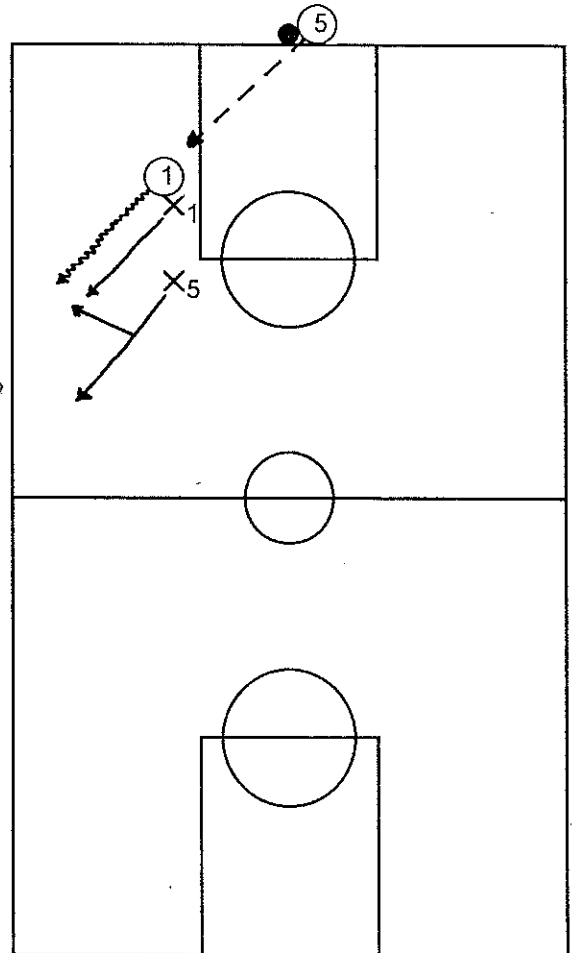


# SHADOW

Our Shadow defenses are full court pressure defenses which are designed to either 1) aggressively defend the ball and create turnovers, 2) pressure the primary ballhandler and make him give ~~up~~ the ball, or 3) slow up the timing of the opponent's offensive sets and make them take time off the :24 shot clock.

## BackShadow

We generally use our big men to backshadow and preferably the man who is defending the offensive player who takes the ball out of bounds or who gets the rebound. In this case, X5 is defending #5 who is taking the ball out of bounds after a made field goal. Once the ball is passed to #1, X1 pressures the ball and X5 (the shadow man) plays behind X1 and gives him help. X5 has the prerogative to go and be aggressive on the ball, however, the backshadow is more of a preventative pressure defense and we do not want #1 ~~to~~ to get by both X1 and X5. In the BackShadow, we are content to either make #1 take time off the clock or pass the ball back to #5 and let him bring the ball up court.



- \* If #5 drifts down court and X5 must decide whether he wants to continue with the shadow or go ~~make~~ down court with his man. In most cases, we like our big man to stay with the shadow all the way to the half court line, at which time ~~we~~ ~~we~~ should sprint to the middle of the paint and then find his man.

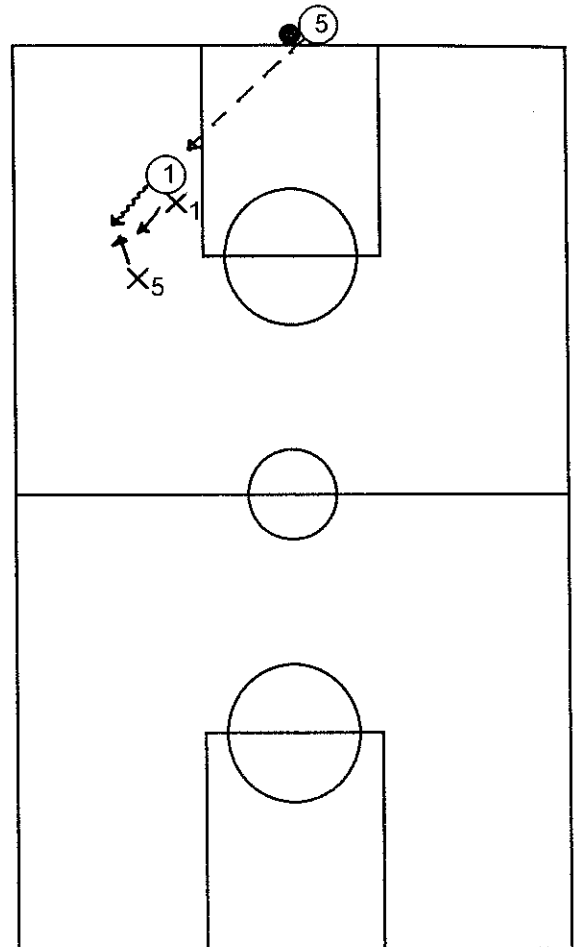
One of the keys to a good shadow is the "chase". The chase is the read of the shadow man after the offensive player has committed either with a pass or with the dribble. The read and the chase are critical to the successful shadow.

**\*\* It is very important that in ANY shadow defense, that the Shadow man sprints back to the paint once the ball is passed over him and then rotates to the open man.**

## Up Shadow

The Up Shadow is more aggressive with the shadow man aggressively pursuing the ball. We want to force #1 to pick up his dribble and either create a turnover or force him to pass the ball back to #5. Once the ball is passed back to #5, X5 returns to defend the ball and X1 denies the return pass to #1. The backline defenders will play up a little further in the event that the ball is advanced forward.

If #5 drifts up court, X5 continues with the Up Shadow and the backline will be more aggressive on the ball if it is passed to #5 at half court.

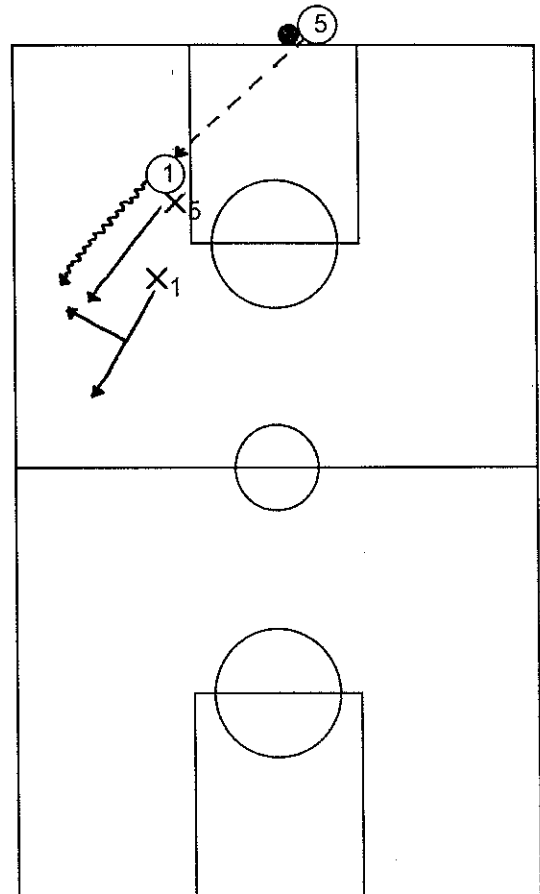


## Invert Shadow

The inverted shadow is when we have our big (X5) defend the ball and our little is the shadow. We use a big man who is mobile enough to adequately defend the ballhandler and then let our little roam as the shadow. This defense allows us to continue to pressure the ball and disrupt the offense without have our point guard expend all his energy.

We use this primarily to slow up the tempo of the offense and rest our point at the same time.

*PUSH BALL TO SIDE*  
*GOOD RUN + JUMP SITUATION*  
*GOOD TRAP SITUATION*  
*NO SPLITS*



# Full Court

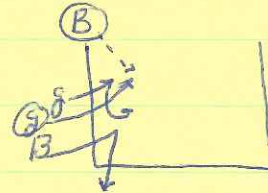
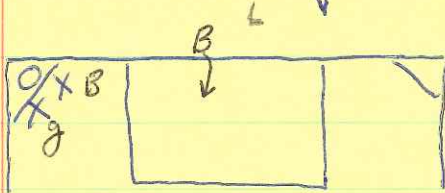
READY FOR FACE INVERT

Shadow defers from F.T. line

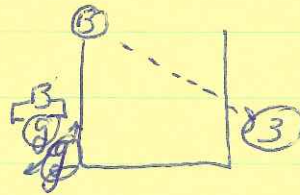
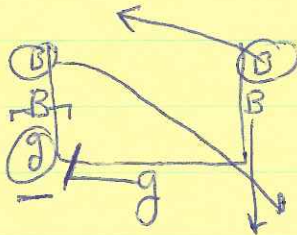
(a) jump guard + don't let him catch



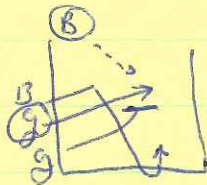
CORNER CATCH DOUBLE TEAM



CATCH BY GUARD START SHADOW



GUARD CATCH



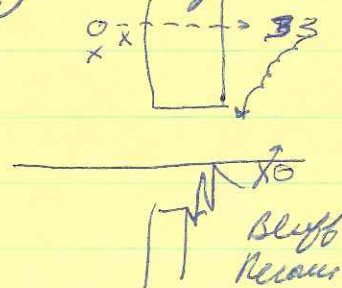
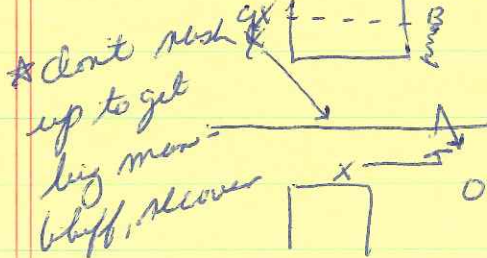
(b) tight I in middle

① Strong side, weakside drill by back line

② strong side deny

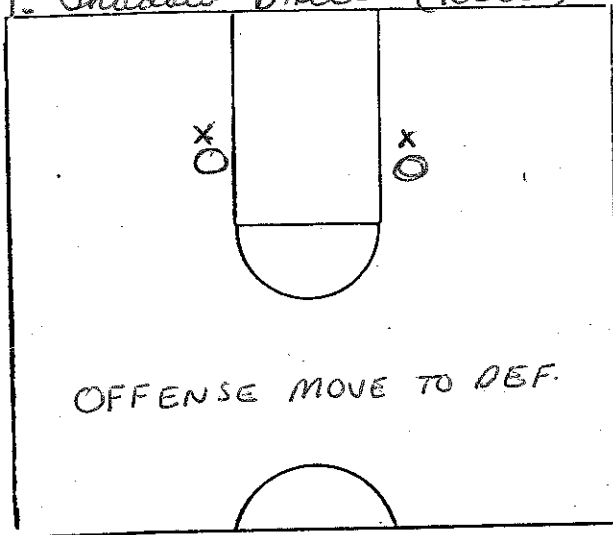
③ Weakside - middle, bluff recover, know

who is bringing ball up court



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1. Shadow Drill (10sec.)

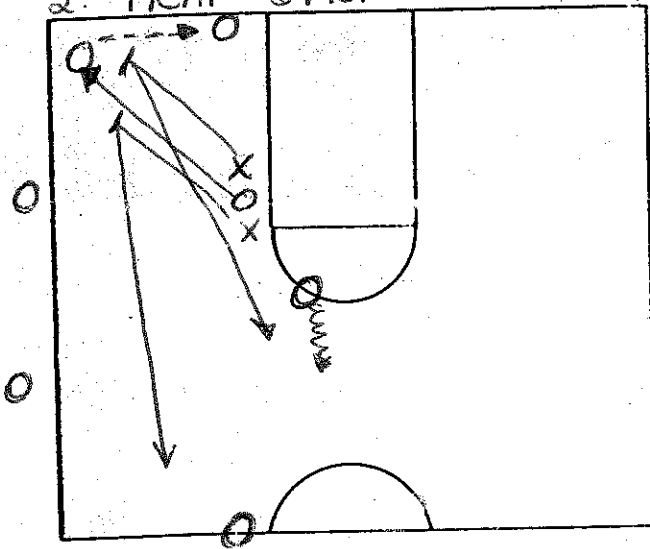


4. TRANSITION TO SPOTS

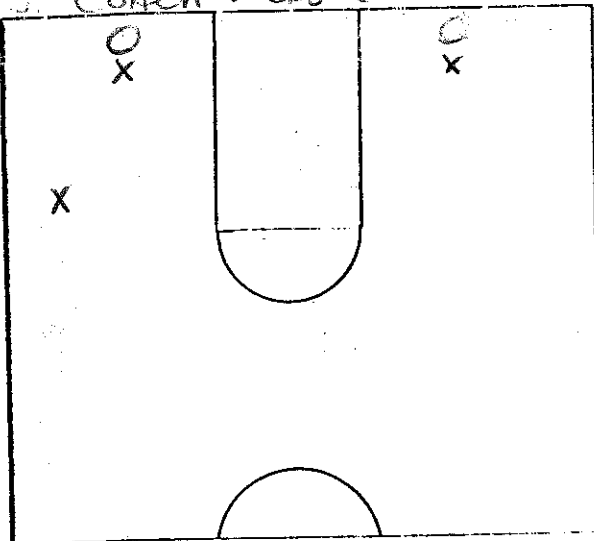
- A. Double
- B. JUMP
- C. Bluff

5. DENIAL

2. TRAP SPRINT



3. Coach Webster



TAIL:  
JUMP  
Double  
Bluff

1. 3 on 2 FAST BREAK  
DRIVE INTO THIS  
DRILL

2. COACH T.