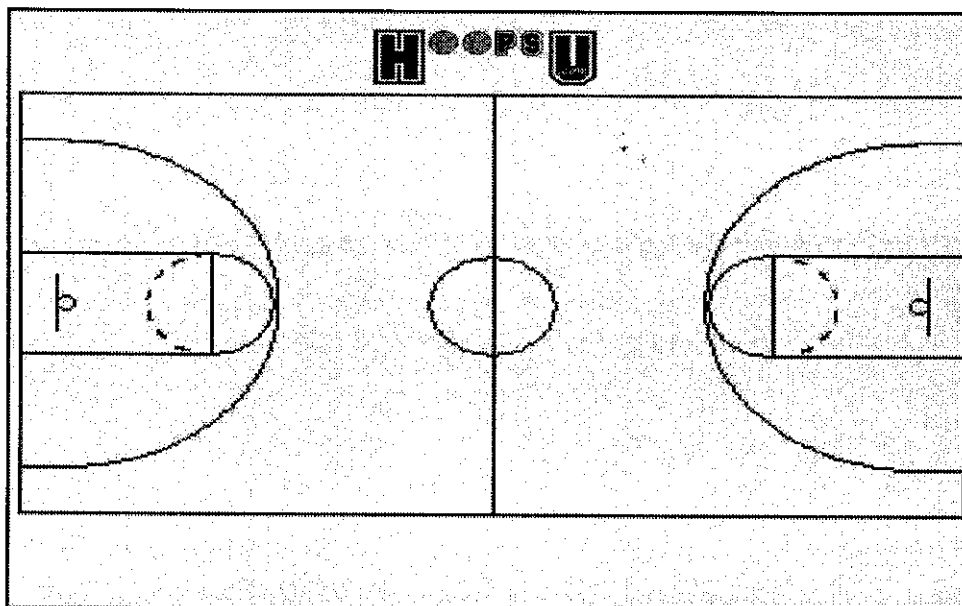


### 3 on 4 Defensive Rotation First and Second Rotation

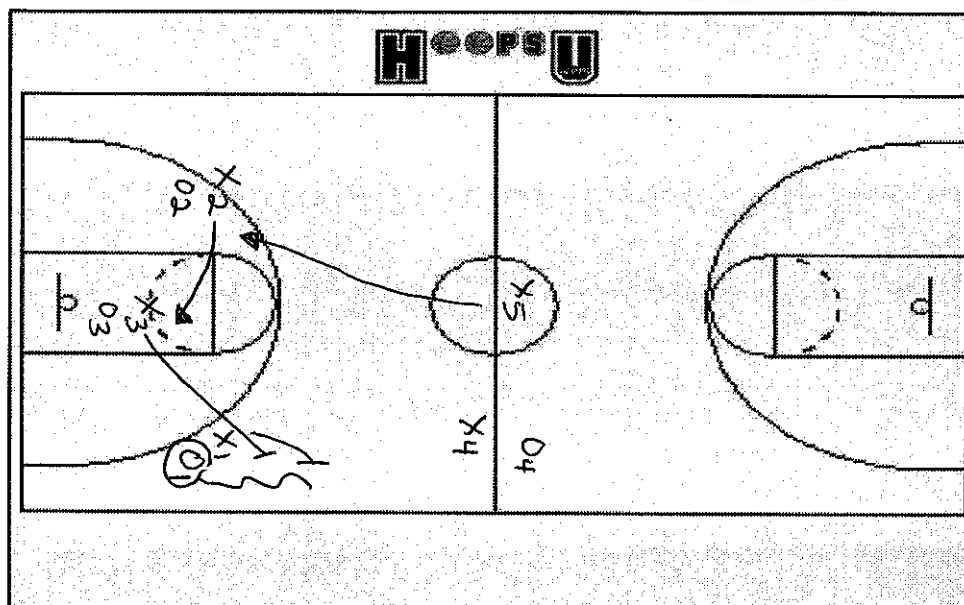


After we master 3 on 4 Defensive Rotation, we then move into **4 on 5 Defensive Rotation**, which also can be done out of Black or White.

### 4 on 5 Defensive Rotation Initial Alignment in Black



### 4 on 5 Defensive Rotation First and Second Rotation



### Zone Press Drills (Yellow and Blue)

*Make the ball go around the press, not through the press*

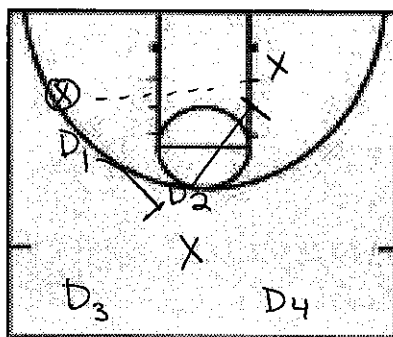
We need good pressure on the ball, while the weak side front line denies the middle cutter

-We want the ball to go backwards around the press, which means no dribble penetration or direct passes to the middle

-Person on the ball has two jobs

1. Force pressure
2. Contain the ball

-If the ball goes backwards, weak side front line stays in the middle until the strong side front line "bumps" her out of the middle



Strong side second line needs to stay; give one step up and then two steps back

-Can look to trap in the corners on either side of  $\frac{1}{2}$  court

-If this happens, the back row must rotate to the strong side while the weak side second line rotates back

When the point guard feels the press is broken, she needs to call out the half court defense (“black” or “orange”) that we are dropping into

When we are comfortable reading the press, we can expand our possibilities by making a rule that if the ball is reversed to a post player, we automatically jump into our “black” press and “Nelson” the ball handling guards.

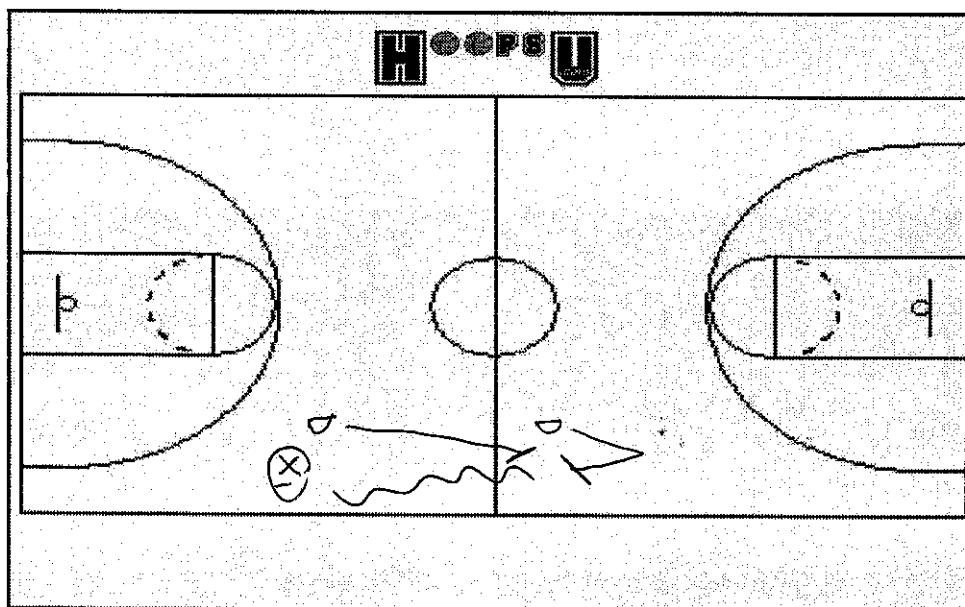
### 1 on 2 Strong side Alley Drill

\*The offensive player will start with the ball on one side of the floor.

\*The person on the ball will force the ball down the sideline.

\*The second defensive player will start approximately where the second row of the 2-2-1 would be.

\*When the dribble begins up the floor, the second row person must move up and, with the help of the front row person, apply the trap on the offense either right before or right after  $\frac{1}{2}$  court.



### 3 on 4 vs. “The Box” Drill

\*There are three offensive players matched up against four defensive players.

\*The four defensive players will start out as if they were the first two rows of a 2-2-1 press, while the three offensive players will then try to beat the defense.

\*The defense will be emphasizing these three things:

1. Do not allow the ball in the middle of the floor
2. They will force the offense up the sideline
3. Trap if the trap is there on either side of  $\frac{1}{2}$  court in the corners