



THREE OF A KIND

Course 03: Coach Zeljko Obradovic

Lesson 16: Zone Defense

Language: English

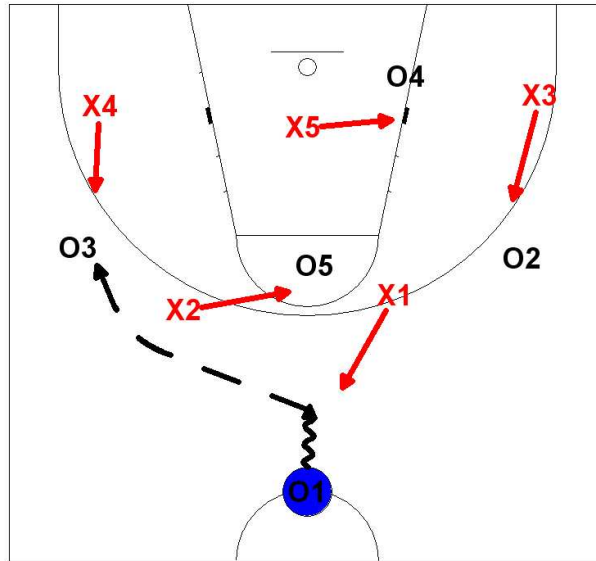
2-3 ZONE DEFENSE

First of all in our philosophy there is no such thing as a zone defense, but we use it as an alternative. We run a 2-3 formation, because we believe that this kind can cover more spaces. The 2-3 zone can help the team make an easier adjustment to a man to man defense. We can position our best rebounders down low and our two quick guards high. We can defend the pick & roll or post action almost the same as in our man defense. Finally we can also defend any overloads that our opponents may use.

HIGH POST CUT FOLLWED BY AN OVERLOAD

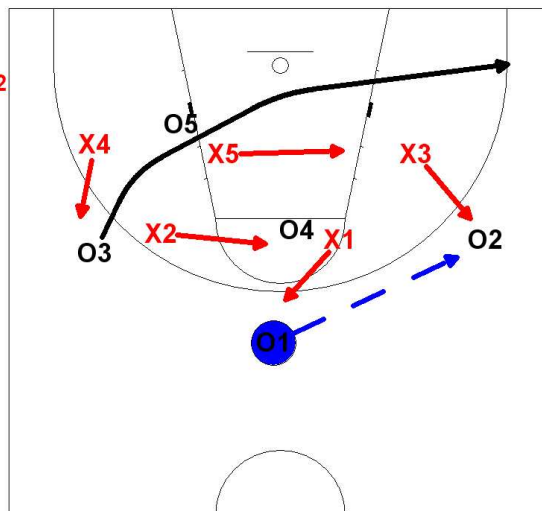
Graphic 01: This will be the initial formation. X1 defends the ballhandler and his teammates will adjust as if they were in a man defense. We try to deny the pass into the high post – X1 & X2 are responsible for this. X3 & X4 are the players who will help and recover. When O1 passes to O3, X4 will step up until X2 recovers his position.

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GRAPHIC 01



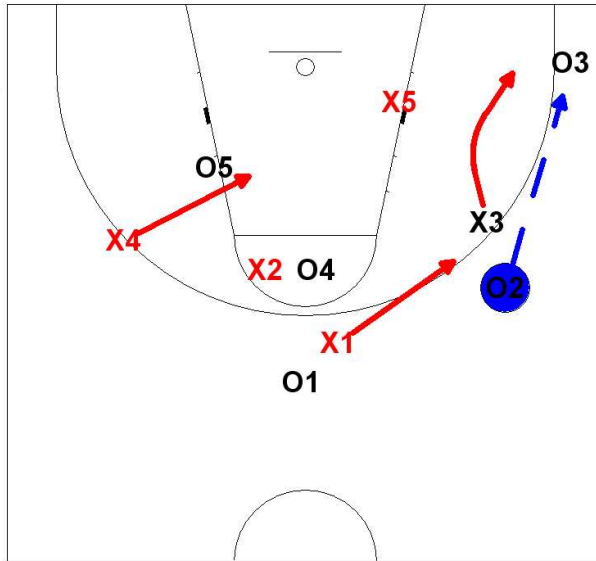
Graphic 02: We deny the pass into the high post.

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GRAPHIC 02



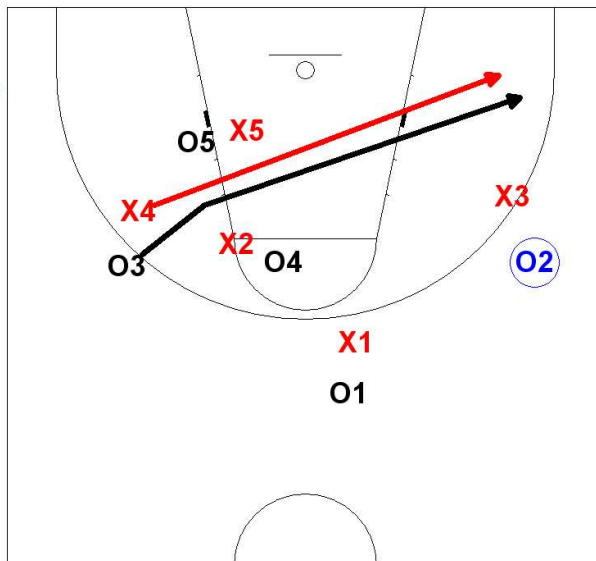
Graphic 03: X3 helps and recovers back to O3. X5 may hedge slightly towards O3 to help buy some time for X3's recovery.

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GRAPHIC 03



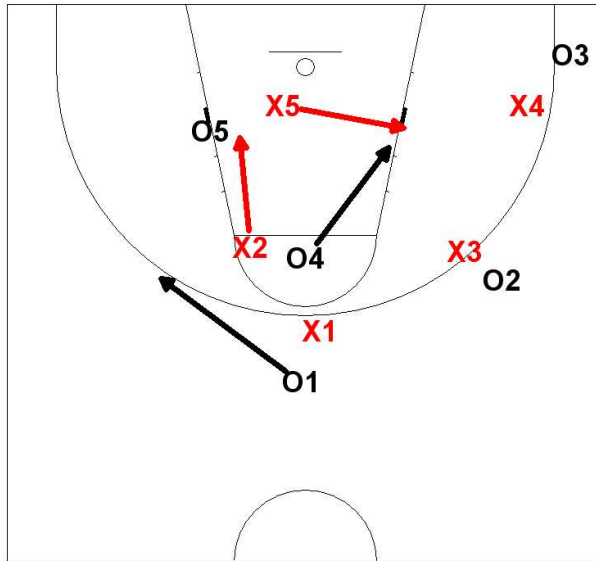
Graphic 04: This is a unique situation. X4 will follow O3 as he overloads one side. At this time the defense will be a Matchup Zone instead of a 2-3 Zone. We will be aware of this cut from our scouting report.

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GRAPHIC 04



Graphic 05: When there is a low post threat we will try and switch the defender so X5 is defending the low post.

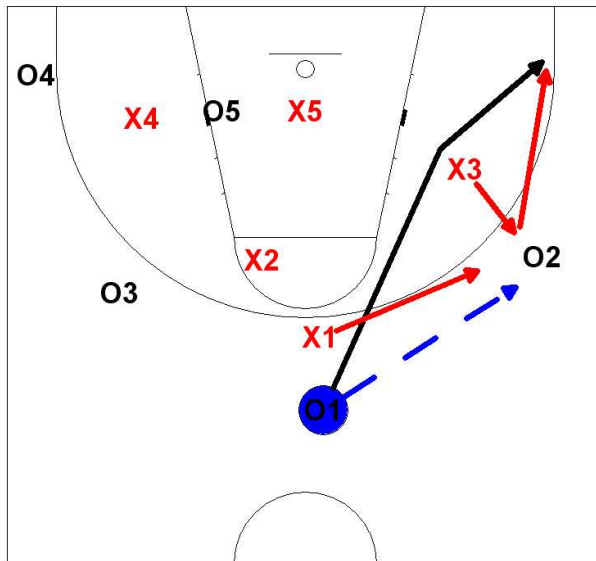
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GRAPHIC 05



PICK & ROLL ACTION

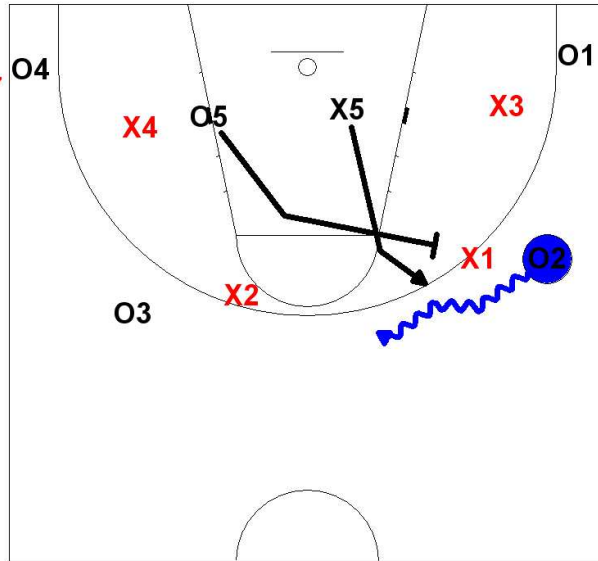
Graphic 06: The offensive team plays wing pick & roll.

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GRAPHIC 06



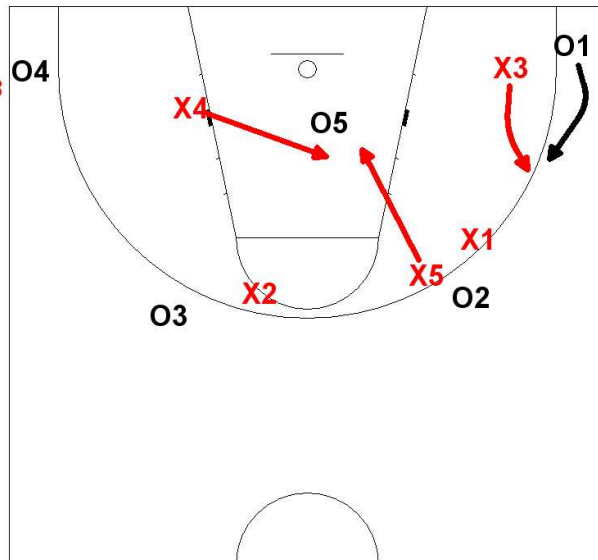
Graphic 07: We can follow the screener and adjust to a man to man defense.

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GRAPHIC 07



Graphic 08: Normal hedge and recover. The pick & roll can also be defended in another way.

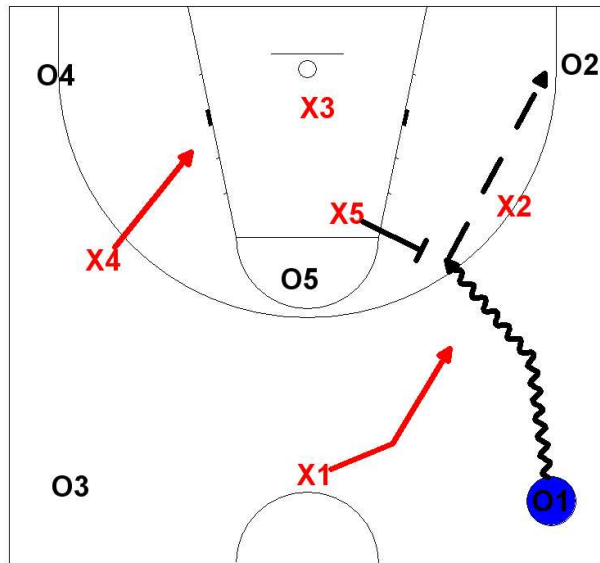
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GRAPHIC 08



1-3-1 ZONE DEFENSE

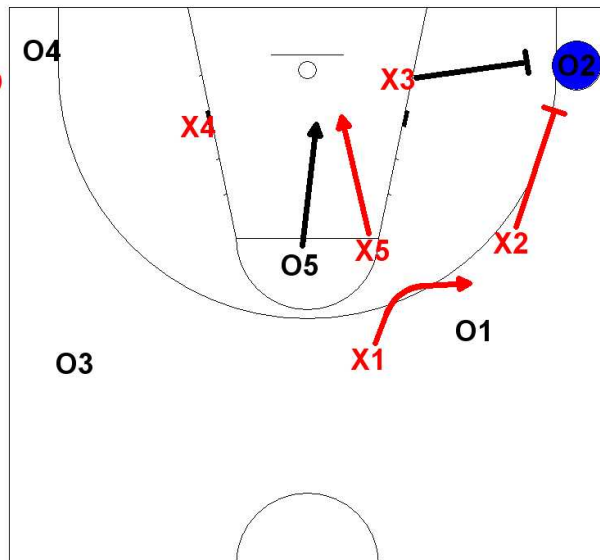
Graphic 09: X1 will try to force O1 to dribble drive or pass to the corner, but not to O3. This is vital for our 1-3-1 defense. X2 like X1 will be between the player and the ball. X5 will be responsible for stopping dribble penetration and forcing him to pass to O2 in the corner. X4 will drop down to cover the diagonal pass to O4.

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GRAPHIC 09



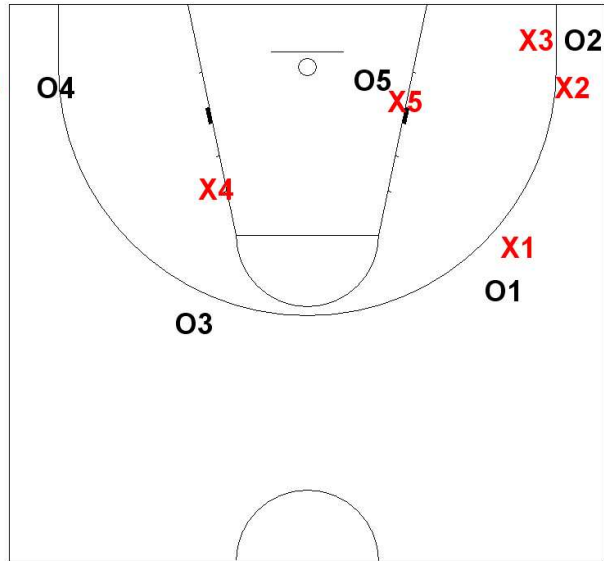
Graphic 10: When the ball is passed into the corner X2 & X3 will make an aggressive TRAP whilst X1 & X5 will deny the pass out.

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GRAPHIC 10



Graphic 11: All players one pass away from the trap must be denied. X1 & X5 will deny the pass, whilst X4 will zone the remaining two players in between O3 & O4.

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GRAPHIC 11



Positions in THE 1-3-1 Zone Defense

- X1 is between the player and the ball - tries to force the ball to one side – denies the pass to O3
- X2 is between the ball side player and the ball - is the TRAP man
- X5 is responsible for stopping dribble penetration
- X4 has the same job as X2 if he is on the ball side (TRAP) – if he is on the help side his goal will be to deny the diagonal pass
- X3 is the player who will try to anticipate - he is at the base of the zone and follows the ball movement – he will be the TRAP man together with one of the two wings (X2 or X4)