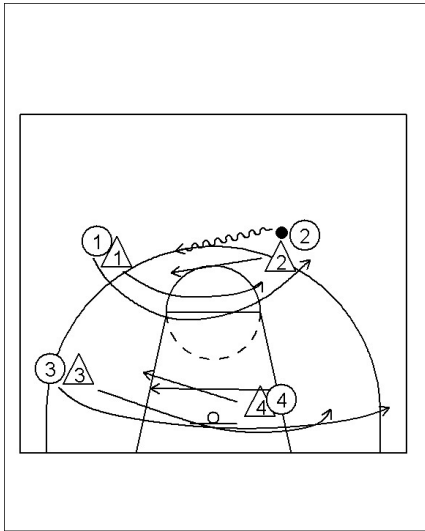


Mario desisti

4 on 4 defense

1

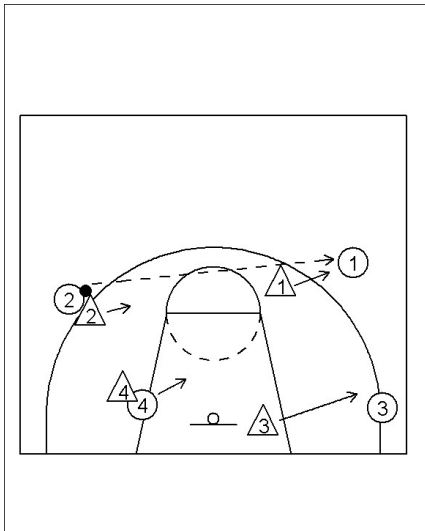


4 on 4 defense (post help on middle penetration)

This defense is used when 2 is a great outside shooter and 4 is not a good shooter.

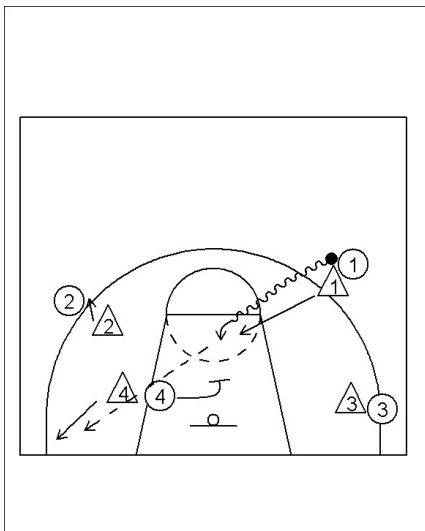
2 dribbles the ball to the wing spot. 1 shallow cuts to the guard spot, 3 cuts to the opposite corner and 4 comes to the ball side post.

2



The ball is skipped to 1. All defensive players slide in the direction of the ball.

3



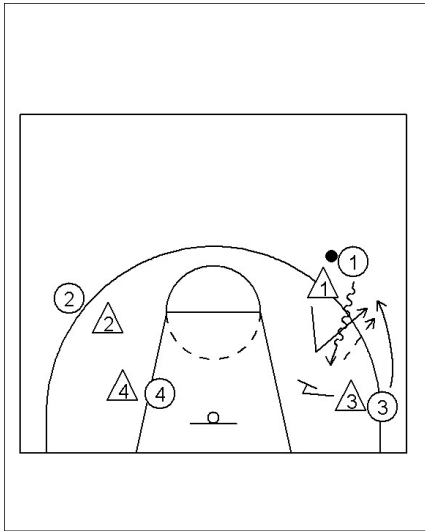
On middle penetration the help comes from X4 who protects the rim.

X2 does not help off the 3 point shooter 2.

Mario desisti

4 on 4 defense

4

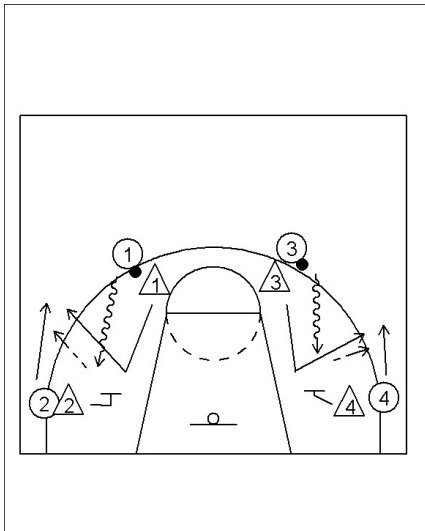


Guard penetration

When this move occurs it is a switch recovery to prevent the 3 point shot. When X3 helps on 1's drive X1 recovers to 3.

The cardinal rule in help defense is to never give your back to the offensive player.

5



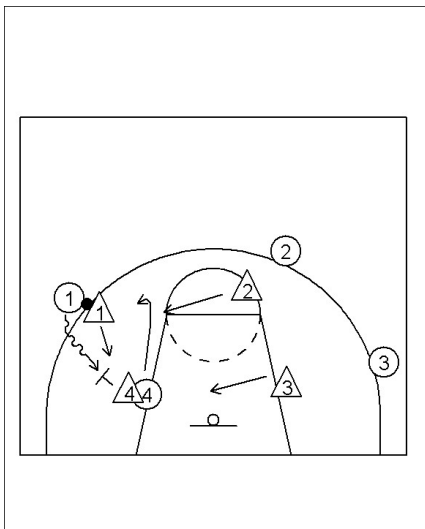
Drill 2 on 2

Work on help with a switch recover on both sides of the floor.

This can also be done where 1 penetrates and uses a pull back dribble. The defense switch recovers.

Transition

6



4 on 4 post help baseline drive

Since 4 is being fronted it is easy to trap the baseline drive. X2 and X3 stunt to help on the move by 4. The defense must be prepared to rotate on recovery.

remember transition!!!