



# JYMRATT

Basketball coaching resources for all levels

## “Icing/Downing” .....

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One of the many topics college coaches want to discuss is the defensive “icing” or “downing” of the side pick/roll. This scheme was rarely seen in the college game 10-15 years ago, but is becoming more prevalent today because of its effect in the NBA. The advantage this coverage presents is that it shrinks the court and makes it difficult for the ball to change sides of the court. If a team decides to use this coverage, let’s look at the specific teaching points of the players involved...and always remember that P/R defense is a 5 MAN DEFENSE. I feel it can be very effective in college because there are no defensive 3 second rules.

1. First and foremost there must be EARLY, LOUD and CONTINUOUS communication from the BIG DEFENDER involved

in the play. His voice signals to the guard when and how to change his stance from SQUARE to ICE/DOWN. Until the guard hears a call, he is square to the ball. We like to play this coverage in both SPR and the Angle P/R.

2. GUARD ON THE BALL....Once he hears the call, the guard MUST GET INTO THE BALL. This means moving up aggressively and with a stance which forces the ball handler to the baseline. If the play is on the right side of the court, (looking from half court), the ball defenders RIGHT arm would be into the chest area of the handler to force him down. He MUST NOT and all costs, permit the ball handler to “reject” the pick and get back to the middle. His LEFT hand would be down and ready to deflect the pocket pass to the big who may be at the elbow or has “popped” back. CP is great at this technique and gets many steals as a result. Once he has forced the ball down to the baseline, he must, with GREAT EFFORT, try and get back in front and once again square the ball....Pursuit, Pursuit, Pursuit!!! In addition, once the ball handler has picked up his dribble, the defensive guard must get his “hands up” to encourage the “hang time” pass, thereby allowing the weak side to recover while the ball is in the air.

3. BIG GUARDING THE SCREENER.....Most teams play the bigs one of two ways: Back or Up to Impact. We have found that being UP TO IMPACT the ball is best for us. This can make it easier on the GUARD, who is going to get hit, nicked and screened constantly. Being up, we feel, makes it tougher for the offensive guard to attack our Big, which could lead to fouls. When we teach “being up”, this means that the BIG is “up to the touch”, within touching distance of the BIG who is SCREENING. In a stance, down, wide, vocal, active and aggressive, making the offensive guard think about whether to attack or not. Many times the guard will actually back dribble, as if being trapped to avoid the pressure of the big. The BIG would leave his hand down as would the guard to deflect the pocket pass. This also discourages the “cross grain” dribble by the guard ( if a BIG has flipped the screen), where he can get back to the foul line area if the defender is “nicked” off.

Converesly, some teams will have their BIG back, (Duncan), to protect the paint, and give up a 2 point shot. We feel that this shot is too many times UNCONTESTED, as the guard has pulled up into the 15 foot area undeterred. Coaches who play this coverage would encourage the defensive guard to “rear view” contest from behind. We feel that this leaves us vulnerable to the “cross grain” and to fouls on our bigs as the guard attacks them. If the BIG is in a “back” coverage, the quick pocket to the offensive big at the elbow leaves him briefly unguarded and able to execute the lob to the 5, (who is usually in the Dunker Spot), or a quick swing to the corner.

4. The WEAKSIDE defenders, usually those guarding the opposite wing and opposite corner must first off be IN, IN ORDER TO GET OUT, (“accordion”). In our case, they must use their “2.9” concept, especially the corner defender. If guarding the opposite wing, that defender must be on the NAIL, ready to “stunt” or possibly “rotate” to a shooting BIG, (Dirk), who has popped back for the shot. Regardless of how you play the BIGS, your weak side must be down, engaged and ready to anticipate. In college with no defensive 3 second rule, these defenders can “camp” out on the weak side “I” until the ball is skipped. Really being able to “LOAD UP” without concern for the defensive 3 second call.

Some teams play “ICE/DOWN” with only the 5 defender, some with both the 4 and 5 defenders. If you decide to play

this coverage, hopefully these teaching points can help in your execution.

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