

TEAM DEFENSE

Full Court Shell (Positioning)

4-on-4, 5-on-5 Shell

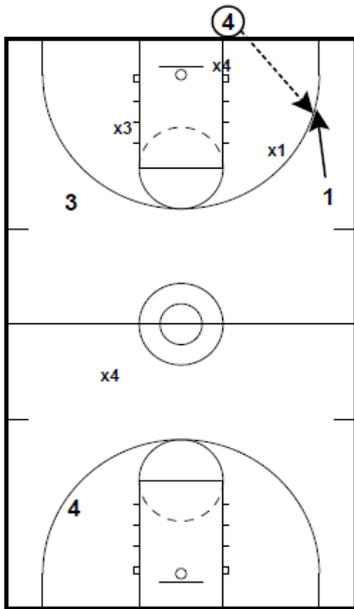
Man Press ("55")

Zone Press (1-2-2)

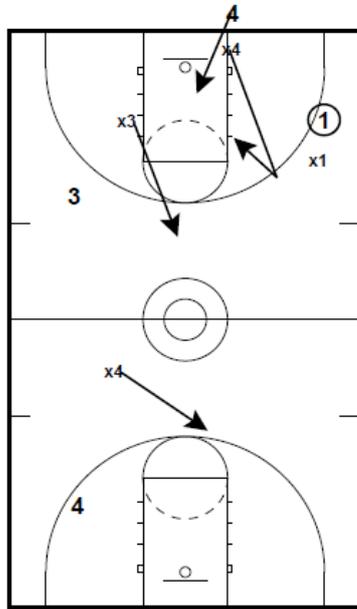
2-3 Zone ("Even") Shell

1-2-2 ("Casa") Shell

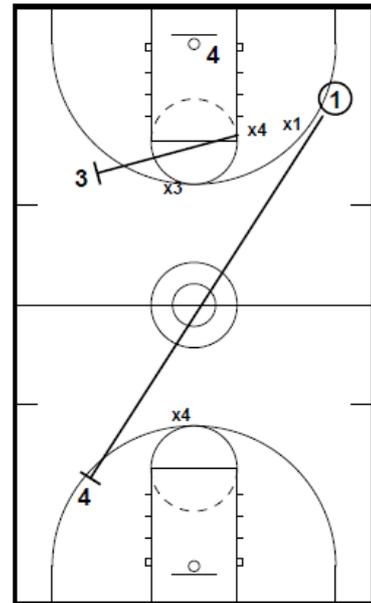
Full Court Shell (Positioning)



1. This drill teaches defensive positioning in the context of a full court man press.
2. Can do 5 on 5. Here we show 4 on 4.
3. Start with 4 taking ball out of bounds and players matched up.
4. When off the ball, be up the line, but step off. V is for victory.

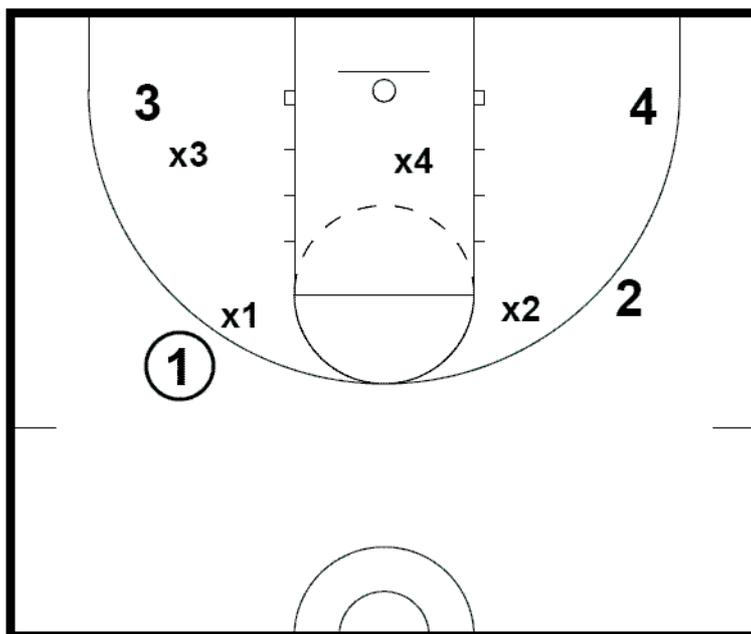


1. When ball goes by you must sprint 2 steps past ball and be in a V between ball and your man.
2. Note that x3 and x4 have moved back behind the ball (1).
3. Other defenders must move and defend like in full court press (x4 and x1).



1. Have the offensive players pass the ball and dribble the ball up the court.
2. Stop play when kids get out of position.
3. Focus on 1) being 2 steps behind the ball, and 2) always seeing the man and the ball by forming a V, 3) being just off the imaginary line between the ball and the man, so that if a pass occurred, you could deflect it.
4. Here, we've drawn lines from ball to 3 and 4, and x3 and x4 are just off those lines.

4-on-4, 5-on-5 Shell



Working On

- Drive middle
- Drive baseline
- Backcut from top
- Backcut from wing
- Ball screen
- Post Flash
- Dribble Handoff
- Basketcut

Man Press ("55")

For the full-court press, LYBA suggests playing full-court man-to-man "pressure defense". This is a good full-court defense for younger players to play because it's effective, easy to teach with little practice time, and it reinforces basic concepts of man-to-man defense like on-ball, deny and help-side.

The defender "on-ball" defends the ball-handler tightly using good, quick footwork, and tries to force to the sideline. To force to the sideline, the defender guarding the inbounds passer should slide a little toward the middle of the floor with arms out-stretched, so as to deny the pass to the middle and force it to the corner. The defenders who are on the ball-side, play "denial" and stay in the passing lanes between the ball and their man. The other defenders, who are opposite the ball-side, play "help-side", and help protect the basket against the easy lay-up. All defenders must see the ball at all times. They should try to be in position to see both the ball and their man.

If the ball breaks through the perimeter, or gets up the floor ahead of any defender, all defenders except the "on-ball" defender, must sprint back to the paint to prevent the lay-up. The "on-ball" defender tries to stay with the ball and force to the sideline.

There are two ways of starting the pressure in transition. First, after a made basket or ball out-of-bounds, have each defender get on his/her assigned man. Second, after a rebound, steal, or turnover in transition, have each defender just pick up the closest man, rather than trying to run and find their pre-assigned man. Any mismatches that occur are usually outweighed by getting the pressure started immediately, and stopping the fast-break. If the offense advances into half-court, players can "switch" at opportune moments when they are back in half-court. Trapping is encouraged. If the offensive man bringing the ball up is caught along the sideline, or in one of the trapping areas (basically every corner of the court, and at the corners in front of, and behind the half-court line), a second defender can run over to his blind-side and trap, hoping to create a turnover. The other defenders then should be ready to intercept.

This full-court man defense will require the defenders to switch when they are screened. These switches must be called out loudly and happen immediately, so that the ball does not get by them. Again, any mismatches can be switched back later in the half-court if necessary.

41 "Deny"

You can use this man-to-man press at end of half or game, or when you have more than 8-10 points to make up in a short period. Here, all players deny the inbounds pass. You are going for the 5-second count, or an interception of a poorly made pass from the in-bounder. With this press, the defender whose assigned person is the in-bounder gets back to at least half-court or beyond as the "safety" against the long pass and lay-up.

The other four defenders immediately locate their man and deny the pass from the in-bounder by playing the passing lanes and staying between their man and the ball. These four defenders should not worry about the long pass over their heads, as the "safety" is back to stop that. You may want to assign your slowest player to be the safety, to increase the chances of a steal in the backcourt.



Zone Press (1-2-2)

The 1-2-1-1 zone press pressures the in-bounds passer, and attempts to trap the first pass receiver. We can run:

- Red-5 (Full court)
- Red-3 (4 man is at free throw line)
- Red-2 (4 man is just over ½ court)

With HARD and SOFT, always try to deny a center in-bounds pass... force (allow) the pass to the corner. O4 overplays the inbounder toward the middle to help deny the center pass.

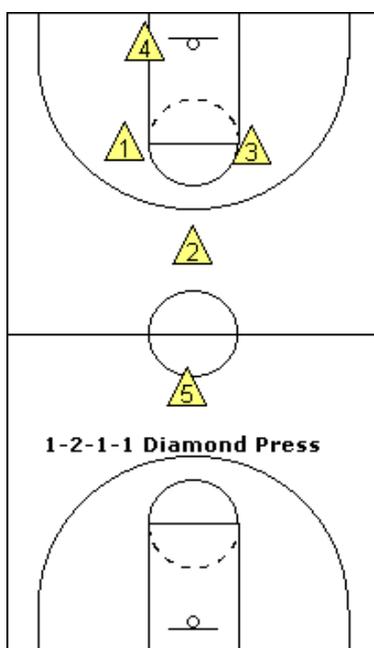
To trap the offensive player in the corner, or along the sideline, the first defender (X1) moves over quickly to stop the ball and seals off the sideline so the offensive player cannot dribble up the sideline. The other defenders must play in the gaps between the passing lanes, and try to deny or intercept the pass.

Hard

X4 and X1 (or X3) immediately trap the first pass.

Soft

X4 and X1 (or X3) wait until the first pass receiver puts the ball on the floor and starts the dribble, and then quickly close in and trap. In this situation, you are waiting for the pass receiver to first commit with the dribble. Once you set the trap, he has lost the option to dribble.



Basic Principles

1. Always have one player back in prevent - GOAL TENDER mode to prevent the easy lay-up.
2. Sprint back to the paint - LOOK TO BACK TIP when you are beaten.
3. When trapping, or trying to stop the dribbler, don't reach in! Rather, you must move your feet to get into position and deny the sideline.
4. Trapping

- a. In trapping, one defender should first stop the dribbler, often along the sideline or baseline, or in one of the "trapping zones" (see below). Trapping zones are those areas where the offensive player definitely does not want to get caught losing the dribble. It's like getting caught in a corner.
- b. Once the ball is stopped, the second defender sprints over and double-teams the ball. They cut off the ball-handler's view, and get into the passing lane. The position of their hands should be at the same height as the ball. If the offensive player holds the ball high to "throw over the top", the hands should be high. If the ball is low, the hands should be low to prevent the bounce pass.

MIRROR THE BALL Do not reach in! This only transforms a good situation into a bad one (now the player goes to the free throw line). Instead, the defenders should deny the offensive player from getting the pass off and get the 5-second call, or try to tip the pass, or force them to make a bad pass, which is intercepted by one of your teammates.

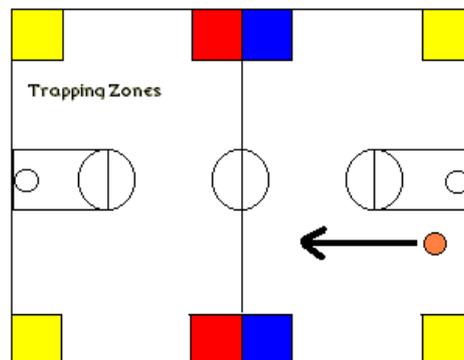
5. Gapping (Zone Press)

- a. The other defenders who are not actively trapping, try to get into the gaps between the ball-handler and his teammates. They play the passing lanes and deny and intercept passes from the trapped player.
- b. If the opponent is successful in running a fast-break, your GOAL TENDER may have a 2-on-1, or 3-on-1 situation, being the only defender back. In this situation, the GOAL TENDER should be taught to first prevent the lay-up. If the opponent chooses to shoot the outside jumper, give it to them, as it is a lower percentage shot than the lay-up, you avoid getting a foul, and you may get the rebound, or delay the offense long enough for your teammates to arrive on defense. Often I see players make the mistake of coming up away from the basket and challenging the ball, only to get beaten by an easy pass to another player under the basket for a lay-up. Again, the defender must stay back and "gap" the offensive players, that is, try to straddle and cut off the passing lanes to the easy lay-up.

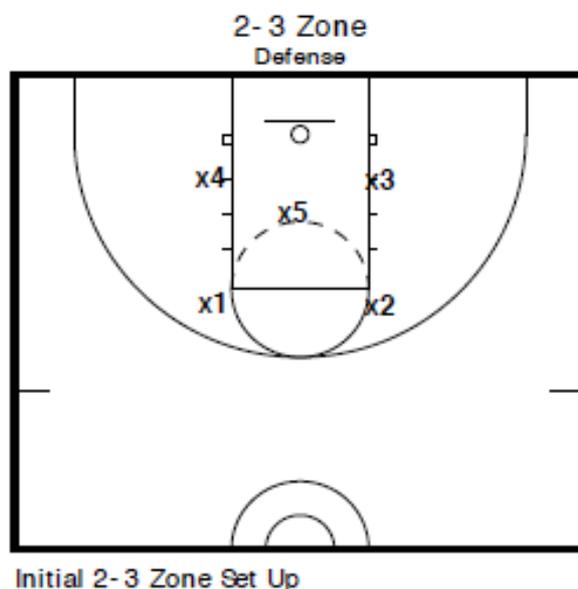
The yellow zones catch the player in the corner.

The red zones are excellent trapping zones, since the offensive player cannot retreat across the 10 second line.

The blue zones are good trapping zones because the offense has to worry about the 10-second count.



2-3 Zone (“Even”): Shell



The 2-3 zone defense has the advantage of protecting the inside, the "paint", and keeps our "biggs" inside. Its weakness is that it can be beaten by good outside shooting, with open areas on the wings, point and high post. We must be active in those areas.

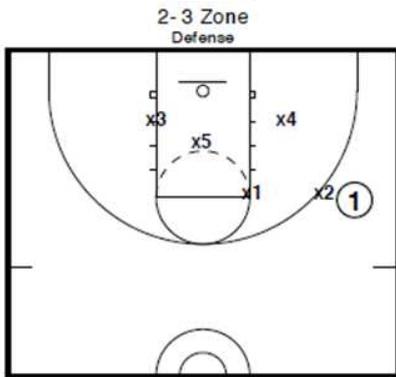
We will use the 2-3 zone to force the offense to shoot from outside, while keeping the paint protected and our key rebounders inside it will shut down dribble-penetration and the inside post play. However we will also use the 2-3 zone as a more aggressive, trapping style of defense, creating turnovers and steals. We can aggressively trap the corners, wings, and occasionally the point guard.

Our Keys to Playing “EVEN”

- Communication – Ball and Cutters – Constant Talking
- HANDS – Hands must be up and active at all times
- Aggressive – You must be aggressive and intelligent with your ball pressure
- KNOW WHERE SHOOTERS ARE – Shade them as necessary
- PROTECT THE PAINT
- FINISH THE POSSESSION – HIT and Go Get the Basketball
- A Key Point - When the ball moves into the corner and the X4 defender moves out to cover the ball, it is imperative that the X5 defender slides over immediately into the low block vacated by X4. If X5 does not get there in time, the offense may get an easy pass into the low block, and a lay-up.

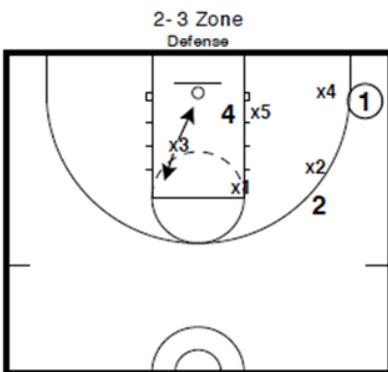
Players sometimes think playing a 2-3 zone defense is easier than man defense, but in fact, to play good zone defense, you may have to work much harder to be effective.

Basic Areas of Coverage in "Even"



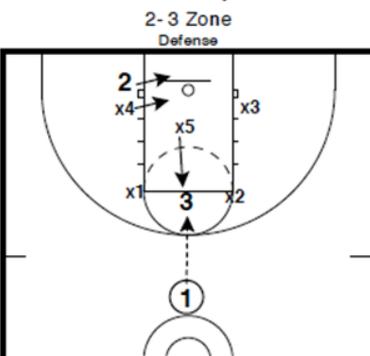
Coverage with ball on the wing

Ball on the Wing - The outside (top) defender on the ball-side will cover the wing. The exception is on the skip pass from wing to the opposite wing, where the low outside defender will initially run out and defend until the top defender can get there "BUMP"... then the low defender will drop back down low.



Ball in the Corner
- If 2 is a shooter can deny back

Ball in the Corner, or Short Corner - The outside low defender on the ball-side will cover the corner and short-corner. It's imperative that the middle X5 defender quickly drop to the ball-side block area to prevent an inside pass to the post. Here, X2 denies the pass back to the wing (if it is a shooter) while X1 covers the ball-side elbow (high post). Depending on the offense's strengths, we may instead have X2 sag inside the paint to help prevent dribble-penetration.



Defending High Post

Pass into the High Post - Have our X5 defender come up to defend this (like a 2-1-2 zone now). But watch out for the underneath cutter in the paint. Your X3 and X4 defenders close down into the paint when X5 moves high.

Defending the Point - Defending the point is always problematic. If we know that a guard is their best shooter, then opposite top to defend the point at first and allow defender on that side to sag toward their good shooter. At first we may decide to defend the point loosely, but if their PG starts hitting some shots, you've got to get pressure there. Never let their point split the X1 and X2 defenders and dribble penetrate the middle. X1 and X2 really have to move quickly and work hard, and work together in order to cover the point and both wings, and give help in the high-post.



Ball Reversal From Wing or Skip Pass

Covering the Skip Pass/Ball Reversal from Wing - Covering the skip pass from wing to wing, has been discussed (diagram F). A skip pass from wing to opposite corner would be covered by the ball-side low outside defender.



Skip Pass from Corner
4 initial covers till x1 recovers

Covering the Skip Pass from the Corner - A skip pass from the corner to the opposite wing is covered by the opposite low outside defender (X3) who has back-side responsibility. As the ball is passed from the right corner to the left wing, X3 covers the receiver until X1 can rotate over (BUMP), and then X3 will drop back down low. If the skip goes from the corner to the point, X1 should cover this (diagram F).

1-2-2 (“Casa”) Shell

This press is run to slow down the opposition and to force non-ball handlers to make decisions. It is designed to take the offense out of their basic offense and take time off the shot clock.

Players have the option of trapping if they feel:

- Top
 - Player who has length and is a good athlete
 - Starts at the foul line or top of key (can back up as necessary)
 - Don’t overextend!
 - Must funnel play to sideline - Body position is key, ball handler can’t be allowed to dribble to middle
 - Hands up and active. We want the other team to throw lob passes over you, not strong passes.
 - If ball is passed over the top guys head, he must sprint AHEAD of the ball, not at the ball.
- Don’t double until ½ court (let them come to you)
- Ball side denies sideline, weak side denies middle
- One pass away must take away sideline (back guys)
- Always allow ball reversal to trailer. Key is to prevent ball reversal and attack off the dribble.

Black - Hard

Looking to trap and being aggressive in getting ball handler into trap.