



**Defense (High Pick & Roll)  
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**The Big Picture:**

What is your *defensive philosophy*?

Here is what the Clippers emphasize:

1. Force a contested 2 pt. shot
2. Take away the rim and the 3 pt. shot

In today's game, you must adapt to analytical figures at some level:

2 pt. shot outside the paint = 39%

2 pt. shot from 3-15 feet = 43%

Corner 3 = 38%

3 pt. shot above the break = 34 % (eFG% = 54%)

Great players *beat the math*. I.e. Chris Paul makes 55% of his pull-up jump shots when going to his right.

We have 5 defensive MUSTS:

1. Sprint back and set your defense
2. Shrink the floor and protect the paint
3. Close out hard and contest the shot
4. Help the defense by eliminating needless fouls
5. Block out and gang rebound. Rebound as a team.

There are 10 things that you can control as a player or coach:

1. Talk. You control what you say and how loud you say it.
2. Energy and effort
3. Preparation
4. Be an expert in/on your own system
5. Knowing the gameplay. (No gameplay mistakes)
6. Attention to detail
7. Sprinting back on defense. (Its on the coach if teams do not do this.)
8. Positioning on/off the ball. (You control/dictate what you give up.)
9. Hand activity
10. Schemes (Pick & Roll Schemes)

“If you can't talk it, you can't do it.”

“ELC” (Early, Loud, Continuous)

Say it 3 times. By doing so, you allow your defensive to:

1. Be organized
2. Build trust
3. Get a head start. (Allow guys on and off the ball to anticipate.)

On defense, your “bigs” are:

1. Your battlefield commanders
2. Rim protectors

The best defensive players are able to identify the top 8 plays that the other team runs. They do their homework off the court. I.e. Peyton Manning. He studies the 1st & 10 coverages on Monday, the 2nd & 10 coverages on Tuesday, 3rd down coverages Wednesday, etc.

1. Trust the talk
2. Trust the coverage

“The more a player is thinking, the less a player is relying on his instincts.”

### **Pick and Roll Coverage:**

- In an NBA game, on average, there are 94 possessions... 74 of them will have a P&R action in them.
- Therefore, your P&R defense will have a direct impact on how good of a defensive team you will be.
- Your P&R defense must fit with your big picture defensive philosophy.
- You must be able to execute multiple defensive coverages at this level.

There are 4 parts to P&R defense:

- A. *Coverage* = of 2 guys on the ball
- B. *Protection* = 3 guys in a TRIANGLE
- C. Passes made off the screen lead to either recovery or rotation.
- D. Pursual = “Pursue in the direction of the ball.”

### **Coverages:**

1. Blitz

You blitz when you don't want the ball-handler shooting it. You want it out of his hands.

- Aggressive
- When the guard with the ball retreats, the 'big' gets out of the blitz
- Two guys trap while the back three are in a triangle
- Always designate the low man. (Automatically 4 or 5 when in doubt. "Low-man awareness" - the 1st pass receiver cannot be the one getting the shot.)
- High hands
- 4's and 5's must work together.

\*As the game has progressed, the league does NOT reward aggressive defensive teams. The best example of this was in the 2014 NBA Finals, when Miami tried to show many aggressive coverages against San Antonio and failed. Offense in the NBA today neutralizes aggressive defenses.

## 2. Show

The defender on the ball must:

- Jam the ball handler when he hears screen is coming
- Get into his hip
  - The ball handler cannot drive against! The best players in the world reject 50% of screens. Rejecting a screen create a 5 on 3 scenario.
- Adjust his feet towards the sideline
  - Note- Chris Paul got screened 2800 times in the 2014-2015 season. It doesn't work at this level to teach "inside foot, inside hand" when fighting through the screen. By adjusting his feet towards the sideline, the on-ball defender has the ability to fight over the screen without absorbing the same impact/contact.
- Pursue and square up the ball

The post defender must:

- Explode out to read out
- Re-route the ball
- Chest to sideline
- "East to west" not "north to south"

Off the ball:

- Form a triangle
- The low man follows the direction of the pass

\*Blitzing the ball screen creates a ROTATION. Guys on and behind the ball have to ROTATE and scramble out of the double-team.

Showing the ball screen creates a RECOVERY. The show man recovers back to his man. This creates less movement for the guys behind the ball.

In the NBA, with so many possessions and so many on-the-ball screens, we want to have more RECOVERIES and less ROTATIONS. Too many *rotations* at this level gives too many easy baskets to an offense and it wears out a defense.

### 3. Soft

- Ball, you, lane-line, basket
- Take away the downhill attack
- Be up to touch at the level of the screen
- Stay in the line of the ball until:
  - The guard picks up the ball
  - The defensive guard gets square
  - He crosses the lane-line

### 4. Drop

- The roll never gets behind you
- Must be:
  - Great on the ball
  - Must have a great rim protector

### **Off The Ball:**

In the CORNERS:

1. The strong side corner is “inching out.”
2. The weak side corner is “pinching in.”

The strong-side corner is thinking about “3 S’s.”

1. Shrink (even)
2. Stunt
3. Stepping up with the shooter
  - He cannot get off the 3. “We can’t help you if give up the 3. We can help you if you run the shooter off the line.”

The weak-side corner (the single-side bump):

*“The single-side bump is the hardest bump that we have in the game.”*

1. Tag early and high
2. Make an impact
3. Rotate head and hips
4. Team closeout
5. He cannot get off the 3. “We can’t help you if give up the 3. We can help you if you run the shooter off the line.”

\*As a team, we over-help and we are too aggressive. As oppose to San Antonio, who gets you to compromise your position. “Short action” helps neutralize aggressive defensive teams.

