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CLIPPERS DEFENSIVE PHILOSOPHY

WE TAKE PRIDE IN BEING THE BEST DEFENSIVE TEAM IN THE NBA. WE UNDERSTAND THAT GREAT DEFENSE REQUIRES PLAYERS BEING IN THE BEST CONDITION, GIVING MAXIMUM EFFORT AND CONCENTRATION ON EVERY POSSESSION. THERE ARE NO EASY ANSWERS OR MIRACLE SCHEMES THAT CAN BE CONSISTENTLY EFFECTIVE WITH MINIMUM EFFORT. GREAT DEFENSE RESULTS NOT FROM GREAT SCHEMES, BUT FROM THE DEFENSIVE DISPOSITION AND COMMITMENT OF PLAYERS. TO BE A GREAT DEFENSIVE TEAM WE MUST TRUST = TRUST OUR SYSTEM AND MAKE IT WORK, TRUST YOUR TEAMMATES TO DO THEIR JOBS AND MAKE SURE THAT THEY CAN TRUST YOU TO DO YOURS.

OUR THREE DEFENSIVE MUSTS EXPLAIN OUR DEFENSIVE PHILOSOPHY. THE KEY COMPONENTS ARE:

- **WE GIVE UP NO EASY BUCKETS. WE TAKE PRIDE IN GETTING BACK AND STOPPING TEAMS IN TRANSITION.**
- **WE CLOSE HARD AND GIVE NO OPEN SHOTS. WE MAKE SECOND, THIRD AND FOURTH EFFORTS.**
- **ALL FIVE GUYS BLOCK OUT, PURSUE AND REBOUND. OUR GOAL ON EVERY POSSESSION IS A CONTESTED SHOT AND A DEFENSIVE REBOUND.**

WE WANT TO BE THE HARDEST WORKING, BEST CONDITIONED, MOST PROFESSIONAL, MOST UNSELFISH, TOUGHEST NASTIEST, MOST DISLIKED, MOST PREPARED TEAM IN THE NBA.

OUR DEFENSIVE DISPOSITION IS TO
DOMINATE!



OUR 3 DEFENSIVE MUSTS EXPLAIN OUR DEFENSIVE PHILOSOPHY. THE KEY COMPONENTS ARE:

- 1) WE GIVE UP NO EASY BASKETS. WE TAKE PRIDE IN GETTING BACK AND STOPPING TEAMS IN TRANSITION.
- 2) WE CLOSE HARD, GIVE NO MIDDLE, AND GIVE NO OPEN SHOTS. WE MAKE 2ND, 3RD, AND 4TH EFFORTS.
- 3) ALL 5 GUYS BLOCK OUT, PURSUE AND REBOUND. OUR GOAL ON EVERY POSSESSION IS A CONTESTED SHOT AND A DEFENSIVE REBOUND.

3 OFFENSIVE MUSTS:

- 1) PLAY WITH PACE & THRUST WITHOUT SACRIFICING ATTENTION TO DETAILS.
- 2) MAKE THE RIGHT BASKETBALL PLAY, SHARE THE BALL, AND BE UNSELFISH AT ALL TIMES.
- 3) IMPROVED DEFENSE WILL FUEL A POTENT OFFENSE.
- 4) ***LIMIT TURNOVERS & HAVE GOOD FLOOR BALANCE***



COMMITMENT

COMMITMENT TO ACHIEVE- TO ACCOMPLISH THAT GOAL, EACH PLAYER MUST DEMONSTRATE A SERIOUS COMMITMENT TO THREE THINGS:

1) COMMITMENT TO THE GAME

- BASKETBALL MUST BE IMPORTANT = A VERY HIGH PRIORITY
- MUST TAKE GREAT PRIDE IN YOUR PERFORMANCE = "YOUR GAME"
- MUST BE HIGHLY CONDITIONED
- MUST CONTINUALLY WORK TO DEVELOP YOUR SKILLS
- MUST TAKE CARE OF YOURSELF = SLEEP, DIET, AVOID DRUGS, EXCESSIVE DRINKING

2) COMMITMENT TO WINNING

- PUT THE TEAM FIRST = TEAM GOALS AHEAD OF INDIVIDUAL GOALS
- COMMIT TO THE SYSTEM AND THE PROGRAM = WORK ETHIC, DEFENSIVE COMMITMENT, ETC.
- EXPECT AND WELCOME COACHING
- DO EXTRA MENTAL WORK- LEARN SYSTEM, STUDY FILM, SCOUTING REPORTS
- DO THE DIRTY WORK = DEFEND, REBOUND, SET SCREENS, MOVE THE BALL

3) COMMITMENT TO YOUR TEAMMATES

- BELIEVE IN/ HAVE CONFIDENCE IN YOUR TEAMMATES
- BE RESPONSIBLE TO YOUR TEAMMATES = THEY SHOULD TRUST YOUR COMMITMENT TO THEM
- LEAD = SET THE EXAMPLE FIRST, THEN MAKE OTHERS RESPONSIBLE
- MAKE YOUR TEAMMATES BETTER = HELP THEM GET WHAT THEY WANT OUT OF THE GAME
- RESPECT AND APPRECIATE WHAT EACH PLAYER BRINGS TO THE TEAM

THESE COMMITMENTS MUST START NOW! GIVE SERIOUS THOUGHT TO HOW YOU CAN STRENGTHEN ALL THREE COMMITMENTS TO HELP US WIN. I WILL BE VERY DEMANDING IN REGARD TO REMINDING YOU OF THESE

COMMITMENTS AND RESPONSIBILITIES IN THESE AREAS. TO ACCOMPLISH THIS GOAL, WE MUST ALL COMMIT TO THE GAME, TO WINNING, AND TO OUR TEAMMATES.



STARTER'S RESPONSIBILITIES

- 1. KEEP THE OPPONENT UNDER 23 PTS IN THE FIRST QUARTER**
- 2. WIN THE FIRST QUARTER. TEAMS WINNING THE FIRST QUARTER
WIN 65% OF GAMES.**
- 3. SHOOT MORE FREE THROWS THAN OUR OPPONENTS**



DEFENSIVE CHECKLIST

- **BEST LINEUP TO CONTAIN DRIBBLE**
- **BEST LINEUP AT CHALLENGING/BLOCKING SHOTS**
- **BEST TRAPPING/PRESSING LINEUP**
- **BEST POST DEFENSE LINEUP**

OFFENSIVE CHECKLIST

- **BEST 3 POINT SHOOTING LINEUP**
- **BEST LINEUP TO UP-TEMPO AND PLAY "CATCH UP"**
- **BEST INBOUNDS PASSER IN HALFCOURT (TOP 3 IN ORDER!!!)**
- **BEST INBOUNDS PASSER IN FULLCOURT (TOP 3 IN ORDER!!!)**
- **BEST PASSING AND FREE THROW SHOOTING LINEUP**
- **BEST CLOSING LINEUP IN THE LAST 5-6 MINUTES**
- **BEST LINEUP TO EXECUTE END OF GAME PLAY**
- **BEST OFFENSIVE REBOUNDING LINEUP**
- **BEST LINEUP GETTING TO THE FREE THROW LINE**

DEFENSIVE FOUNDATION



DEFENSIVE FOUNDATION

OVERALL

- **NO MIDDLE PENETRATION** – We do not want the ball penetrated to the middle of the floor. If the ball gets to the middle, our defense can be broken down and it creates problems for all our defenders. If the ball starts in the middle of the floor, we want to push it to a side. Once it is on a side, keep it there...
- **PHYSICAL AND AGGRESSIVE** – The NBA game is a physical game and this is a KEY to our defensive principles. We must be physical and aggressive in all aspects of our defense. We get after it and we don't back down. We Contest All Shots...
- **DISRUPT** – Our whole defensive system is predicated on disrupting the opponent's offense and not letting them run what they want to run. The more that we "disrupt" their offense, the more confusion, frustration and individuality enters their game. Teams do not win when they are confused, frustrated or individualistic.
- **COMMUNICATION** – Communication multiplies the defensive talents of all our players. We MUST communicate. We must know what defense we are in and how we are defending each play type. TALK.
- **OPPONENTS' OFFENSIVE SETS** – We will be more prepared to defend than any other team in the NBA and we take pride in shutting down our opponents' offensive sets. In our game preparation, we will divide the other team's offense into four basic groups: 1) Pick and Roll; 2) Post-Up; 3) Screening games and 4) Isolations. All of our defensive preparation and schemes revolve around these four aspects of the game.
- **AGGRESSIVE WEAKSIDE DEFENSE (*Load up to the ball*)** – We want to build a TEAM defense concept which involves help and reaction on the weakside to the first penetrating dribble. We always want to maintain vision of ball and man while helping, but staying legal. Helping defense necessitates using the 2.9 zone rule to the max.
- **BIGS IN, LITTLES OUT** – Whenever possible, we want our smaller players ("littles") guarding out on the floor and our biggest players ("bigs"), playing in the paint. We do this by investing stacks and by switching same size screens.
- **GUARD THE BALL** – The ball dictates our defense. Whether it is pressuring the ball, rotating to the ball on the weakside or attacking the ball when it is penetrated, or defending the ball in

transition, it is THE BALL that is our first priority. Every defender is aware of the ball at all times. Off the ball defenders must see their man and the ball.

- **ROTATION** – When our defensive scheme involves trapping, it relies on all five defenders to get a defensive stop. We rotate to the problem, regardless of who is rotating or how the problem occurred. The nearest man rotates to the problem and everyone else reads. Rotation and communication are keys to all of our trapping schemes.
- **VERSATILITY** – We believe in our versatility. We want to be able to defend various situations in a variety of ways. We believe in having versatile players that can play multiple positions. We have preferred ways of defending, but there is no best way. What works against one player/team might not work against a different player/team. We MUST excel in a variety of ways.
- **REBOUND** – The purpose of all these defensive schemes is to get the ball. We love to create steals and force turnovers, but we MUST rebound the ball after we force a poor possession. Rebounding is an attitude. For us to benefit from our defensive work, we have to finish them off by rebounding.
 - Do Your work early – better early than late...
 - Know and understand the game plan...
 - “Defensive Resolve” is the backbone of greatness in all sports. We must establish our own...
 - We must make the first hit when rebounding...be aggressive.
- **TRANSITION** – The transition game is a significant key to winning in the NBA. Just as we are committed to getting out and scoring easy baskets in transition, we MUST keep the other team from doing so. Transition defense is a team concept and responsibility of everyone on the floor.
 - **Sprint back...**
 - **Get below the line of the ball...**
 - **Everyone should be talking at all times...**
 - **Match up...**
 - **Don't go for steals in the backcourt**
 - **Paint – No layups**
 - **Problem – Stop the ball**
 - **Man – Recognize scoring threats**
 - **Vision to the ball**
 - **Trailer opposite**

Transition defense is the ability to change from offense to defense quickly and within the team concept. Transition defense begins when we are about to shoot the basketball (*rotate to balance the floor*).

TRANSITION DEFENSE

Transition is the key to the NBA.

1. We want to score easy baskets.
2. We want to stop easy baskets.

Defensive transition is the ability to change from offense to defense quickly and within the team concept. Transition defense begins when we are about to shoot the ball.

There are basic ways to stop the fast break;

1. The #1 way to stop a fast break is to score.
2. The #2 way to stop a fast break is to attack the offensive boards.
3. The #3 way to stop a fast break is to **smother the rebounder** with the nearest man and prevent a quick outlet.
4. We want one of our guards to pressure or **deny the outlet** receiver.
5. Everyone needs to keep good **vision to the ball**.
6. The other guard should **cover deep** and give up nothing behind.
7. The other players should **sprint back** understanding the first two steps are crucial. No lay-ups. Stop the ball.

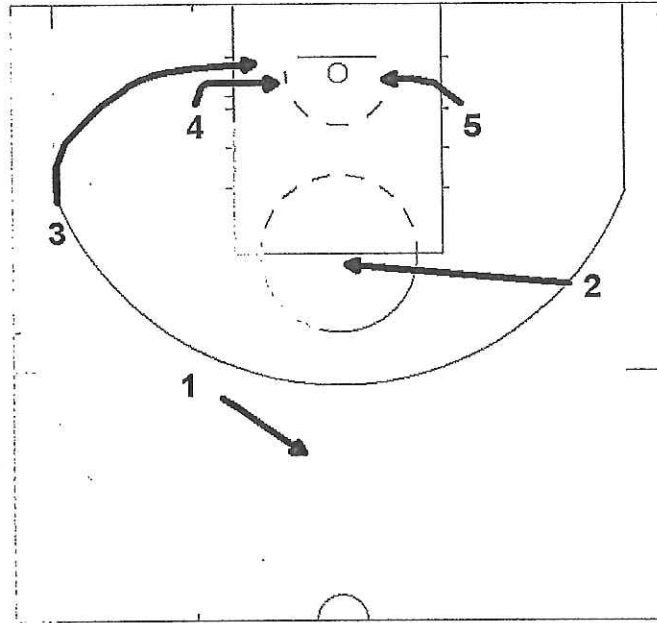
Once the initial break has been stopped, we like to solve any transition defensive situation with: **BASKET – BALL – THREAT**. We must take an open man (not necessarily your own) and stay until it's safe to adjust.

Additional Rules

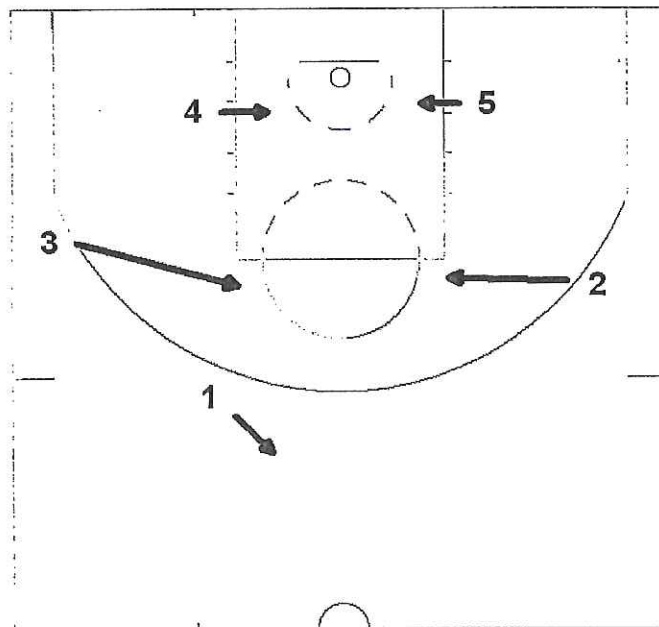
1. 4 and 5 go to the offensive boards unless outside the three point line when the shot goes up.
2. 1,2, and 3 are responsible for getting back. If one of these players has penetrated or is in good rebounding position, the other two are responsible for getting back.

TRANSITION DEFENSE

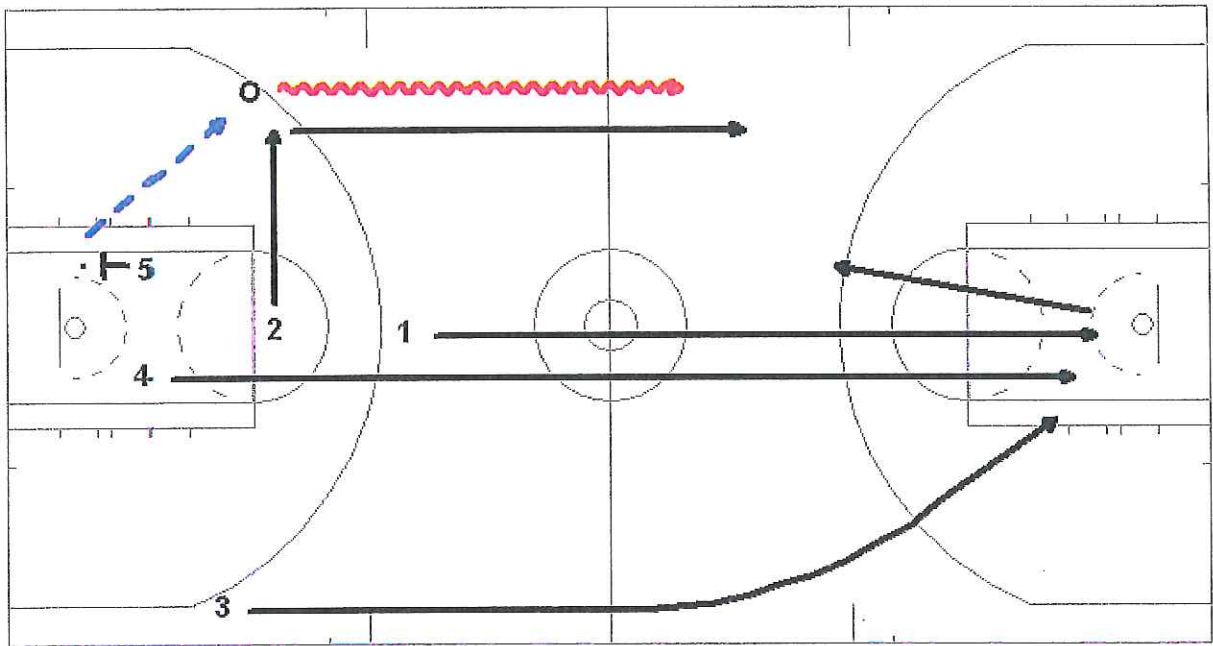
4 and 5 are in rebounding position and 3 thinks that he has a good rebounding opportunity. In this case, 1 is back for a possible long rebound and becomes the safety and 2 moves above the nail area for a possible long rebound. In this case, we form a low triangle.



3 is not in a position for an offensive rebound and he goes to the elbow area for a possible long rebound. 2 is on the wing and goes to the opposite elbow for a long rebound and 1 who is at the top, fills the safety position. 4 and 5 attack the glass and a high triangle is formed.



After the rebound is secured, the nearest player, 5, jams the rebounder to slow up an outlet pass and will become our "Shadow" man as he retreats. The nearest wing, 2, discourages a quick outlet as he gets back. 2 is the safety and protects the basket as 3 and 4 sprint back to release 1 to stop the ball. All defenders sprint to locate possible scoring threats and take open men even if they are not the man they are assigned to. No lay-up is the first priority.



DEFENSIVE GOALS



DEFENSIVE TERMINOLOGY





CLIPPERS DEFENSIVE TERMINOLOGY

3/4 POST DEFENSE: An aggressive defensive post position taken on men posted along the free throw lane to prevent/discourage any easy pass to the opponent. The basic positions are: behind, $\frac{3}{4}$, face $\frac{3}{4}$, and front (white).

2.9 IN THE LANE: This refers to the time you are allowed in the lane without actively guarding an offensive player. When the man you are guarding is out of the play we will look to occupy the lane and crowd the paint using our 2.9 to show ourselves.

3 GO: Defensive technique against flat isolation defense where we send X3 to double the ball.

3 STEP AWAY PRINCIPLE: Refers to the distance within which one should be in order to make a move to trap the ball. If you are further away than 3 quick steps, you are usually too far away to trap successfully. However, in the case where we are using a zone press, a player may start a soft trap from further than 3 steps.

4 GO: Defensive technique against flat isolation defense where we send X4 to double the ball.

5: Our standard Man-to-Man defense.

23: Our 2-3 Zone Defense.

23 BLITZ: Our 2-3 Zone Defense with a high, aggressive trap.

53: Switch all 1-2-3 Pick and Rolls. Other screening actions will be switched only at the direction of the coach.

54: Same as above with 1-2-3 and 4.

55: Same as above with 1-2-3-4 and 5.

ANGLE: The position to assume on a man without the ball to provide help for the defender on the ball.

ANGLE P&R: Offensive Pick and Roll set on side at a 45 degree angle.

BASE CHECKPOINT: The small mark on the baseline of all NBA floors, 3 feet on each side of the NBA lane. This is the mark where we push sideline drives and lock up double teams. This is as far as we want sideline drives to get.

BASE GO: When the defender playing the bottom of the "T" goes from weakside to strongside to attack a drive to the basket or to double team a post player.

BLACK: Defensive set used to prevent middle penetration and force baseline.

BLITZ: Trapping on P&R situations

HEAVY: Force isolation to the middle and aggressively double team off the top.

HEAVY BLITZ: Force isolation to the middle and aggressively double team off the top.

BOXES – ELBOWS – NAIL: Defensive help positioning to ensure that off the ball defenders are in position to help a beaten teammate from the top, wing, and corner.

CHASE AND CONTINUE: After an initial flare screen, defender will lock into the body, chase over the top, and force the offensive player to continue in the same direction.

CLOSEOUT: When we rotate to the man with the ball, we like for our closeouts to be quick, but under control, and on the high side to deny middle penetration.

CONTACT SHOW: Technique in guarding a picker whereby a defender shows his body quickly by jumping up in the intended path of the ball-handler or cutter. He jumps back just in time to give room for his teammate to get over the pick, and quickly ducks back without breaking contact with the picker's body.

CONTAIN: Staying in front of the dribbler, getting the ball-handler under control.

CONTAIN P&R = WALL: Middle or Elbow Pick and Roll coverage where big stays in like with the ball and walls off penetration and recovers to his own man. On-ball defender goes over/under screen depending on game plan.

CONTEST: No easy passes or shots. Hands up. Always challenging.

CONTROL THE BALL: As much as we want to pressure, disrupt, and be aggressive, our #1 priority on the defensive end of the court is to control the ball. We do not want the offense to gain an advantage with the ball, especially middle penetration.

CROSS MATCHUPS: This is when we are being guarded by a player who we are not guarding on the defensive end. The rule on cross matchups is that we will stay with whomever is guarding us until we have a safe chance to switch back.

CUTTERS: A critical aspect of our defense is to see, hit, and deny cutters. If we are not alert and prepared to deny cutters, our defense will suffer.

DEFLECTIONS: A barometer of active defense, getting a hand on an offensive player's pass or dribble to create a potential turnover.

DHO: Dribble Hand-Off

DIVE: A cut from outside to the paint (usually from the weakside).

DRIVE SCREENS: Put chest on the screener to force the screen to be set further up and away from the basket.

ELBOW: Where the FT line intersects lane lines on both sides. We feel that this is one of the most dangerous places on the floor, therefore we want to deny the catch at either elbow whenever possible.

FACE (FULL COURT DEFENSE): Full court defense where X1 and X5 aggressively deny a direct inbounds pass to 1. X5 face guards 1 with X1 behind his man and does not get beat long.

FACE 3/4 DEFENSE – IN THE POST: We want our defender to get between $\frac{3}{4}$ and fronting while facing his man to help prevent the pass inside.

FLARE: When a player at the top of the key receives a back pick and cuts away from the ball to receive a pass on the weakside.

FLAT SWITCH: When a defender switches off a screen in a contain position. This usually occurs in the middle of the floor.

FRONT: Post positioning where defender stays between passer and his man on the block denying the post entry.

FRONT ROTATE: When a pass is made to a flash to the top when the low post is fronted, the defender in the front sprints to play the flash man and the low post player.

FULL ROTATION: When we double the post and we are in a full rotation situation, we are usually looking for the big to step out on the swing pass as the ball changes sides of the floor. The person who doubled will cover box to box and work into a front of the post.

GET INTO BALLSIDE SHOULDER: Defensive technique where defense wars cutter low and away from the screen.

GET LEGAL: Regardless of your defensive job, you must be legal when you position yourself.

GO: A double team on the ball.

GO FROM ROAMER: When the defender who comes to double the ball is designated as the "GO" guy, or the player who is guarding a certain offensive player.

GO FROM TOP: When a defender comes to double the ball from the top of the "I".

GO ON CATCH: When a defender comes to double the ball when the offensive player catches.

GO ON DRIBBLE: When a defender comes to double the ball when the offensive player begins to dribble.

GO ON PASS: When a defender comes to double the offensive player as soon as the pass is thrown (ball is still in the air).

GRAY AREA: The area of responsibility to cover is uncertain.

HASH MARK: The line on each sideline that is halfway between the top of the key and the halfcourt line.

HAWK CUT: Cut from the top off a stationary high post screen.

HELP: Means for a second defender to move towards an offensive player (whether he has the ball or not) for the purpose of slowing him down enough to allow the original defender an opportunity to recover his defensive position. We carry it on to help the helper and to help the man who is helping the helper. We are all on a string.

HIGH HANDS: Desired position of hands when covering a penetrating player close to the basket, or when recovering after showing on a ballscreen, or when using the lower body to set a screen, or when bodying up on defense in order to give a look of innocence to the referee.

HIT: A double team on the ball usually in a trapping scheme. This can involve a trap in the backcourt or as the ball crosses the half court line.

HIT CUTTERS: On any cut into the lane, the weakside defender must 2.9 and be in position to help and put a hand or body on the offensive player and war his movement.

INVERTING: Technique used to keep or bigs in and our littles out, regardless of where the offensive players are. On the weakside, it means that our bigs will be at the bottom of the "I" and our littles will be at the top of the "I". We want to invert almost always on the weakside and when we can on the strongside.

ISO: Offensive action which involves clearing out a side of the court or the top so a player can go one-on-one. Isolation.

JUMP SWITCH: When a defender switches aggressively on a screen forcing the man he switched to back in the direction he started.

JUMP TO THE BALL: Against "Power" action the defender on passer moves quickly toward the elbow in the direction of the pass to help on high curl.

LATE SWITCH: When a defender gets beat on a High P&R, the player on the screener switches to the ball and the beaten player takes away the roll man.

LET THRU: Defensive technique where the defender on the ball opens up and allows the defender guarding the player about to receive the hand off space to slide thru.

LOAD UP – Covering the nail, elbows, and boxes in relationship to the ball.

LOCK & TRAIL: Technique used to keep a player receiving a screen going one way (lock) and staying in his footsteps and on his outside hip moving around the pick (trail).

LOCK IT UP: Whenever we get a double team, we want to lock it up (especially with the lower body) and take away splits.

NAIL: Position on the floor at the middle of the free throw line.

NAIL COVERAGE: Help side position of defender where he can take away high flash and position himself for double teams or rotations.

OVERLOAD, LOAD: Refers to a special offensive setup, whereby we create a loaded side with 4 men and keep 1 man on the other side.

PINDOWN: A down screen, usually occurring when one offensive player screens down on another offensive player in the post.

PRE-ROTATE: A designated help defender who rotates early to take on the cutter, whether rolling or flaring.

RED: Defensive call made with 6 seconds on the shot clock which means we will switch all screens. Offensive "RED" call alerts team of low shot clock situation and need to create shot.

RELEASE: When the big man rotates back to the basket, he releases the help defender to recover back to his own man.

ROLL/REPLACE: Action of bigs on middle pick and roll. The screener rolls to the basket and the low big cuts high to the top.

ROTATE: Defensive movement involving one or more defenders, moving to pick up an open man as a result of a double team, a dribble penetration, or a lost man.

RUN & JUMP: When a defender will run at the ball and stay with the ball, the man guarding the ball will release and rotate to the open man.

SCRAMBLE: When we rotate out of a double team it is organized using the near man concept and covering the problem first and then the basket.

SEE IT: Getting into position to be able to see both your man and the ball. Point one hand toward the ball and one hand toward your man. You are now in a position to perform the triple responsibility of defending the ball, your man, and the lane against penetration.

SHADOW: A fullcourt pressure defense which is designed to slow up the timing of opponent's offensive sets and take time off the shot clock.

SHOOT THE GAP: Technique where defender being screened takes his man to the pick and cuts inside the screen instead of locking and trailing.

SHOW: Technique used by defender on a player setting a screen where he steps up into the path of a cutter or dribbler forcing him out higher and provides space for teammate being screened to get over the pick.

SHOW HIGH/STAY HIGH: Defensive technique vs. the high pick and roll. The defender shows up the floor and recovers to the screener who pops or to the replace man if the screener rolls.

SLIP SCREEN: When the screener fakes the screen and cuts to the rim.

SMOTHER: Technique in shadow of getting after the inbounder.

SNAPBACK: A post double team off a post feeder who makes an inside cut. The defender takes the cutter to the lane and passes him off and cuts back to double the post.

SPLIT DOUBLE TEAM: When the offensive player who is being double teamed steps thru the 2 defenders who are doubling him. This kills us. Come together and lock it up with your lower bodies.

STAY: When we stay with our men and do not double team. Also means to stay with a good shooter and have a double team come from another player.

STRONGSIDE: The side of the floor that the ball is on.

STUNT: In rotation, we will look to help our teammate get back to his player by bluffing to that offensive player and recovering to who you are guarding.

SWITCH TO DENY/DEFLECT: We hope to deflect or even steal on good switches. Mainly switch to deny something to the opponent: a catch, a desired drive angle, or a desired floor location.

THUMB DOWN: Our Full Court Shadow Defense with the defender whose man is taking it out of bounds **off the ball**. Big should be between the three point line and half court.

THUMB DOWN HIT: Our Full Court Shadow Defense with the defender whose man is taking it out of bounds **off the ball** ready to trap between the three point line and half court.

THUMB UP: Our Full Court Shadow Defense with a man **on the ball**.

THUMB UP HIT: Our Full Court Shadow Defense with a man **on the ball** ready to trap once the ball comes inbounds.

TILT: Sending a weakside defender ***(Stopper)*** across the lane to zone up.

TOP SIDE: Defensive technique of getting on the outside shoulder of a player who is receiving a screen and force him away from the pick.

TRANSITION: Changing quickly from offense to defense, or from defense to offense.

UCLA PLAY: A high post set offense used by many NBA teams that features the guard passing to a wing and rubbing off of a high post man on the strongside elbow in a cut to the low post.

V-BACK: When the bottom of the "I" goes to the strong side to help defend a drive, the next player up the "I" must V-back or drop, and becomes the new bottom of the "I".

Crackdown

WAR (A CUT OR SCREEN): To body up and fight over or thru a screen without a switch in order to stay with your man. To defeat a screen or cut, or to battle your man in the post by being physical, utilizing fronting and $\frac{3}{4}$ 'ing and whatever resources ne has to fight in the low post and battle for position.

WEAKSIDE: The opposite side of the floor that the ball is on.

WEAKSIDE I: Refers to the position of the defense on the weakside. Positions will include top, middle, and bottom.

WHITE: Fronting the post.

WIDE PINDOWN: Weakside angle screen for a cutter in the corner. Topside this action, war over if can, or late shoot gap if you must.

X: Technique where help is provided for a beaten player who switches to the helper's man. This usually occurs off P&R help. X action can also take place on rotation out of a post double team. *Break off*

YO-YO: When the offense is set in a 2 man game, the man guarding the offensive wing player goes back and forth between his man and the offensive post player.

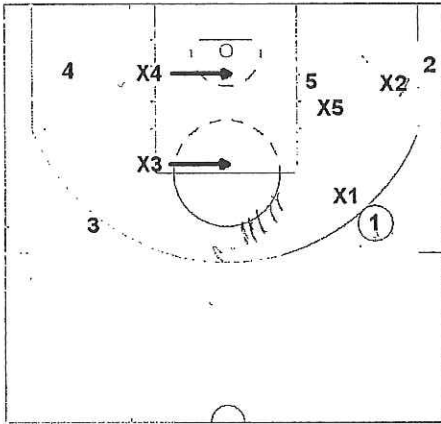
DEFENSIVE CONCEPTS



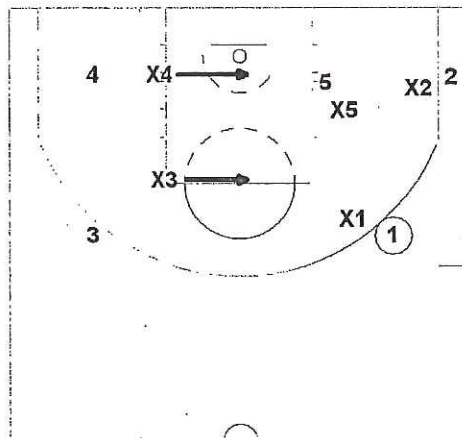
THE WEAKSIDE "I"

Refers to the position of all the defenders on the weakside. The "I" gets its name because it is similar to the "I" formation in football. The "I" is the backbone of our team defense. The "I" allows us to be aggressive on the ball and all of our rotations are based on the positions within the "I". We refer to the players in the "I" as being at the top, middle, or bottom of the "I". Generally, we like for our bigs to be in the bottom of the "I" and our guards to be in the top. On the weakside, we do not guard men, we guard areas relative to the "I".

In a 3-man "I", X2 is the top of the "I" and is considered the free safety. In a 3-man "I", the top of the "I" has the freedom to roam since he has two players behind him. He is often the 'go-man' in our trapping schemes. X3 is the middle of the "I". He is the linebacker and reads the offense and defense. He is responsible for most cutters. X4 is the bottom of the "I". He quarterback's the defense and may have the most difficult job on the floor. He must be alert to a number of situations.



The 2-man "I" often occurs when we are trapping the ball, so that the 2-man "I" is guarding 3 weakside offensive players. The players in a 2-man "I" must be very alert to cutters and ready to rotate. The other possibilities are a 4-man "I", which means an isolation play or 1-man "I" which often occurs when we have double-teamed and the 1-man "I" can also happen if there is an offensive overload.



Sideline Push (No Middle Penetration)

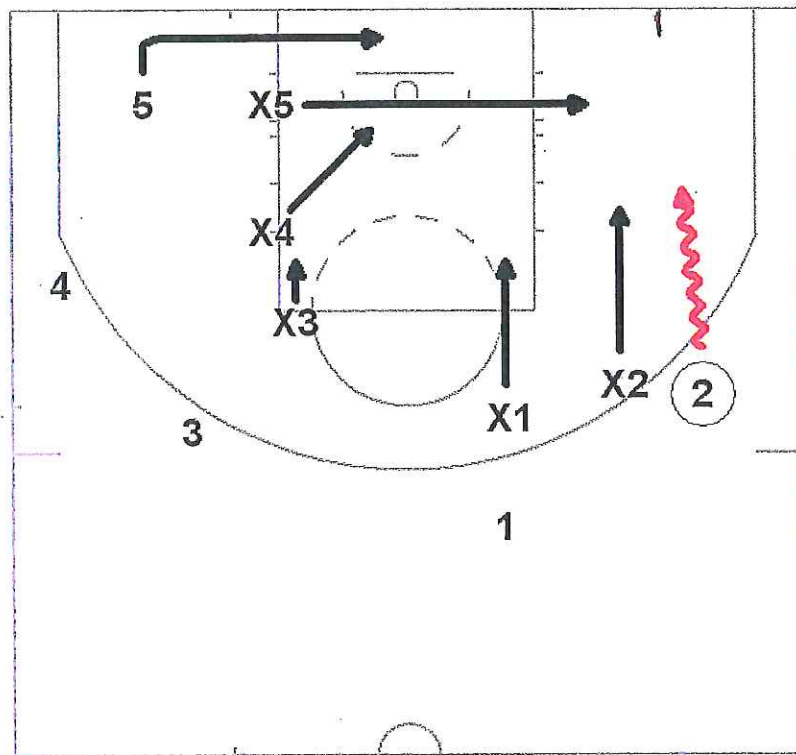
The crux of our half court defense is that we push the ball sideline and keep the ball out of the middle. Our defense is more easily broken if the ball gets to the middle of the floor.

X2—We want the player guarding the ball on the wing to apply as much pressure as possible and push the ball sideline without getting beat to the basket. The closest we want the wing drive to get to the basket is the hashmark.

X5—The bottom of the "I" is in a position to see any problems on the floor. If X2 gets beat, X5 must **BASE GO**. Base Go is when the bottom of the "I" goes to the strong side drive and locks up the double team at the base checkpoint.

X4—The middle of the "I" must **V BACK** when he sees X5 Base Go. The V Back is critical for weakside rebounding and automatically becomes the bottom of the "I". At the same time, X4 must be aware of weakside cuts and dives.

X1 and X3—When there is penetration that has caused a problem, we want all of our defenders to have a foot in the paint. When X5 goes, X1 and X3 must also V Back to the paint. Both are ready to rotate if the ball is passed out and they are both ready to hit any cutters to the ball.

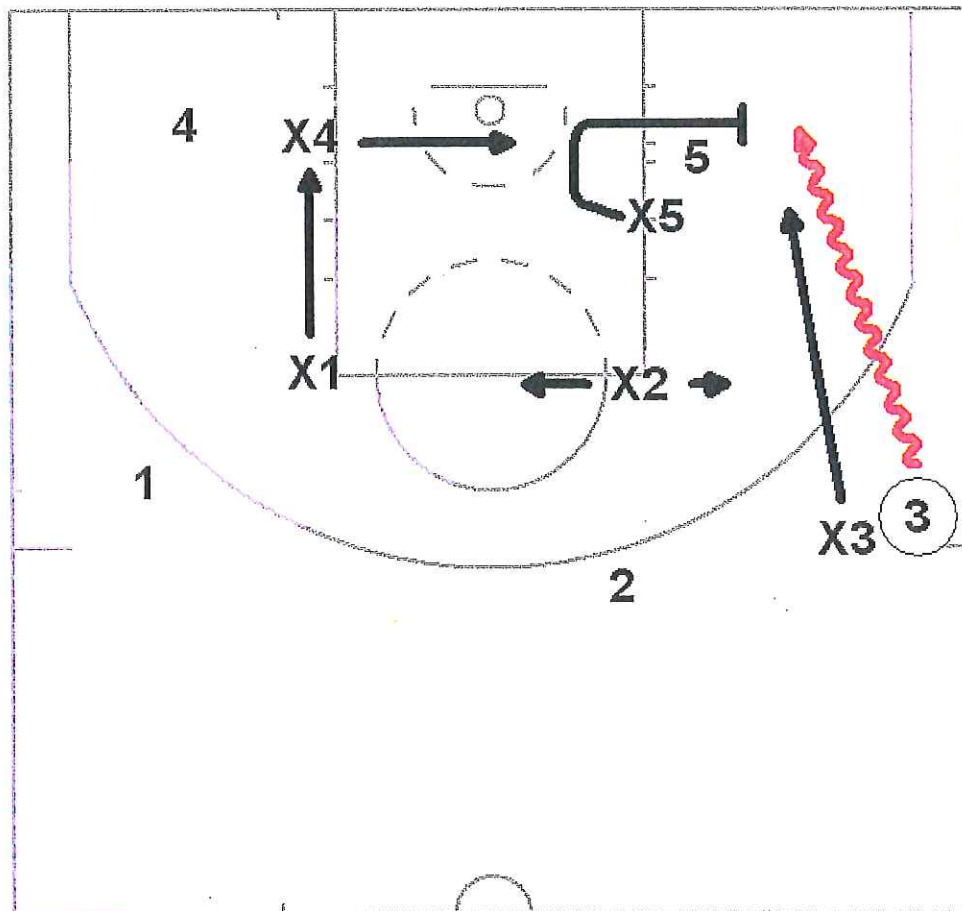


Shell Defense Responsibilities

Build the Wall –We must rotate to attack baseline dribble penetration. When the center is in the low post, we want him to be ready to attack penetration when the wing defender is beaten. He must show his body by stepping out indicating that he is ready to give help, making the area look crowded for the ballhandler. The defender on the ball must play the angle and work to get back in front of his man, thus allowing the post man to get back to his own when possible.

The post defender must commit to the ball if he sees the ballhandler will beat the defender. We want our big man to be aggressive and challenge the ball outside the lane, the paint is too late. **React to the first dribble.**

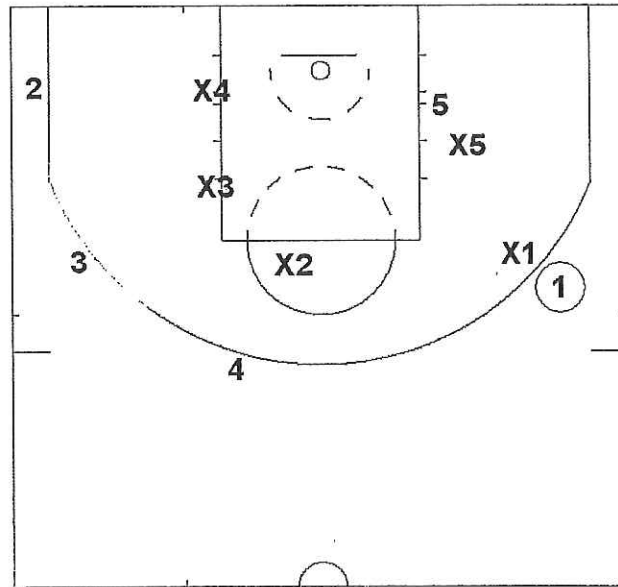
Complete the wall with V-Backs, when the post man challenges the penetration, the weakside low player must move across the lane to body up on the post's man while the weakside high man must V-Back to the baseline. X4 picks up 5 and X1 V-Backs to pick up 4. X2 is the safety, looking to steal a lazy outlet pass and to jam the lane.



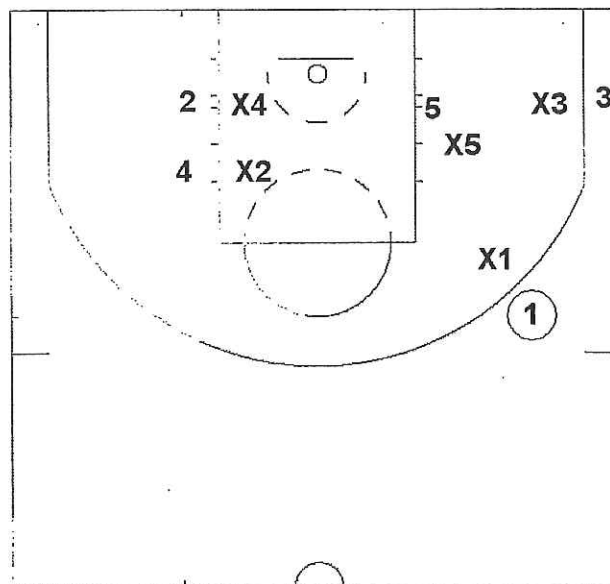
INVERTING

We invert to keep our bigs close to the basket and our guards close to the basket. We can often invert the "I", regardless of which offensive players are on the floor.

X4 takes the bottom of the "I" even though he is technically guarding the 2, while X2 takes the top of the "I" even though he is technically guarding the 4. So here we can invert an extended "I". Regardless of movement on the weakside (pindowns, exchanges) the big stays in the bottom of the "I" and the guard stays on the top of the "I".



We invert all stacks and put the big on the bottom and the guard on the top. Defensive inverting means bigs-in and guards-out.



DEFENSIVE CHECKLIST



LOS ANGELES CLIPPERS DEFENSIVE CHECKLIST

TRANSITION DEFENSE

5 STANDARD MAN TO MAN DEFENSE

SHELL (Stance – Positioning – Elbows, Boxes, Nail – 2.9 – Tag – Help & Recover – Base Go – V-Back)

- WEAKSIDE I
- INVERT

ONE ON ONE

WING

TOP

POST

CLOSE OUTS

CORNER

POST DEFENSE

$\frac{3}{4}$

$\frac{3}{4}$ FACE

$\frac{3}{4}$ AND 1 ON 1 POST CATCH

WHITE (FRONT) -- WHITE VS. FLASH

YO-YO AND DIG DEEP DIG AND ROTATE

SNAP BACK OF INSIDE CUT

GO TOP DOUBLE TEAM

GO ROAMER

SIDE SCREEN AND ROLL DEFENSE

SHOW AND OVER

SHOW AND UNDER

CONTACT SHOW AND UNDER – **WALL**

BLITZ – *STEP UP*

BLACK –

BLACK BLITZ

SWITCH (JUMP SWITCH)

HIGH SCREEN AND ROLL DEFENSE

SHOW AND OVER

CONTACT SHOW AND UNDER

CONTAIN – WALL

LATE SWITCH

SWITCH (FLAT SWITCH)

SWITCH AND HIT (PIERCE D)

SWITCH AND DOUBLE SWITCH

BLACK

X ACTION

ELBOW SCREEN AND ROLL DEFENSE

CONTAIN – WALL

SHOW

DRAG SCREEN AND ROLL DEFENSE

DOUBLE DRAG SCREEN AND ROLL DEFENSE

STEP-UP SCREEN AND ROLL DEFENSE

BLITZ

PUSH UP & LET THRU

ANGLE SCREEN AND ROLL DEFENSE

BLACK VS. CORNER FILLED

CONTAIN TO MIDDLE WITH EMPTY CORNER

DEFENSE VS. SCREENING ACTIONS

FLOPPY SET

LOCK AND TRAIL

SHOOT THE GAP

STAGGERED SCREENS

DOUBLE SCREENS

CROSS SCREEN

SPLITS

ZIPPER SET

WAR UP THE LANE ON STRONG SIDE

SHOOT GAP VS. TIGHT PIN ON WEAKSIDE

TOP SIDE VS. WIDE PIN DOWN

BACK SCREEN

FLARE SCREEN

UCLA CUT

HAWK CUT (Invert and Tag Action)

FLEX CUT (WAR CUT OVER)

FLEX CUT (WAR CUT LOW)

SLICE CUT

DHO'S (TIGHT/WIDE)

ISOLATION DEFENSE

BLUE (MIDDLE FORCE TO ELBOW HELP)

BLUE BLITZ

TILT – STOPPER

3 GO

4 GO

ROAMER – DESIGNATED GO MAN

SWITCHING DEFENSE

53 54 55

FULL COURT PRESSING DEFENSES

THUMB UP

THUMB DOWN

FACE

HIT (TRAP ON ANY OF ABOVE SCHEMES)

55 (FULL COURT MAN)

44 (3/4 COURT ZONE PRESS)

DIAMOND (1-2-1-1 FULL COURT PRESS)

ZONE DEFENSE

23

23 TO 5

23 BLITZ

23 RED (SWITCH AFTER 1ST PASS ON BUMP DOWN)

32 RED (SWITCH AFTER 1ST PASS ON BUMP DOWN)

PICK AND ROLL COVERAGES



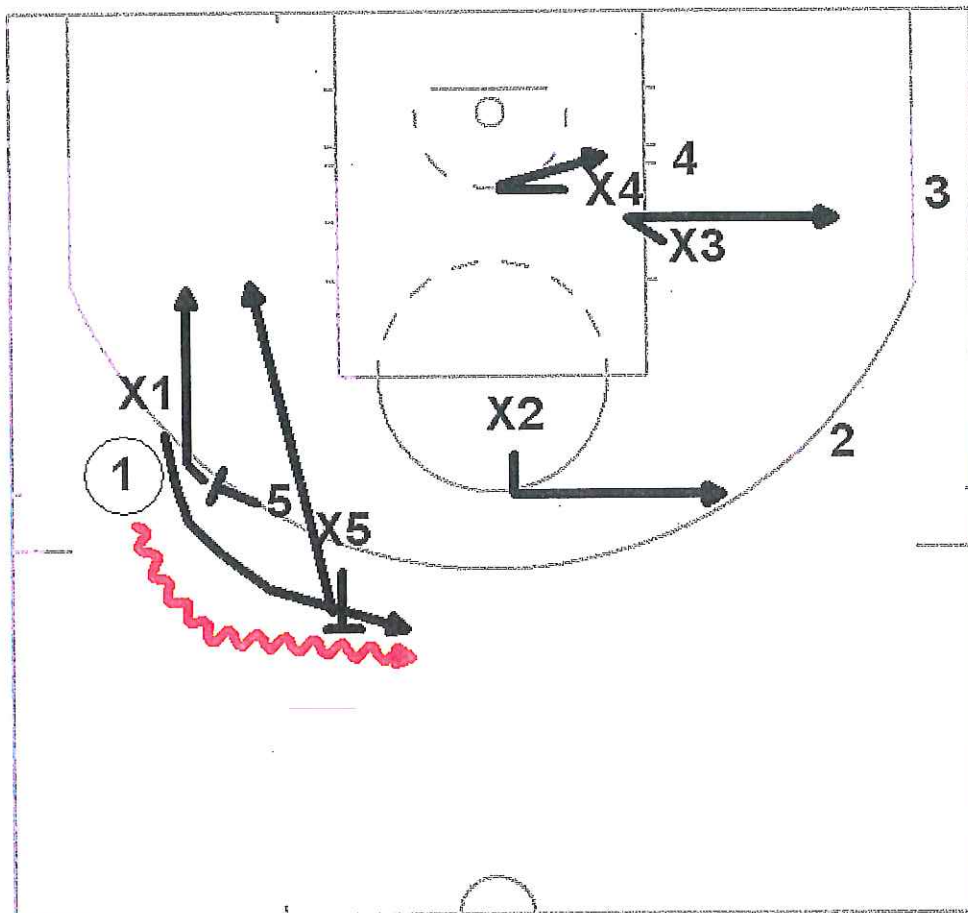
SIDE PICK AND ROLL COVERAGES



SIDE P&R SHOW

Show Defense on Side Pick and Rolls

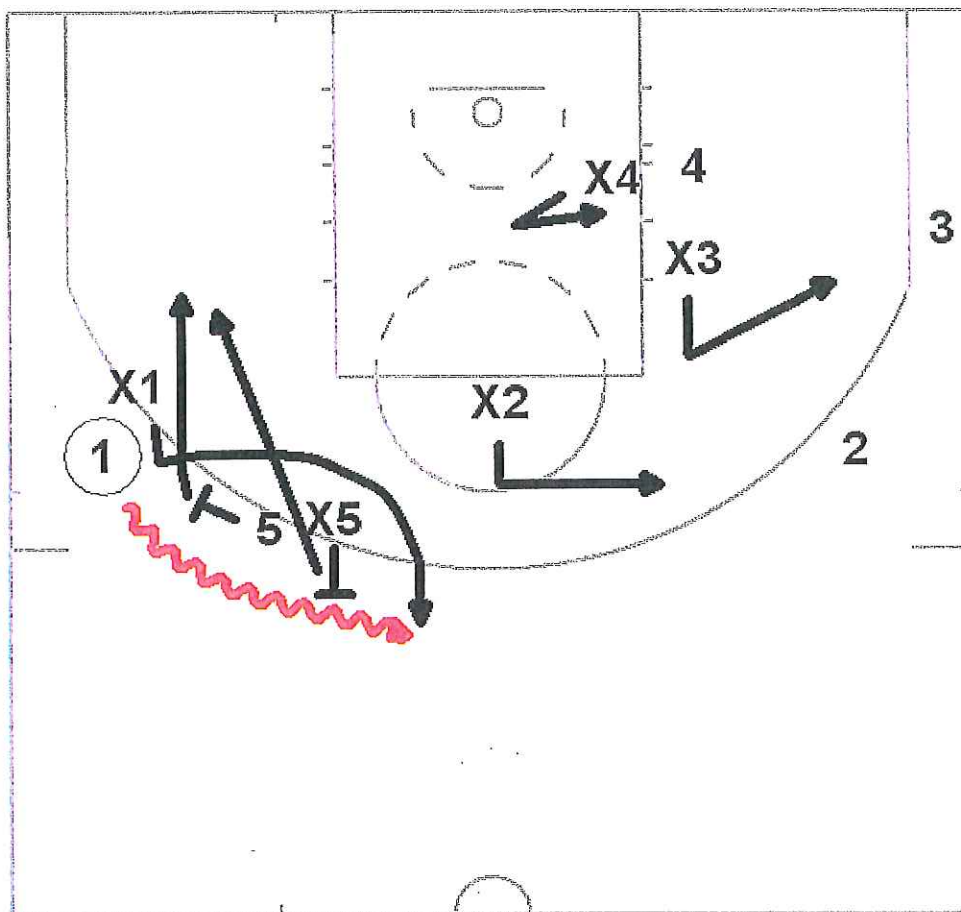
X1 adjusts position to send ball back to the pick where X5 will show parallel to the sideline to make 1 veer out. X1 goes over the screen and under X5 to straighten up 1. X4 stunts and is ready to rotate if needed. X2 is at the nail ready to stunt and recover while X5 recovers to his own man.



SHOW AND UNDER DEFENSE

Show and Under Defense on Side Pick and Rolls

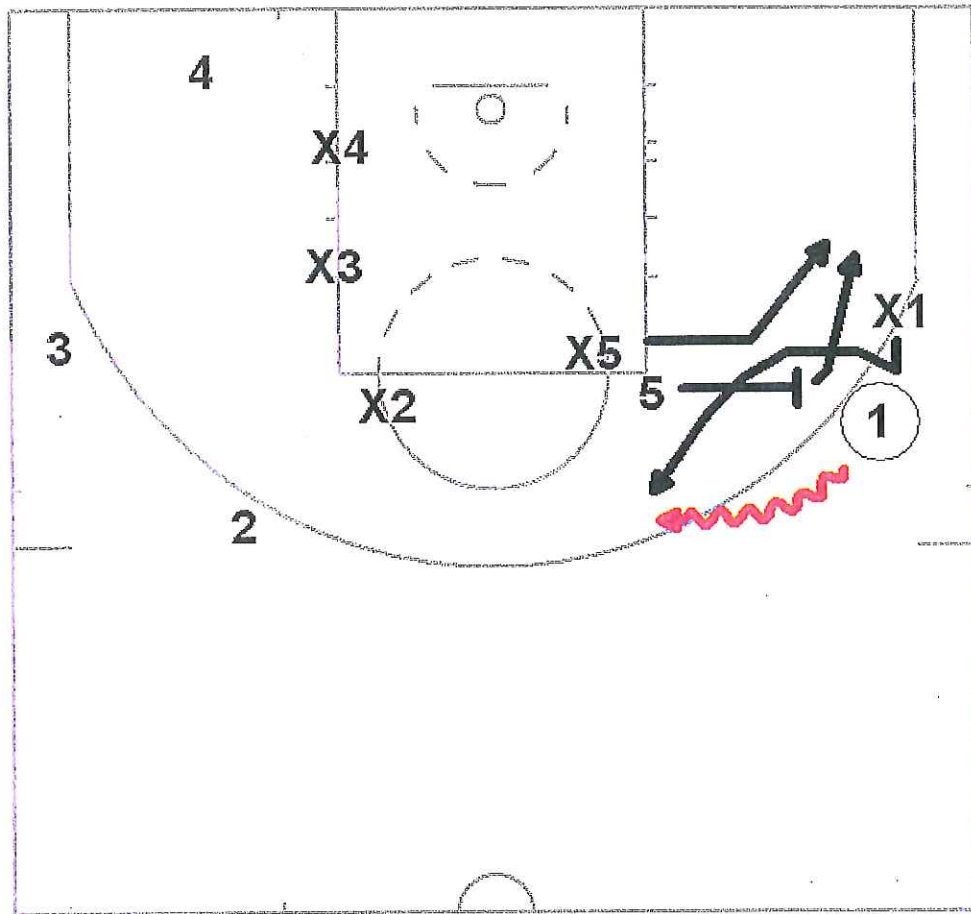
X1 will take the ball to the pick and then go under the side ballscreen. X5 will show and rotate to his man. X1 goes under the screen to straighten up 1. X4 and X3 zone up on the weakside. X2 is at the nail ready to stunt and recover.



LET THRU SIDE P&R DEFENSE

Push Up & Let Thru

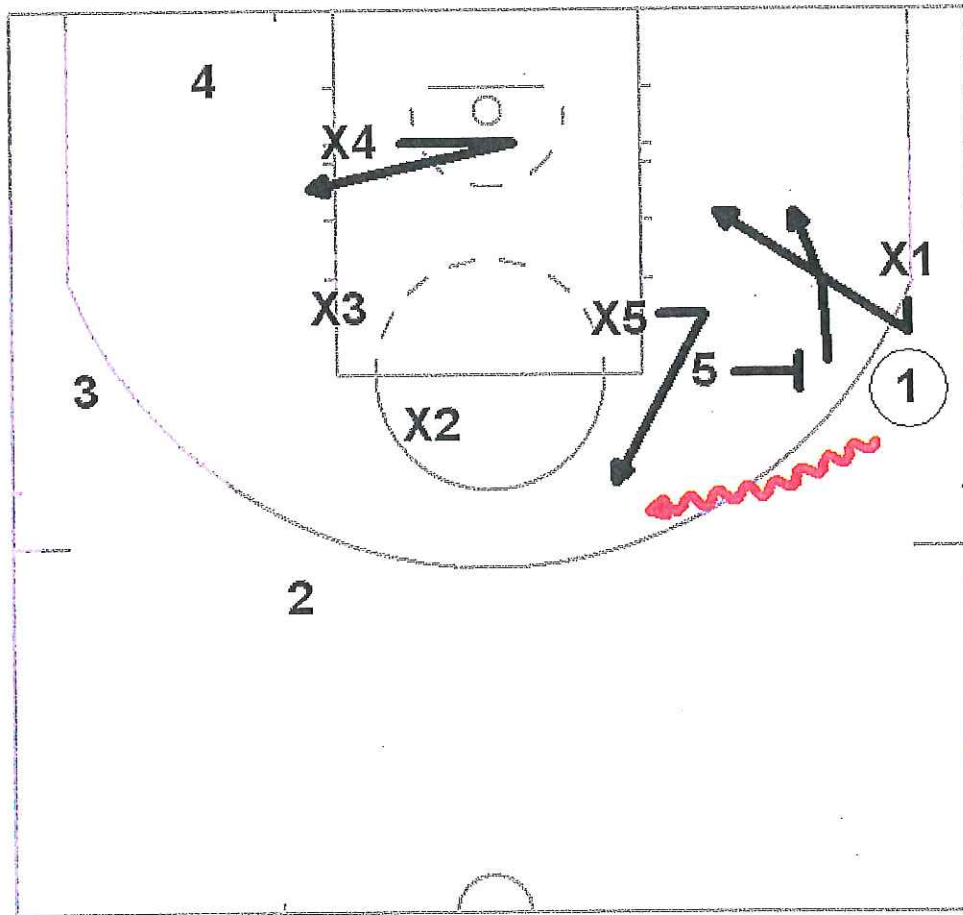
As the screen is set, X1 must first get into his man and force him to the screen. X5 will push off his man and let X1 slide under the screen and over X5. X2 is there to provide nail coverage.



SWITCH SIDE P&R DEFENSE

Switch

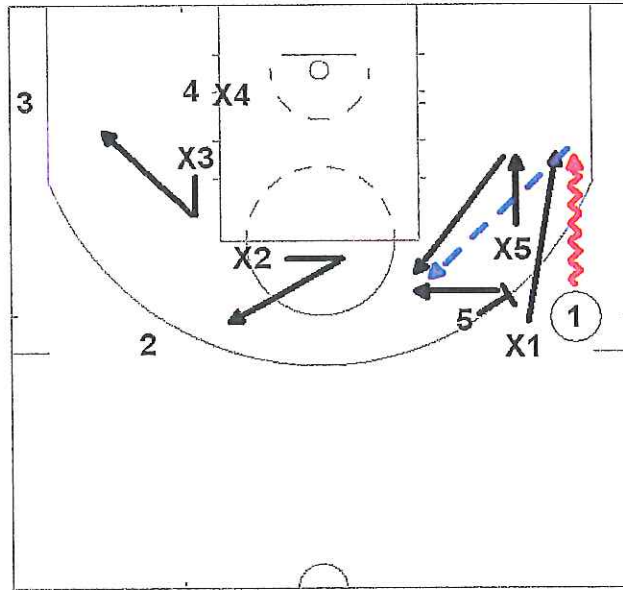
As 1 comes off the screen, X5 will jump switch and look to keep 1 from attacking to the middle of the floor. X1 must get under the screen to eliminate 5's quick roll to the basket. X2 is there to give nail help and X4 is in and out of the paint using the 2.9 principle.



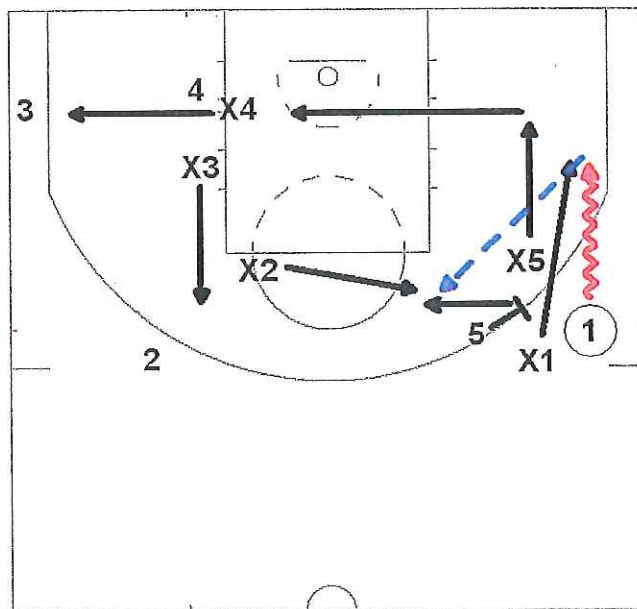
BLACK DEFENSE

Black Defense vs. Side Pick and Roll

As the screen begins to be set, X5 must yell out "BLACK" to X1. X1 jumps up on the top shoulder and forces the ball to the baseline. X5 is a step below his man, and looks to contain the ball. If 5 pops and is a non-shooter, X2 will stunt hard and X5 will recover back to 5. As X2 is stunting, X3 must also stunt for X2. X4 is 2.9 in the lane for help.

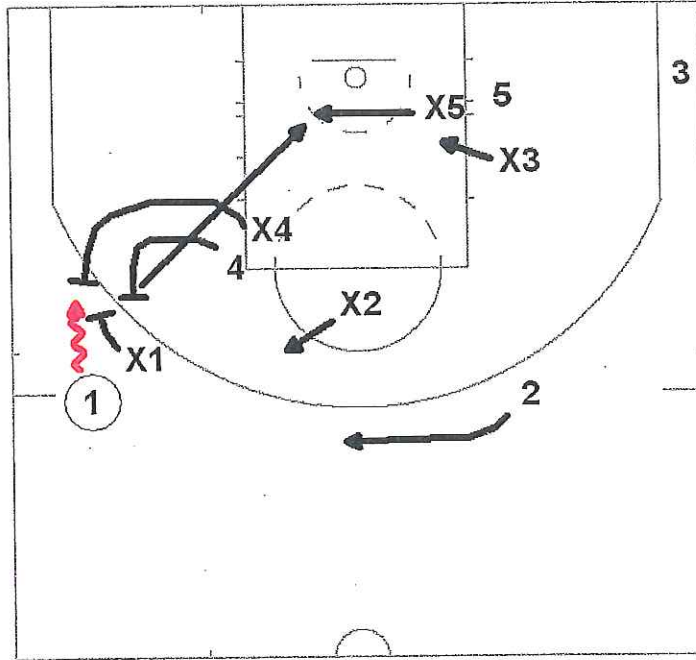


If 5 is a shooter, we will rotate. X2 will rotate to 5, X3 will rotate to 2, and X4 will rotate out to 3. X5 sprints back to the paint.

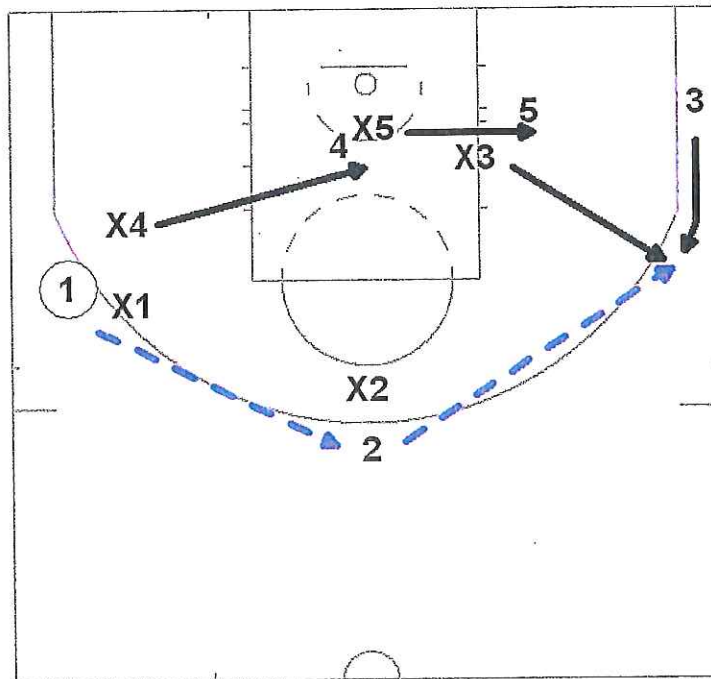


BLACK BLITZ DEFENSE

If a team flips the screen against our "Black" to change the angle to a step-up, we can look to blitz it. X1 and X4 will aggressively trap the ball. If 4 rolls, X5 takes the roll and X3 cracks down on 5 and X2 stays with 2.

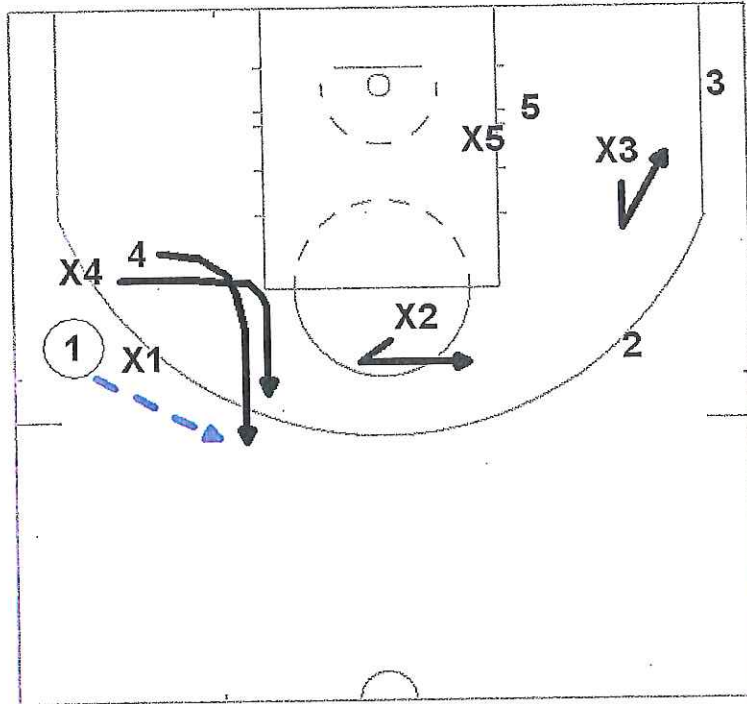


If 1 swings the ball to 2, X4 sprints out of the trap and back to his man. X3 holds to buy time for X5 to recover to 5 and closes out to 3. X1 stays with his man.

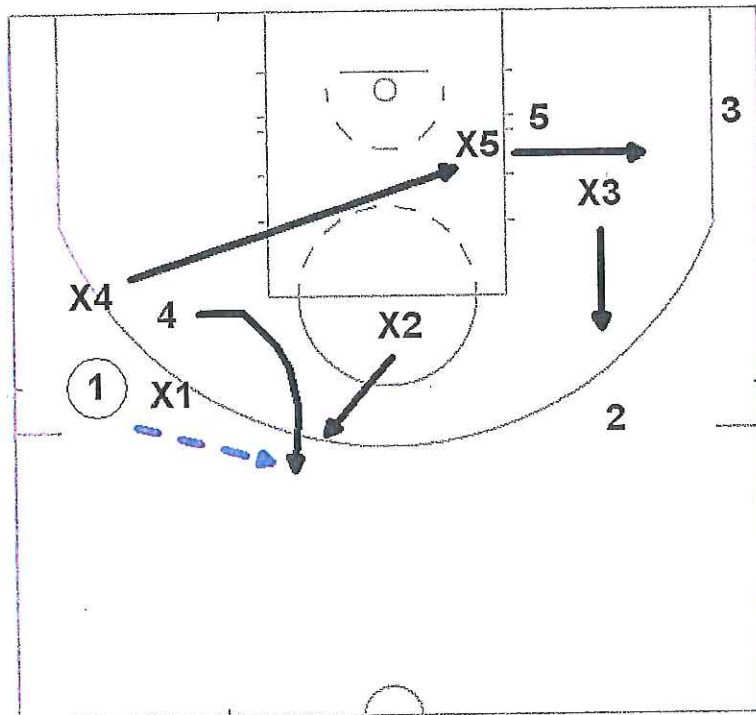


BLACK BLITZ DEFENSE (Cont)

If X4 pops and is a non-shooter, X2 stunts at 4 and recovers to his man. X3 stunts for the stunter and back to his man. X4 closes out to 4.



If 4 is a shooter, we will full rotate. X2 rotates to 4, X3 rotates to 2, X5 takes 3 after buying time for X4 to recover out of "Blitz" to take 5.

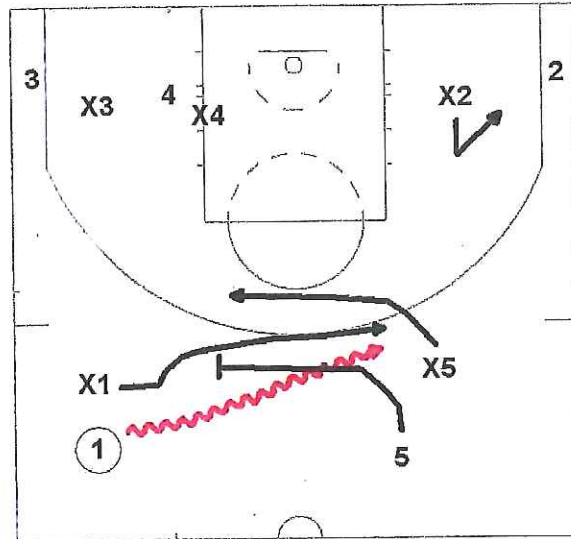


HIGH PICK AND ROLL COVERAGES



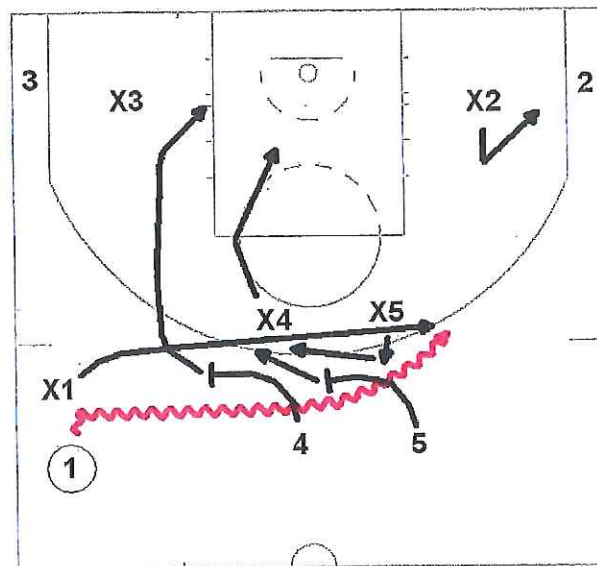
DRAG SCREEN AND ROLL DEFENSE

A drag screen and roll out on the floor is played with a "push up & let thru". The big opens up and allows the guard to go under.



DOUBLE DRAG SCREEN AND ROLL DEFENSE

X1 will go under X4 and X5 and use the "Big Help Big" technique. Ideally, X5 will buy time for X1 to recover and X4 will zone up and take the roll while X5 takes the player popping high. X5 shows high and stays high. In the event 1 is a good shooter, or if the picks are low, we can have X1 go over and X5 "blitz" as an option against the double drag.



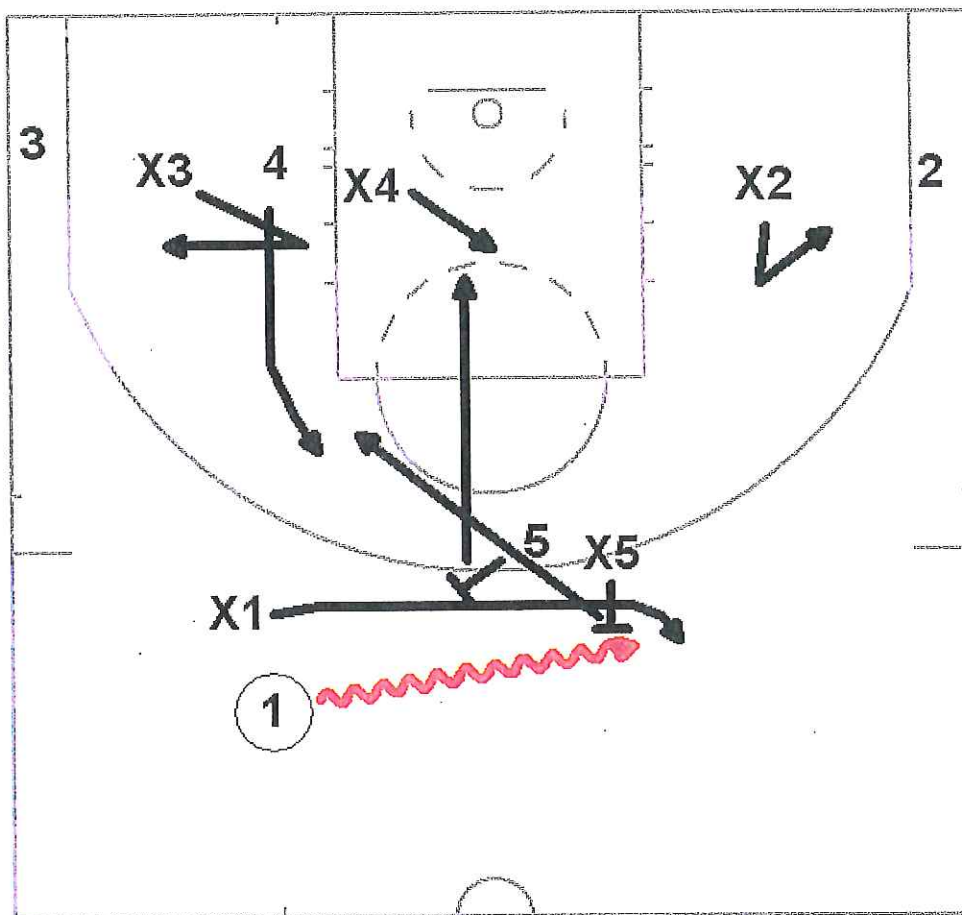
?

4 stays up
3 zones up

SHOW HIGH P&R DEFENSE

Show Defense on High Pick and Rolls

X1 gets into his man and forces man to the screen. X5 will jump out early with numbers parallel to the sideline. X5 must be up past the shoulders of screener to prevent split. X5 does not get strung out on the dribble. X1 gets over the screen and under X5. We will use the **Show High/Stay High** concept on a roll/replace. X2 and X3 will be up the floor and will stunt and recover in passing lane if 1 continues to the basket.

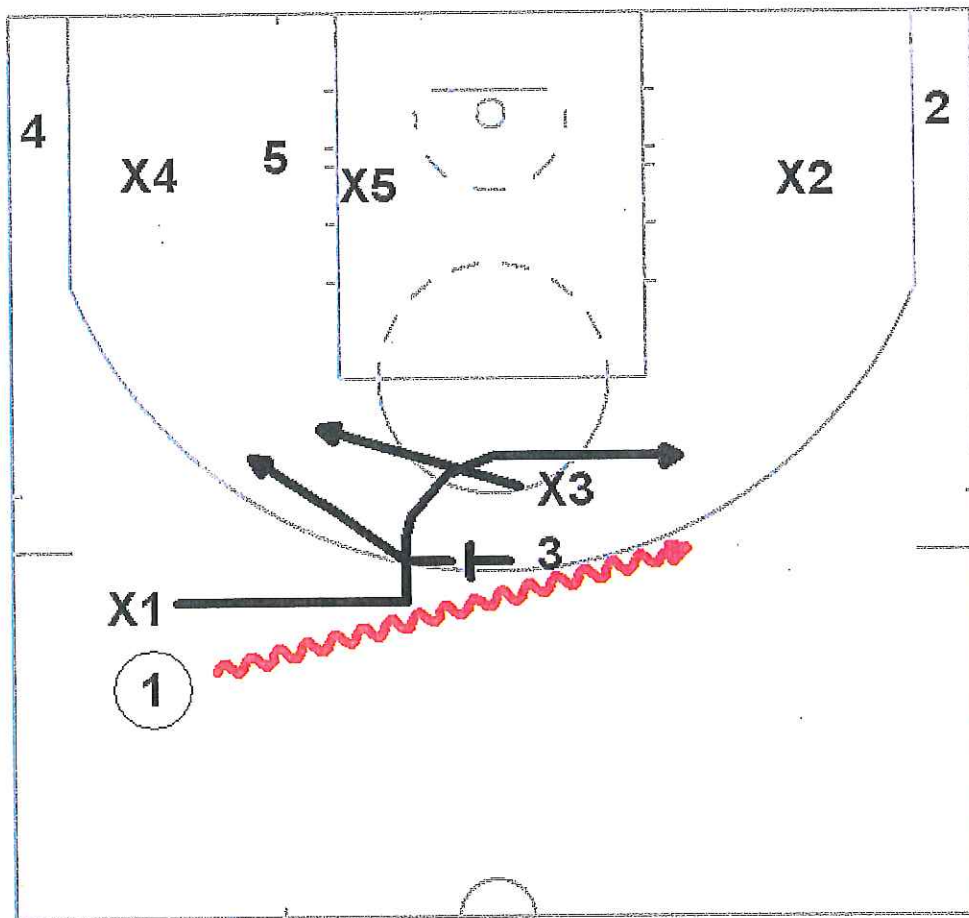


"GREEN" (CONTACT SHOW AND UNDER DEFENSE)

Vs. High Pick and Roll

Pick and roll technique against a non-shooting ballhandler coming off screener who is an excellent pick and pop shooter where a switch is not possible.

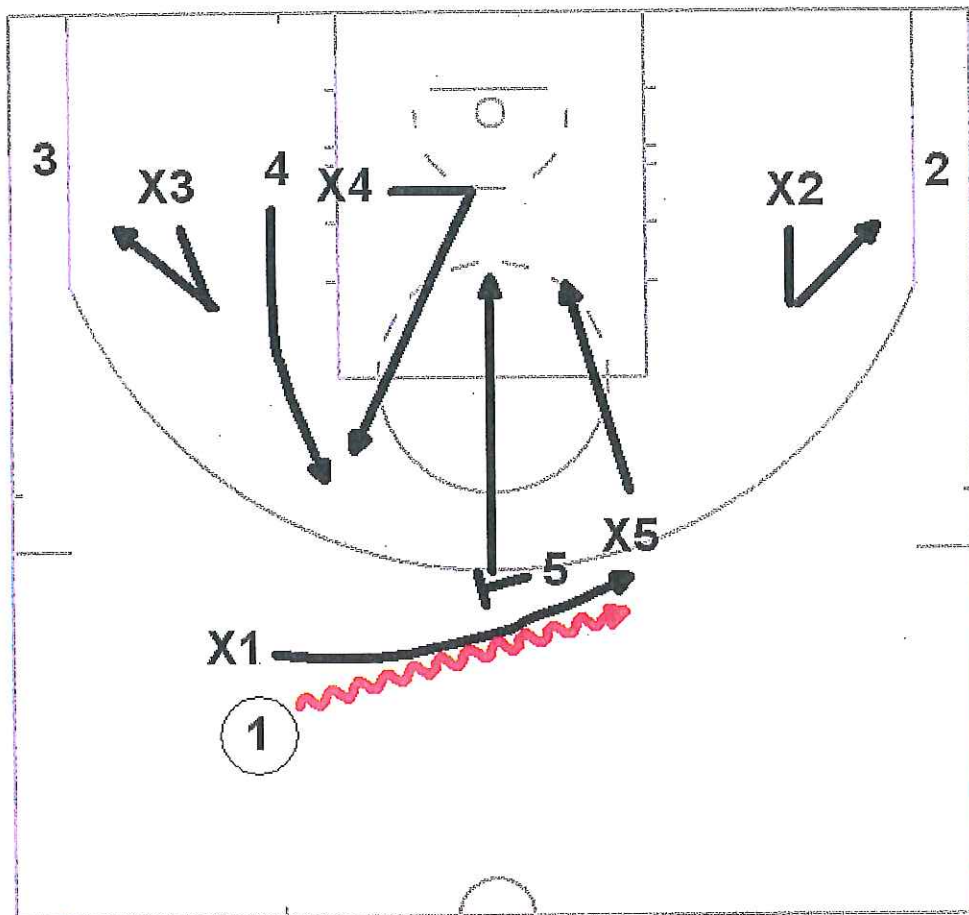
Defender on screener bodies up on his man and forces him higher on the floor by showing a third of his body. In this case, X3 maintains contact with 3 and stays connected with him on the pop. X1 gets into his man, but as the screen develops, goes under. X1 contains 1 and keeps him out of the lane after he comes off 3.



CONTAIN DEFENSE (WALL)

Contain High Pick and Roll Defense on Roll/Replace

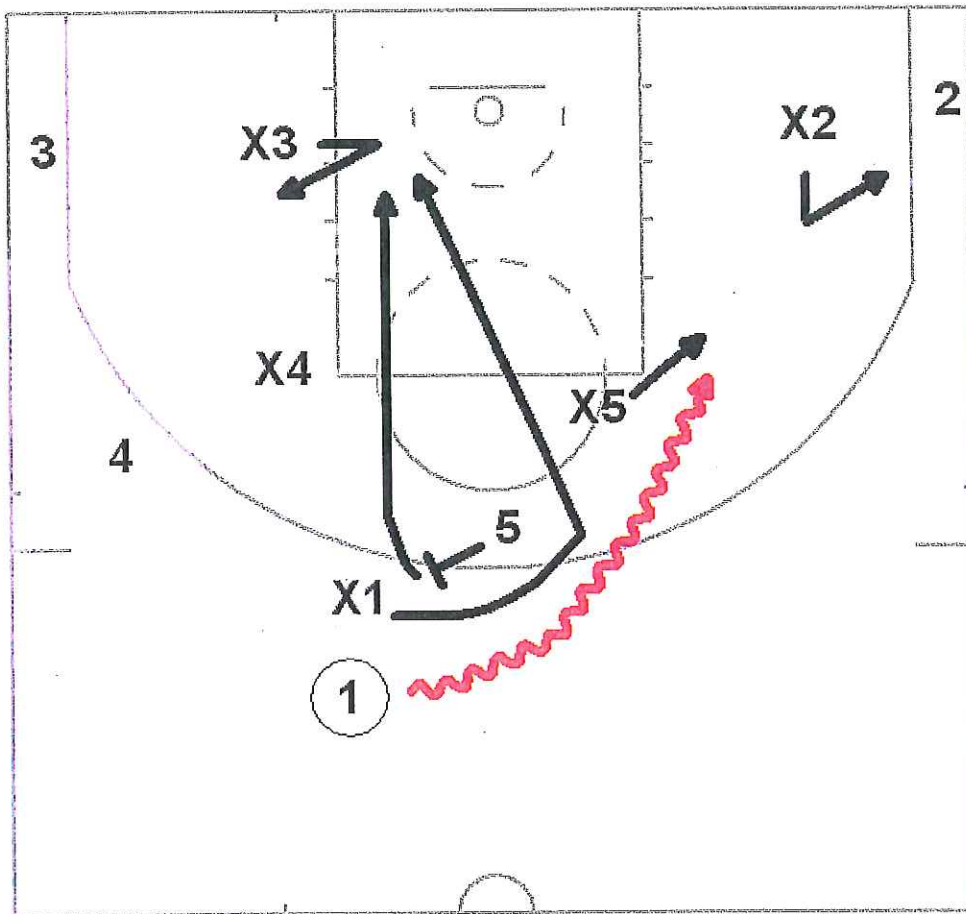
X1 will get into the ball and force it to the screen. X5 will stay level with the ball and a step below 5. He will contain the ball as 1 comes off down the line. As his man rolls, X5 will roll and stay in line with the ball. X4 comes across the lane to help and recover back to his man. X2 stunts off corner but takes away pass to 2 to prevent the corner three point attempt. X3 stunts to 4 and recovers back to his own man. X5 will also recover to his own man.



LATE SWITCH DEFENSE

Against High Pick and Roll

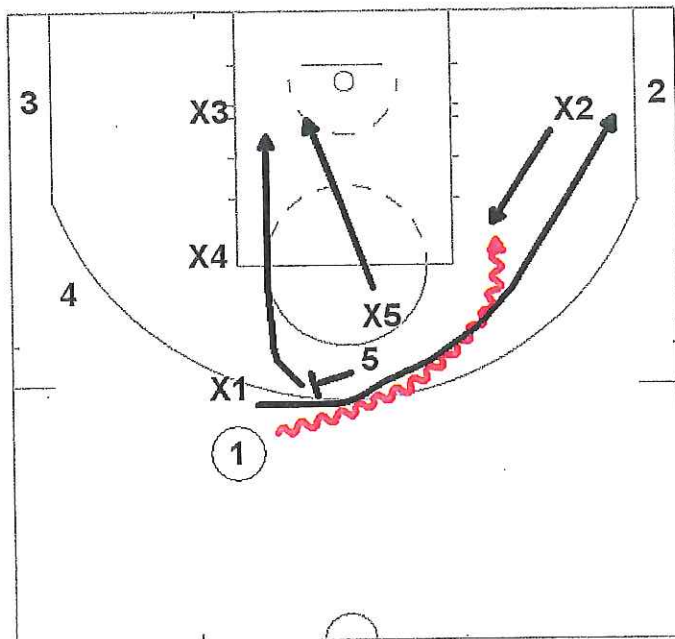
If X1 gets beat on contain defense and cannot recover to cut off penetration, X5, who is line of ball, can switch to him when the ball crosses the free throw line. He must call out "Switch" on this emergency coverage and X1 must get into the legs of the roll man and take him off the boards if a shot goes up.



X COVERAGE DEFENSE

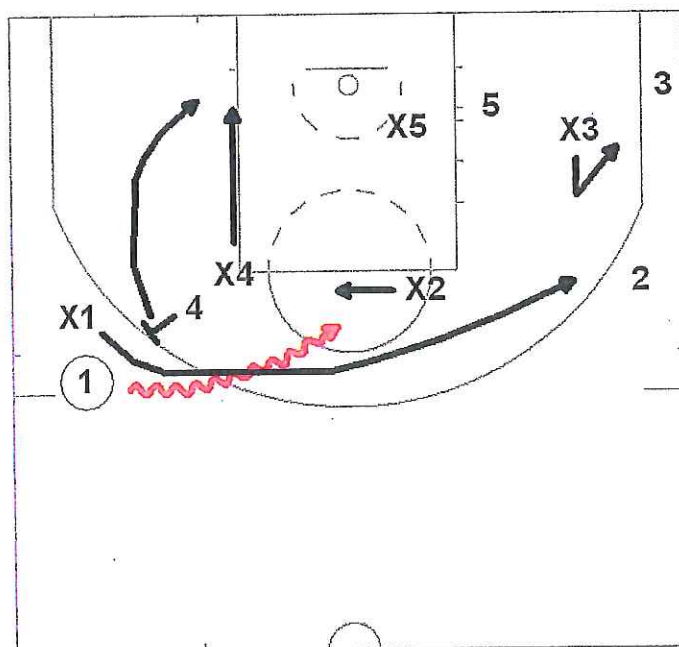
Against High Pick and Roll

This emergency coverage is provided by X2 who moves to stop the ball. X1 will then sprint to cover 2 in the corner.



Against Side Pick and Roll

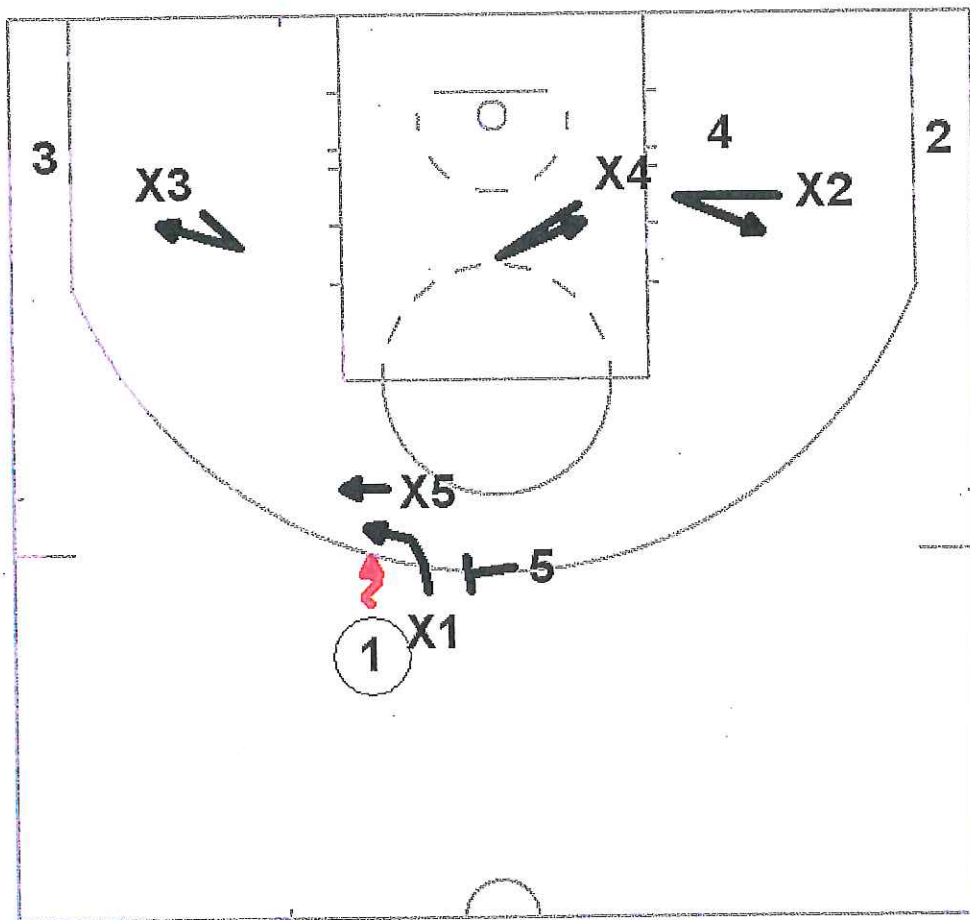
X can also be used on Side Pick and Roll coverage as X2 stops the ball from the nail, X1 sprints to guard 2 at the wing area. X3 stunts to 2 to buy time for 1 to get to X2.



BLACK DEFENSE - *weak wall*

Against High Pick and Roll

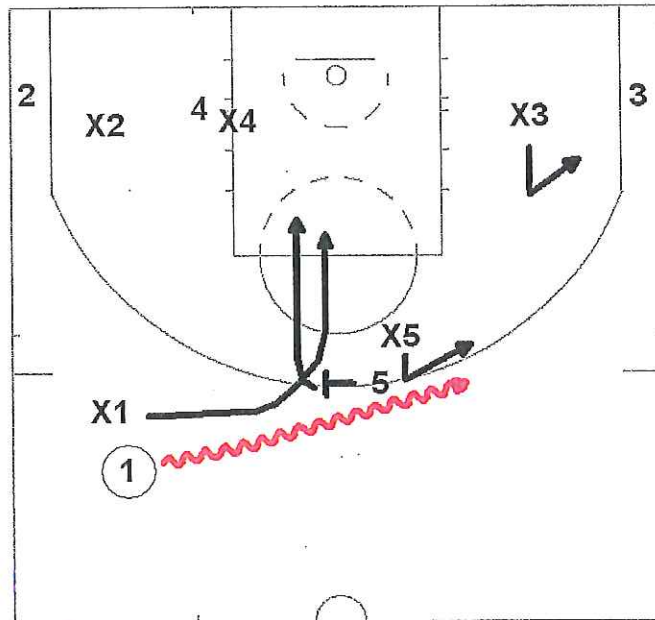
X1 will force the ball away from the screen and to his man's weak hand. X5 will stay level with the ball and a step below his man. X5 must look to wall off until X1 can gain back control.



SWITCH DEFENSE

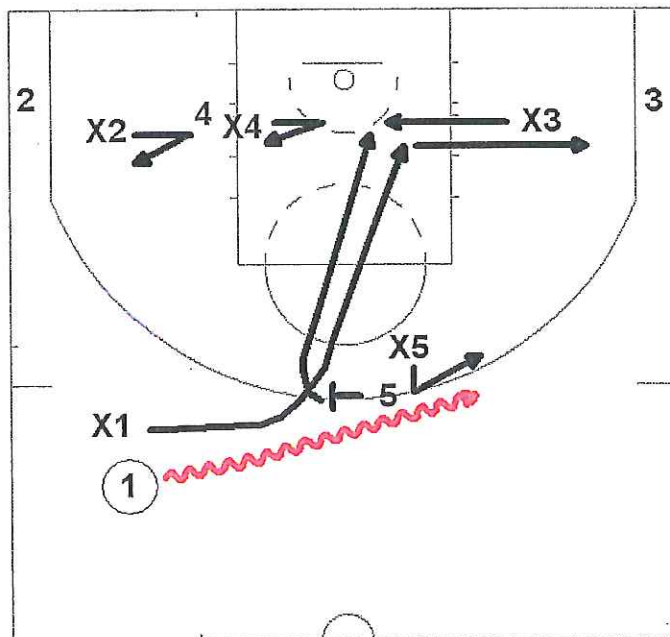
Vs. High Pick and Roll

X5 takes 1 on a flat switch to contain the ball and prevent being taken off the dribble. X1 switches to the inside of 5 and stays with him on the roll to the basket. X4 zones up to protect as does X2.



DOUBLE SWITCH DEFENSE

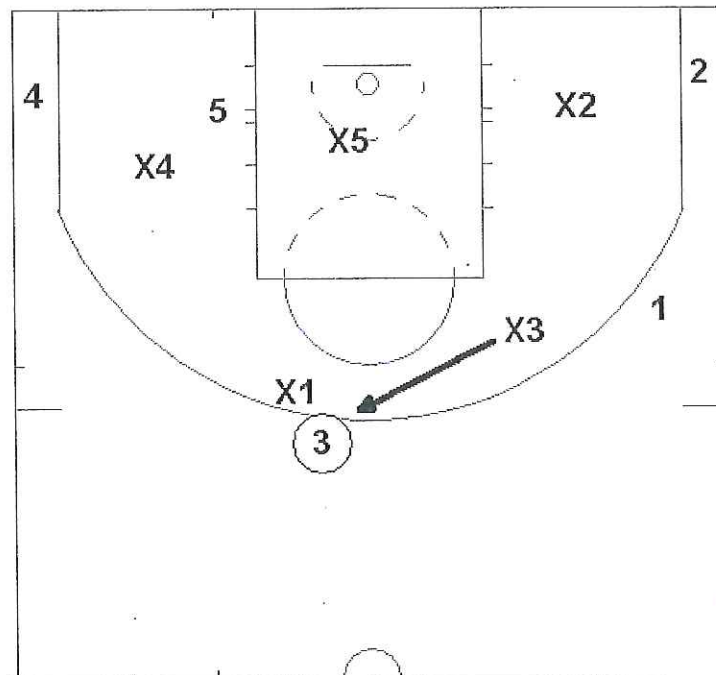
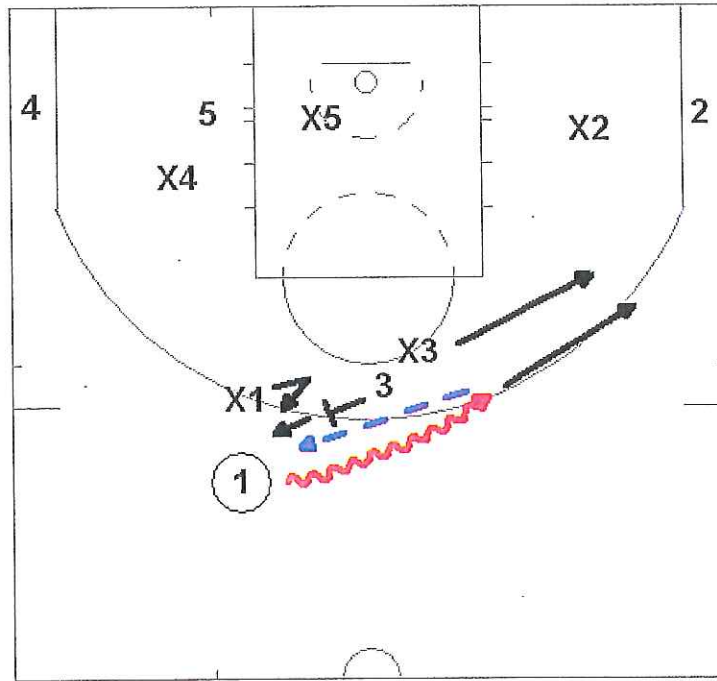
On the double switch, X3 takes 5 and kicks X1 out to defend 3.



SWITCH AND HIT DEFENSE

Against High Pick and Roll

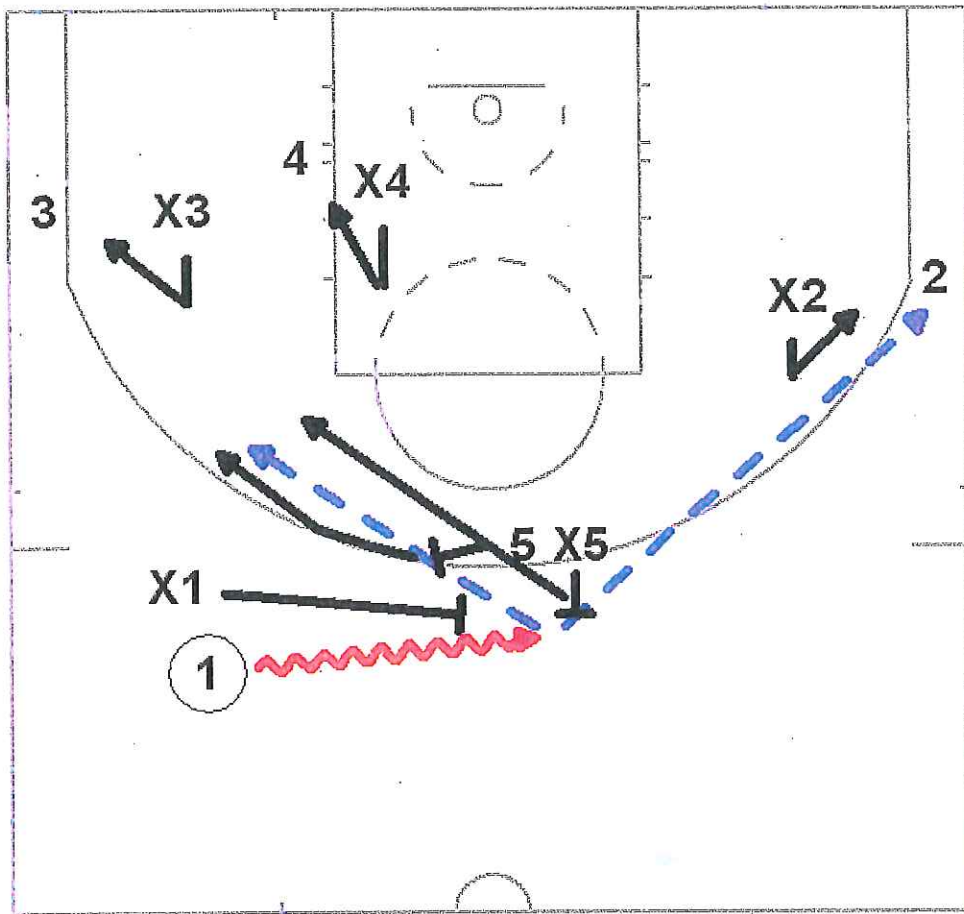
This technique allows a quick double team of the player who has drawn the switch. X1 and X3 execute the switch and as soon as X3 sees he has protection, he cuts back to double the ball. X2, X4, X5 are all zoned up.



BLITZ DEFENSE

High Pick and Roll Blitz Coverage

We will use our "Blitz" coverage as an early one time trap. X5 runs to trap 1 before the screen happens. X1 and X5 pursue 1 until he retreats. If 1 picks up his dribble, X1 and X5 will remain in the trap. X4 zones up in the lane. X3 stunts to 5 and recovers to his own man. X2 moves up and is ready to stunt and recover. X5 stays high with his man after "Blitz".



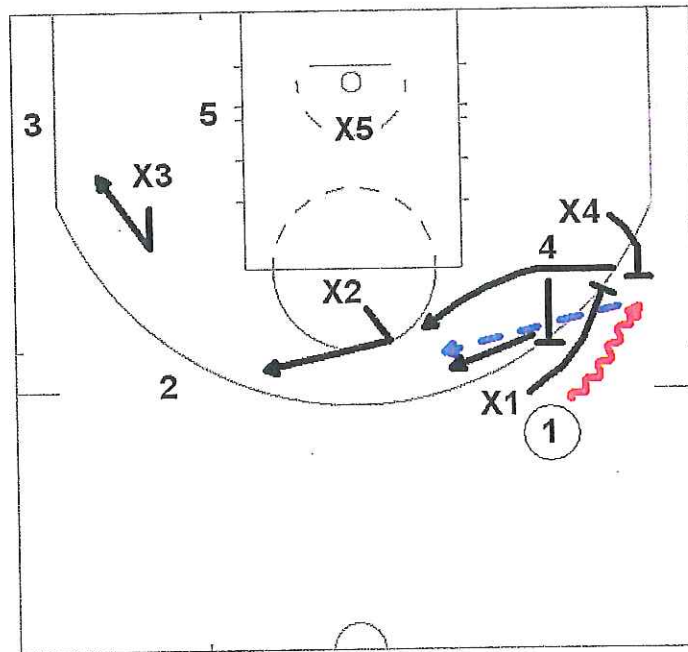
STEP-UP PICK AND ROLL COVERAGES



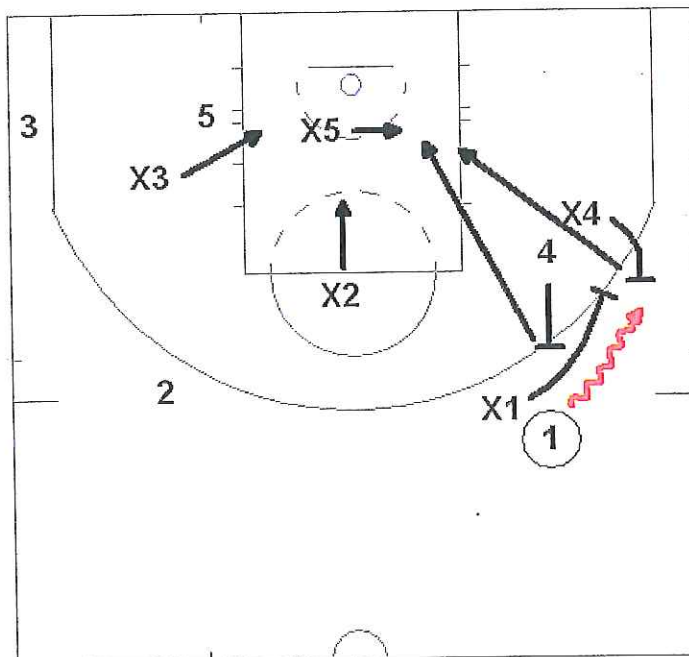
BLITZ DEFENSE

Against Step Up Pick and Roll

X1 forces ball to screen and gets over the pick. X4 will aggressively jump out and trap the ball. If 4 pops, X2 will stunt and X4 will recover to his own man. X3 must look to stunt to 2 to give X2 time to get back to his man.



If 4 rolls after the blitz, X5 must react into the lane and pick up 4. X3 must sit on top of 4 and X2 must sink into the lane. X4 rotates back to the basket.



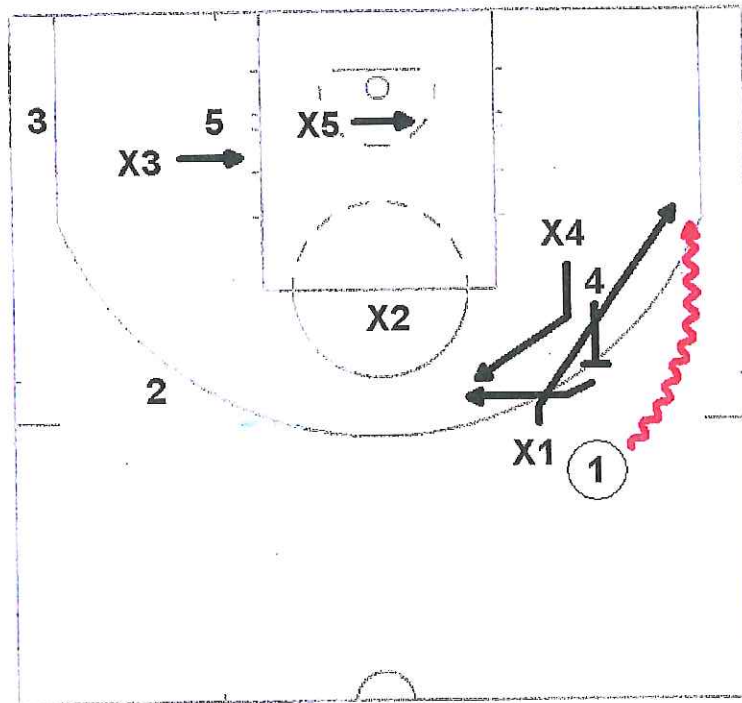
ELBOW PICK AND ROLL COVERAGES



Push up & Let Thru Defense

Against Step Up Pick and Roll

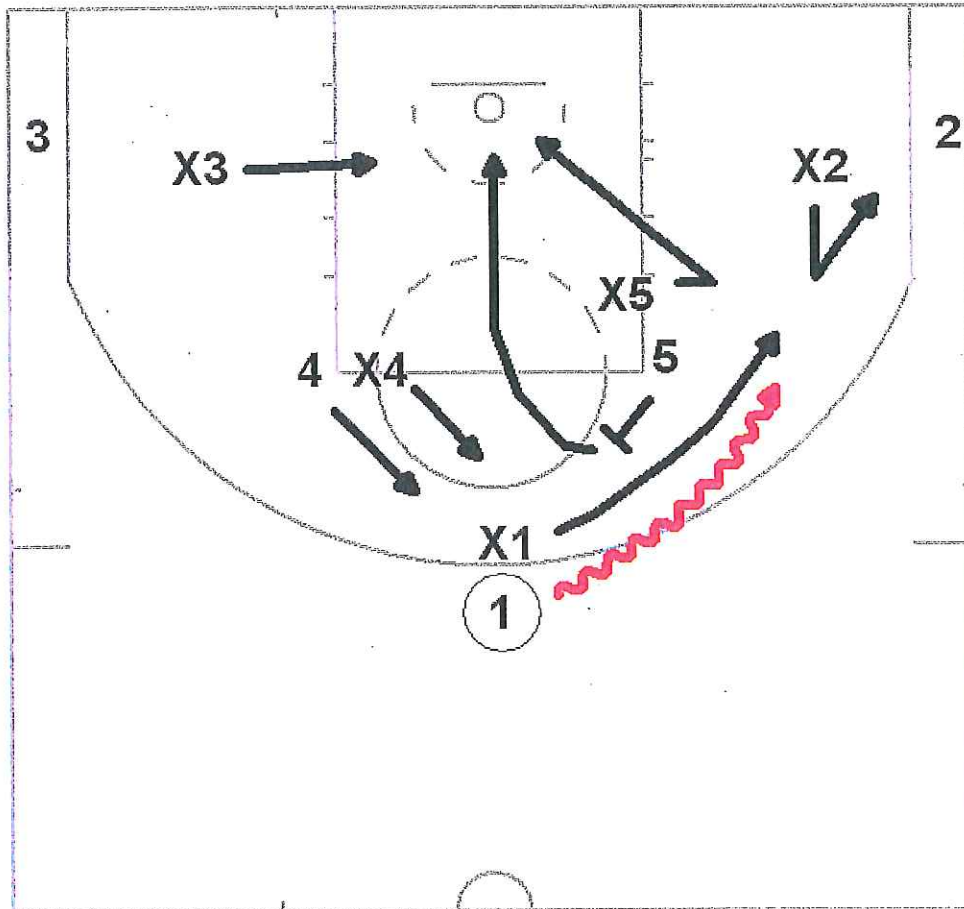
X1 is into the ball and as the screen is set, he goes under the pick and recovers to 1. X4 talks and gives space off 4 so X1 can slide under. Weakside defenders are alert to help. If X2 is beat, X5, who is in 2.9 position, is read to "Base Go" and X3 will "V-Back". X2 is at the nail.



WALL DEFENSE

Against Elbow Pick and Roll

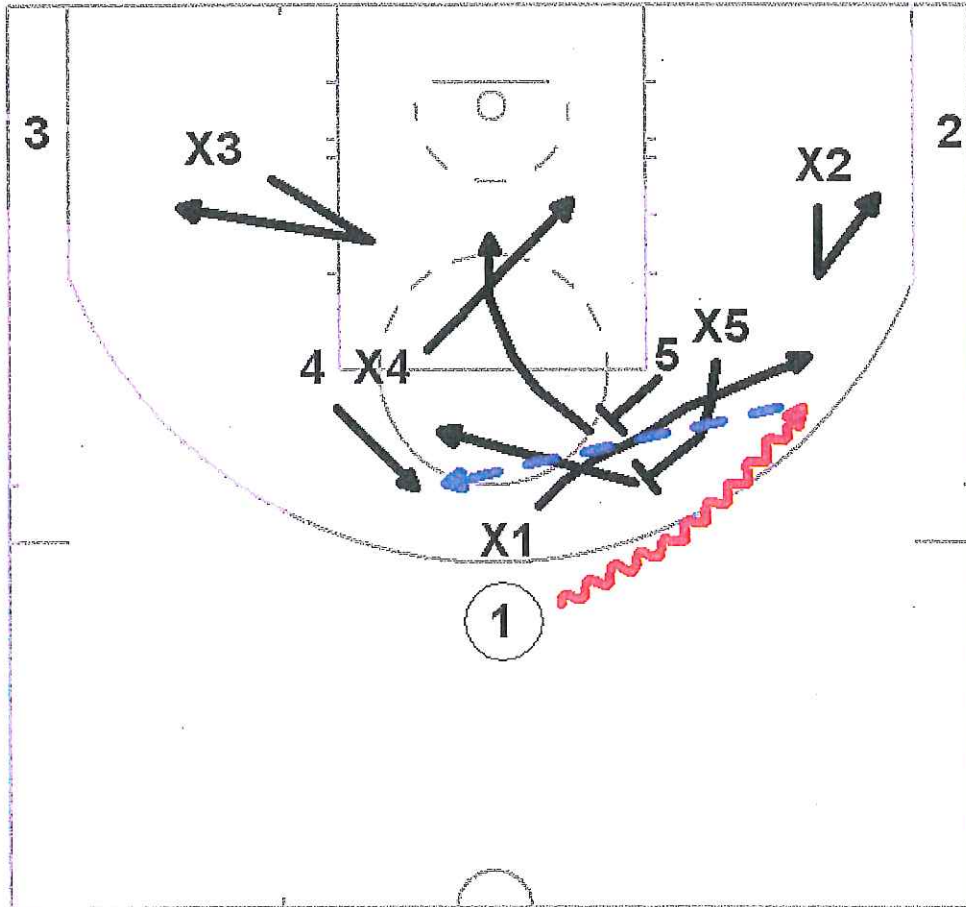
X5 will stay level with the ball and a step below his man. As 1 comes off, he must contain the ball as X1 fights over the screen. As 5 rolls, X5 sinks back with him. X4 denies the pass back to 4. X3 must get into the lane and give support. X2 stunts and recovers in the passing lane. This coverage is used against a rolling big man.



SHOW DEFENSE

Against Elbow Pick and Roll

X5 will get out and up the floor and show as X1 fights over the screen and under X5. We will use the **"Show High Stay High"** concept. As 5 rolls, X4 will pick him up and X5 will stay high and recover to 4. Coverage is used against a pick and pop big man.



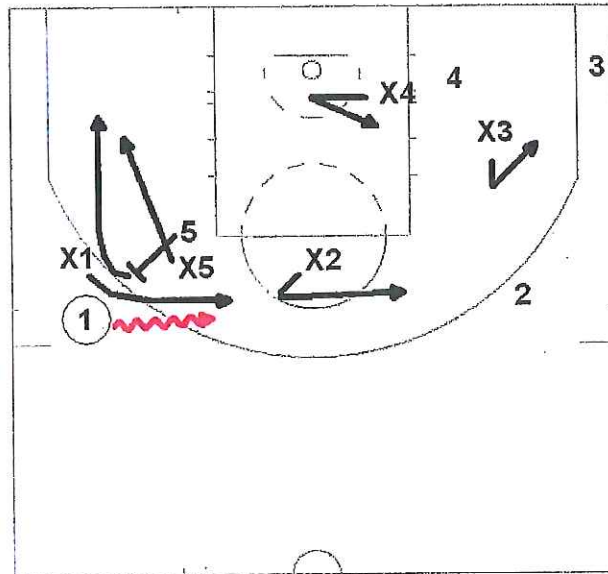
ANGLE PICK AND ROLL COVERAGES



ANGLE PICK AND ROLL DEFENSE

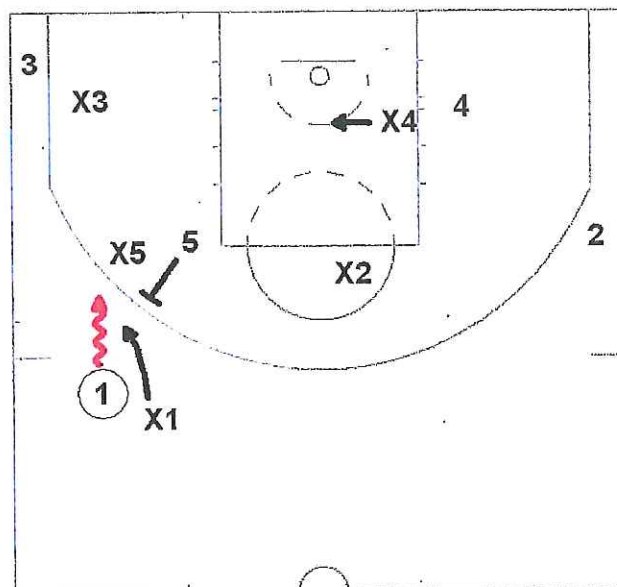
“WALL” Against Empty Corner Angle Pick and Roll

We want to contain 1 to the inside. X1 is into the ball and sends ball to his help. X5 contains the ball as X1 fights over the screen. X4 helps as X5 gets back to his man. X2 stunts off the nail.



“BLACK” Against Corner Filled Angle Pick and Roll

We want to send the ball away from the screen and follow black rules against roll/replace of a shooter/non-shooter.



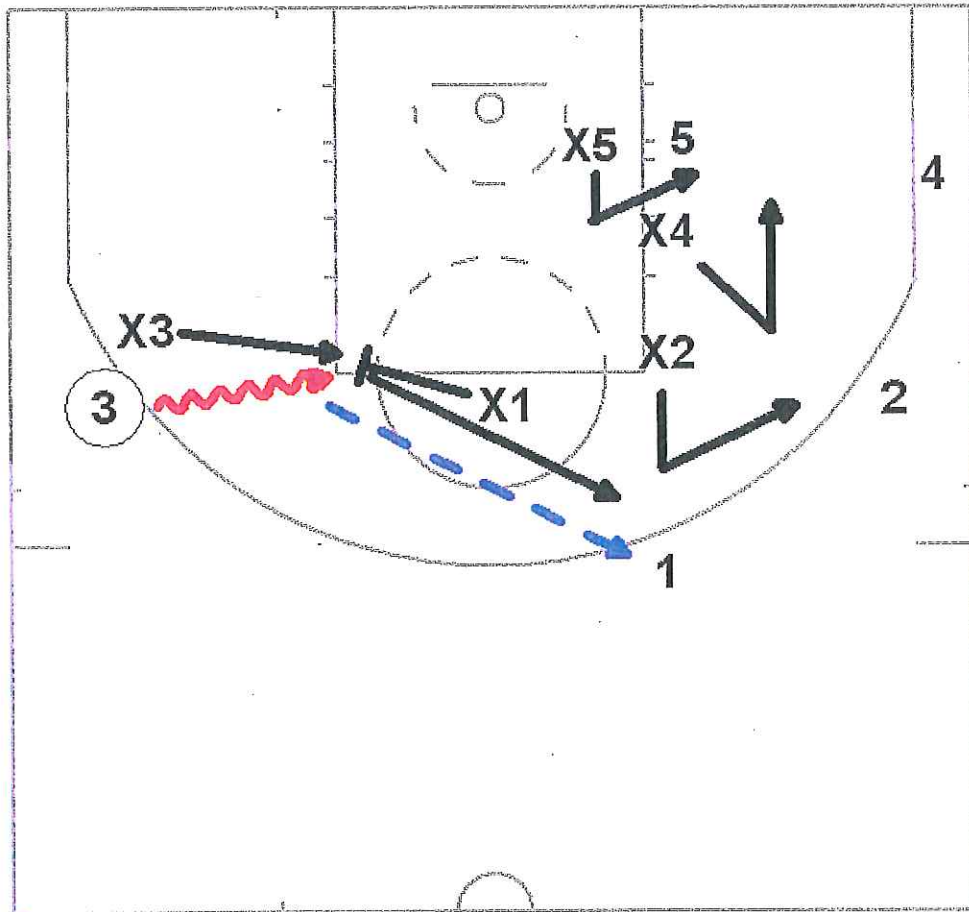
ISOLATION DEFENSE



BLUE DEFENSE - Heavy

Wing Isolation Defense

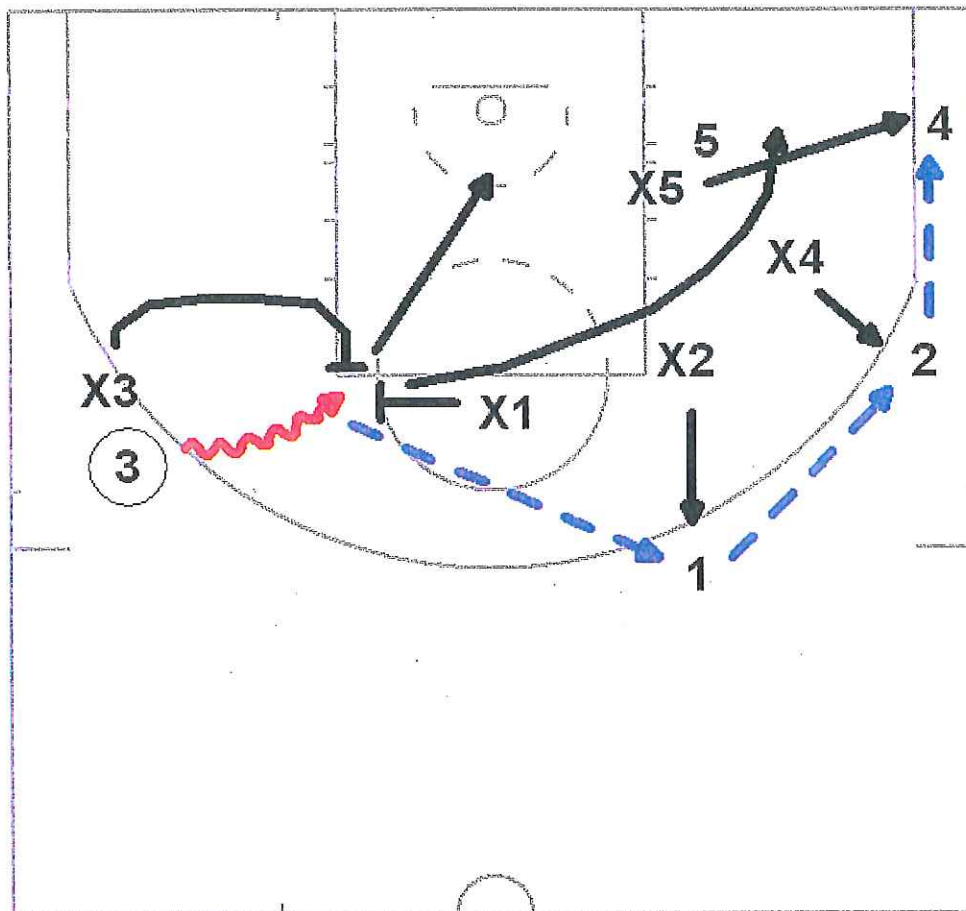
X3 does not allow 3 to drive the baseline and forces the ballhandler back to the middle where the help is. X1 is on the nail or in as legal of a position as possible. X1 will help on 3's drive and recover out to his man while X2 stunts and recovers to his man.



BLUE BLITZ DEFENSE - Heavy

Wing Isolation Defense

X3 does not allow 3 to drive the baseline and forces the ballhandler back to the middle where the help is. X1 aggressively double teams 3 and stays with him until a pass made. On a pass to 1, rotation is needed. X2 rotates to 1, X4 rotates to 2, X5 rotates to 4 and X1 sprints out of the trap to white 5 in the post. X3 is alert to help on a lob pass but the goal is to not allow a pass back to 3.

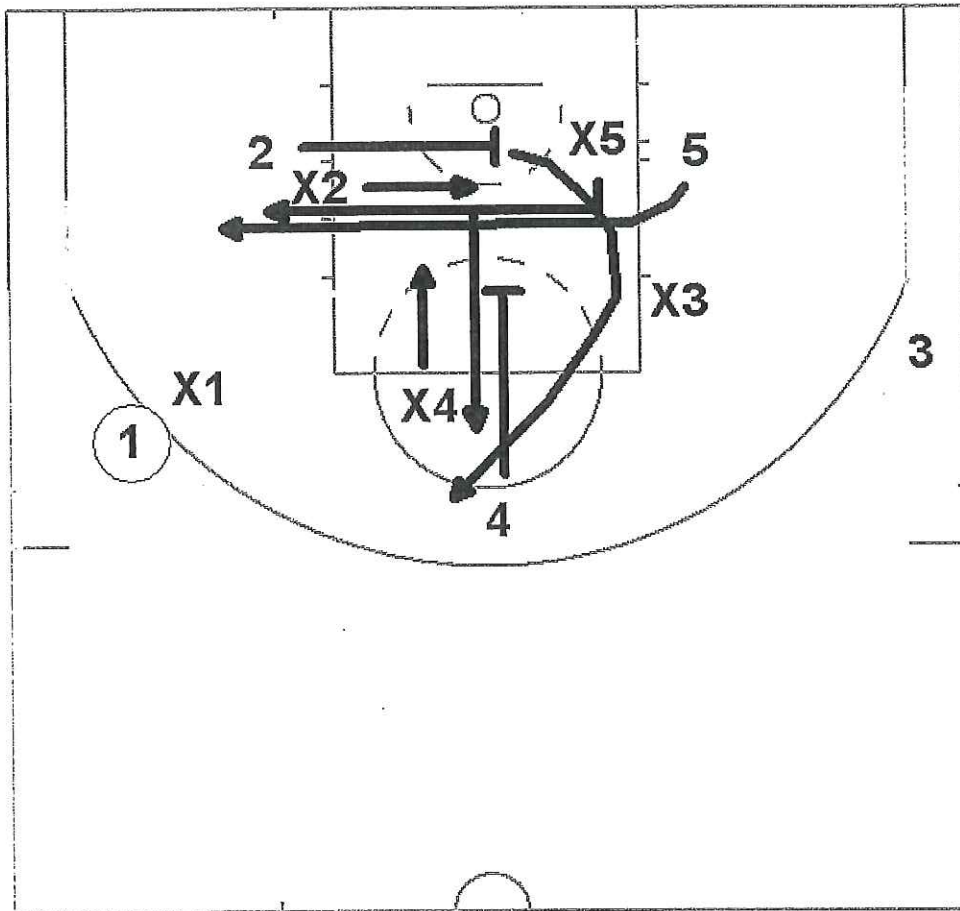


PICK THE PICKER DEFENSE

Pick the Picker Defense Rules

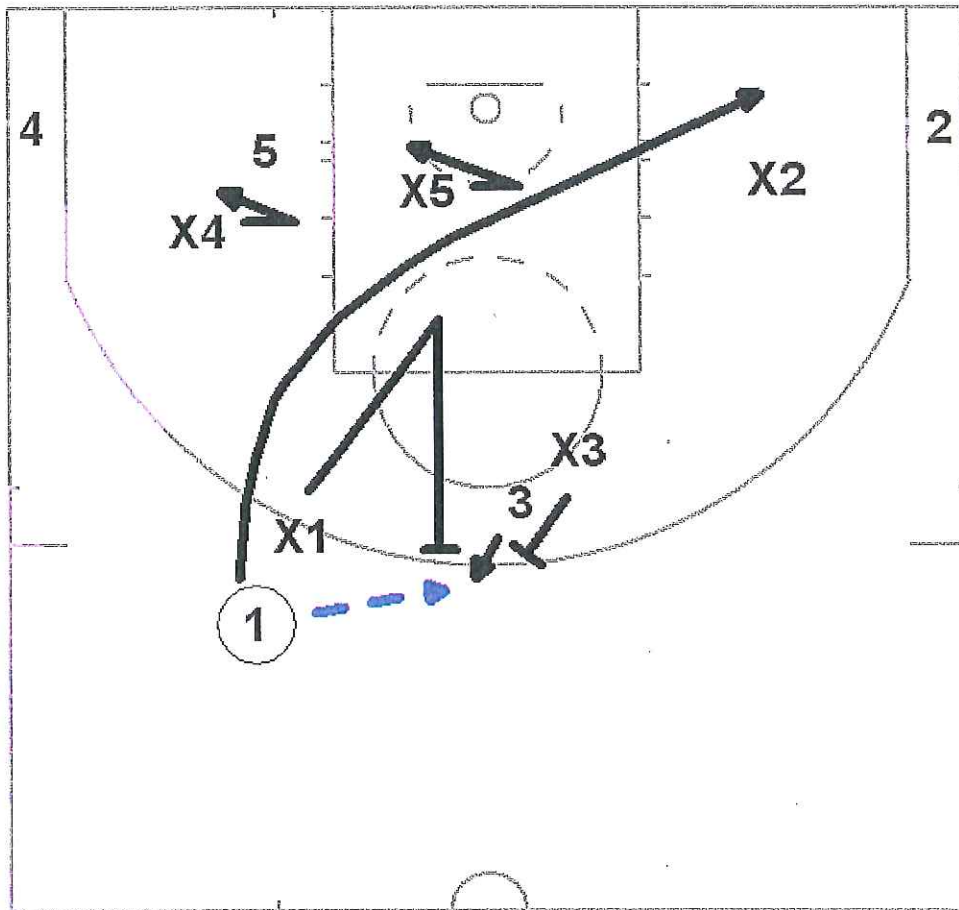
1. X2 plays 3/4 defense on 2 posting up
2. X5 steps into 5 and "wars him" high
3. X2 bumps the high cut by 5
4. X4 provides space for 3 to shoot the gap
5. X2 shoots the gap
6. X3 gets to "2.9 in the lane" for help and possible switch

Elbow switch



PIERCE ISO DEFENSE

X3 works to force 3's catch as high as possible on the court. X1 takes the cutter into the lane until he knows help is provided from X5 and X2 who are zoned up. X1 quickly moves to form the double team with X3.

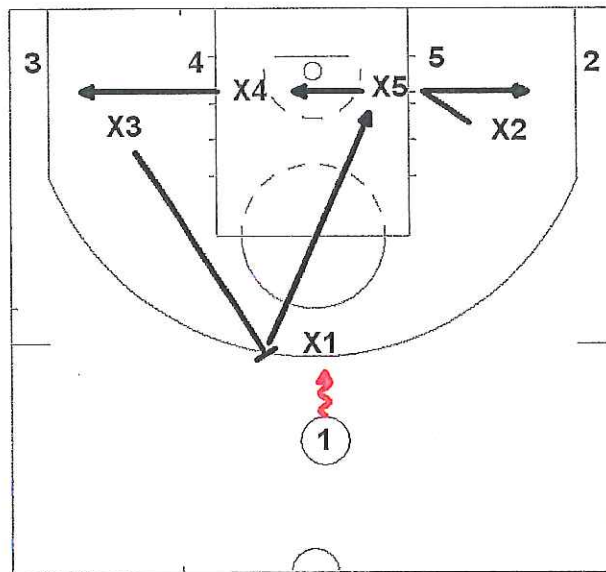


FLAT ISO DEFENSE

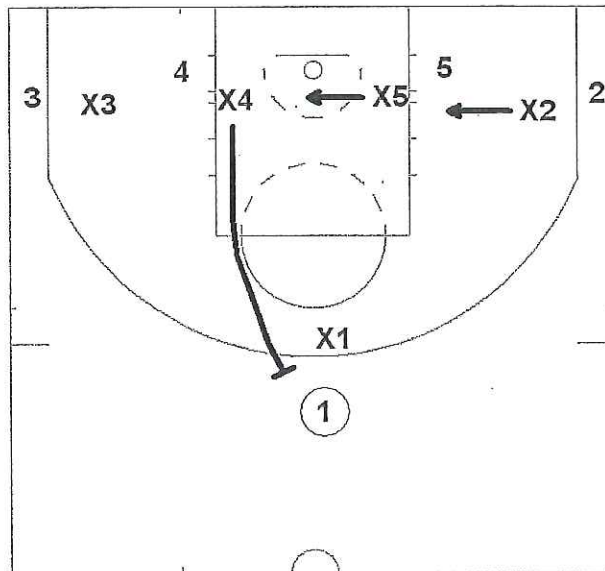
Flat Isolation Rules

"3 Go"

1. Build the wall defensively
2. The trap comes off the wing player opposite X5
3. We allow the pass to the corner
4. X4 closes out forcing baseline
5. X5 rotates over
6. X2 helps crack down on 5
7. X3 rotates back to crack down on 5



"4 Go"



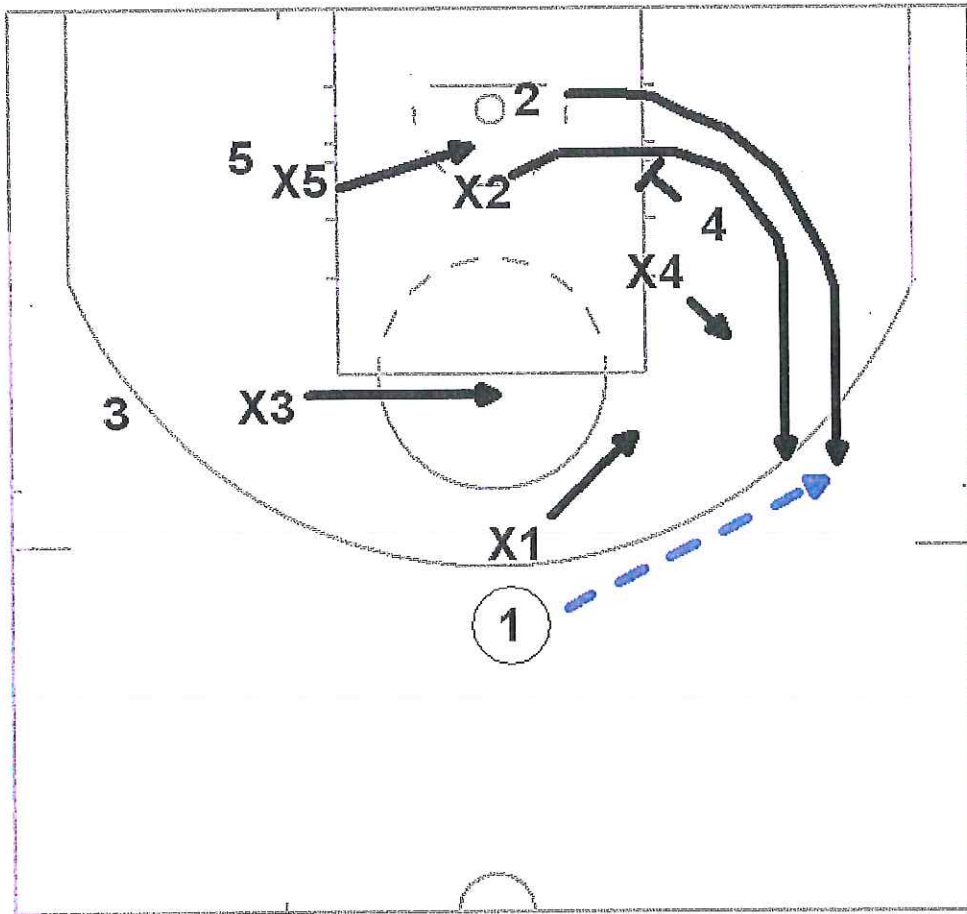
****Coach can also call for Zone Defense vs. Flat Isolation****

SCREENING COVERAGES



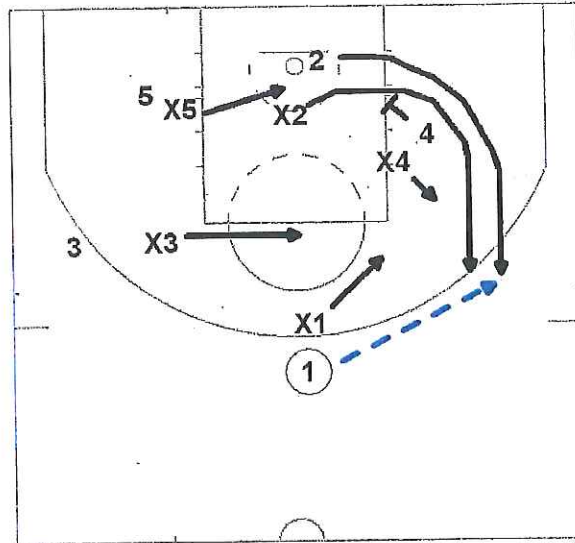
PINDOWN DEFENSE

X4 tries to disrupt 4 from setting the screen by getting into his chest. X2 will lock on 2 and only give him one way to go. When the screen is set, X2 will make himself small by tucking his shoulder behind 2 and trailing him out. X5 is alert to protect the basket on a slip to the rim by 4. X4 provides help on a tight curl and X1 jumps to the elbow to protect.



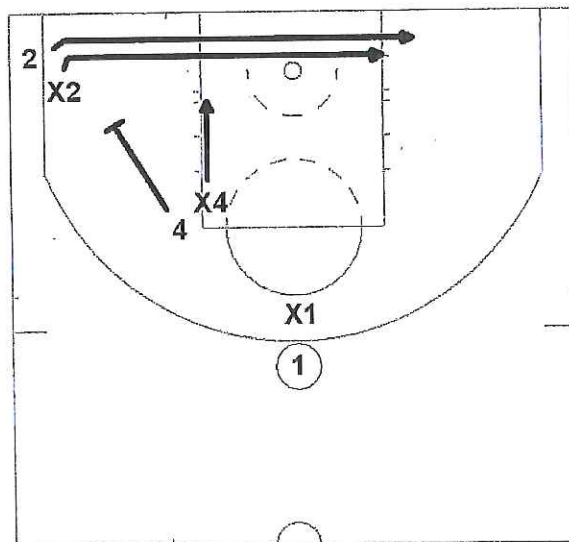
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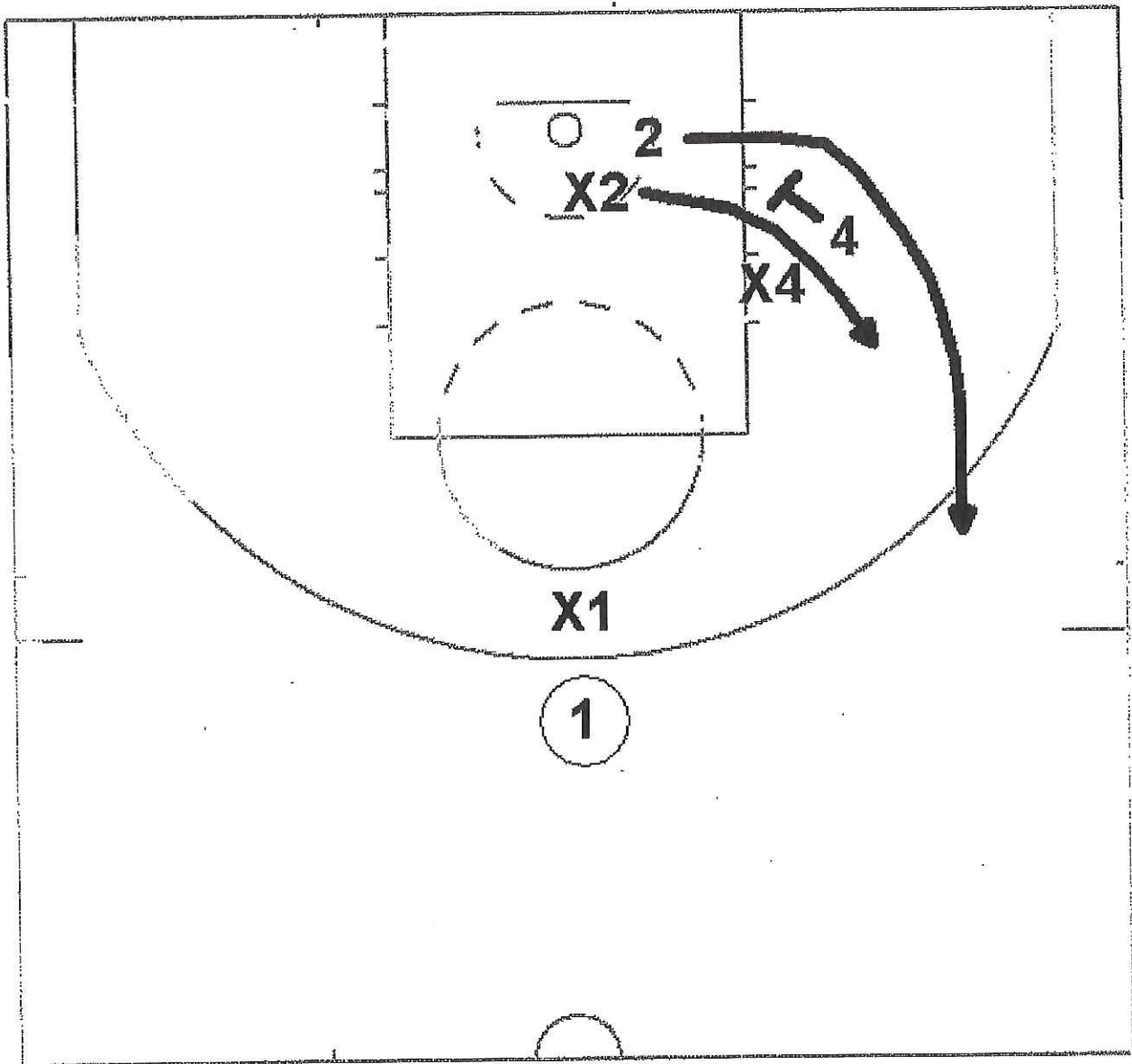
WIDE PINDOWN DEFENSE

We will play the wide pindown in different ways based upon game plan. As 4 sets the screen, X4 must talk and let X2 know he is dropping to protect the basket. X2 will jump topside (Top Lock), and force 2 to cut baseline away from the screen. X4 must recover to 4.



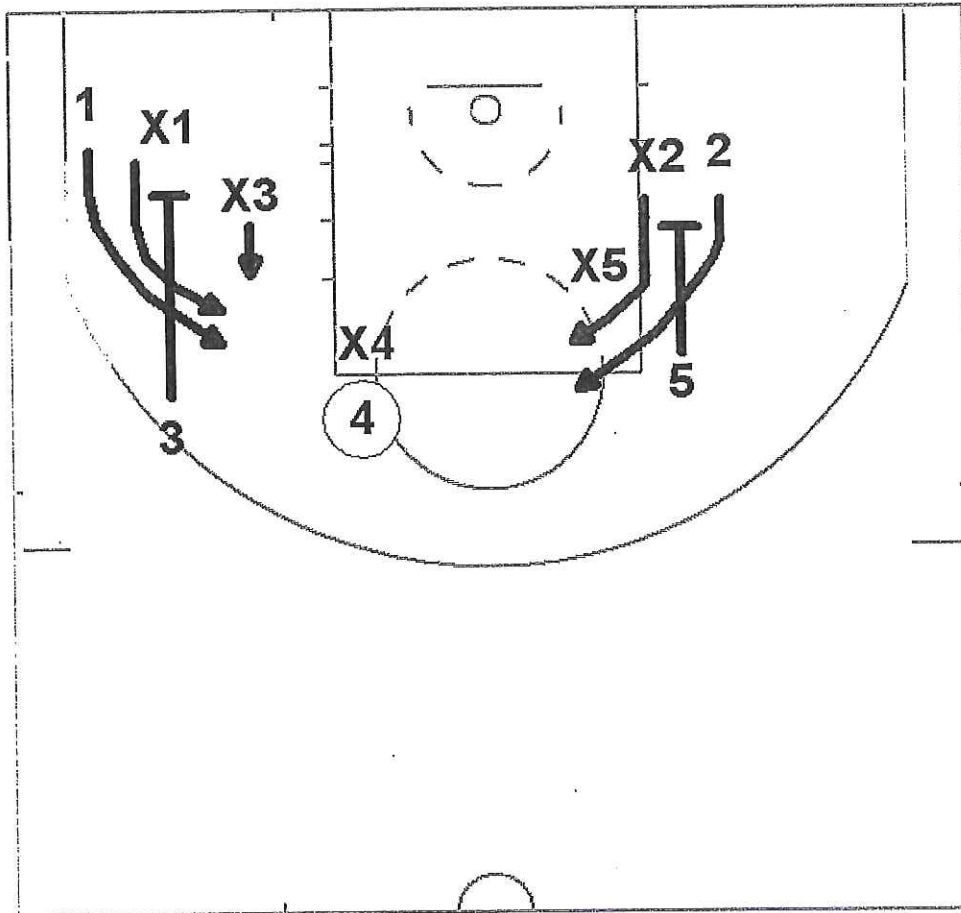
SHOOT THE GAP DEFENSE

On weakside pindowns and when the game plan dictates, we may want to shoot the gap as our primary pindown coverage. In executing, X2 still locks into 2 giving him only one way to go. X4 provides space off the screener. X2 takes 2 to the screen then shoots the gap to take away curls and be aggressive in the passing lane. The lower the screen, the better the defense.



WEAK SIDE – STRONG SIDE DEFENSE

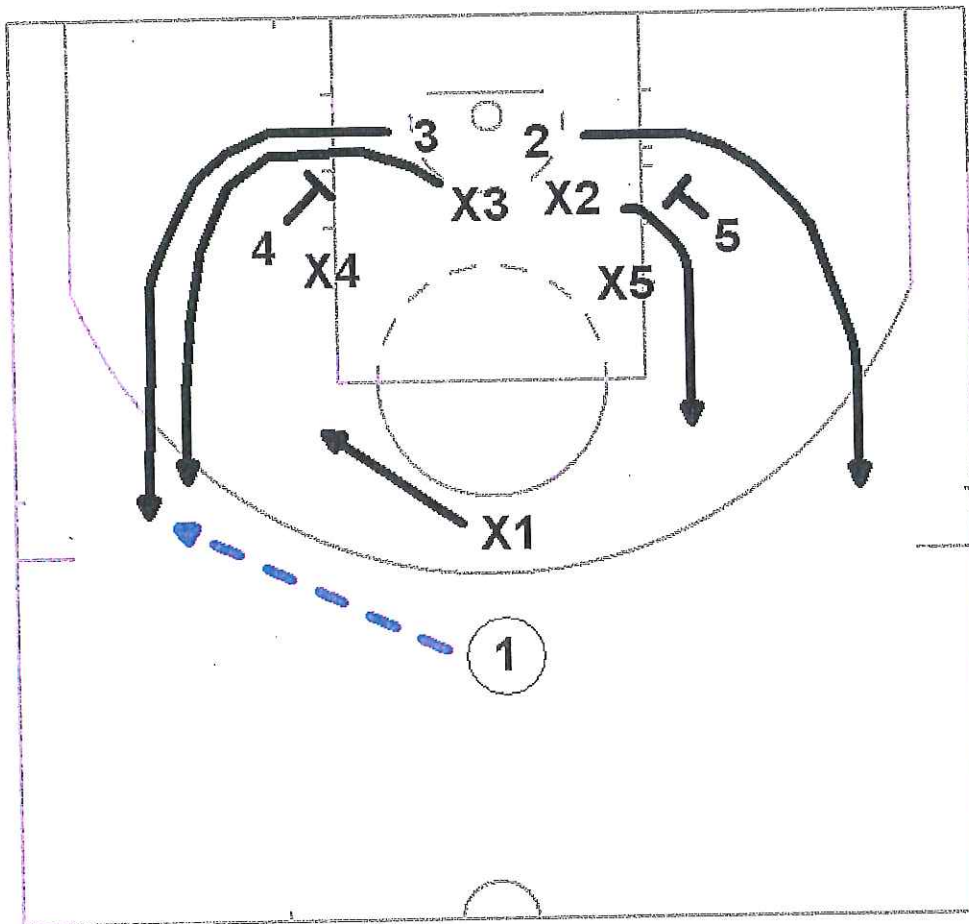
After the ball is entered to 4 in the elbow area, X4 will look to jam 4 towards the sideline. On the weak side, X5 gives space and allows X2 to shoot the gap. On the strong side, X3 pushes up on 3. X1 steps up into 1 and will "war him over" the top of the screen. X3 steps up to protect against the curl.



FLOPPY DEFENSE

Single/Double Rules (When Ball is Centered)

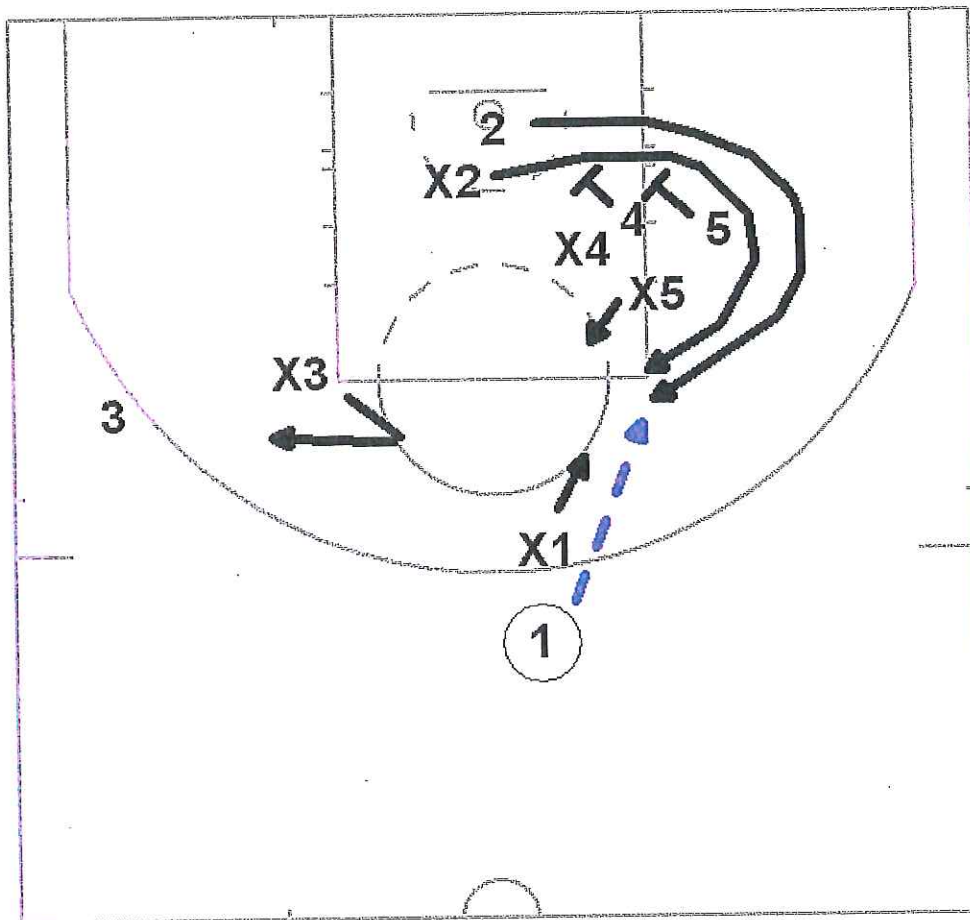
1. X4 and X5 hold up the screeners
2. X3 locks on 3 forcing him one way and trails his man out
3. X4 steps up and helps on the curl
4. X2 locks on 2 forcing him one way and when he sees the pass opposite, he shoots the gap
5. X5 opens up to give X2 space to shoot the gap
6. X1 is on the ball and jumps to the elbow on the pass to help



STAGGERED SCREEN DEFENSE

Staggered Screen Rules

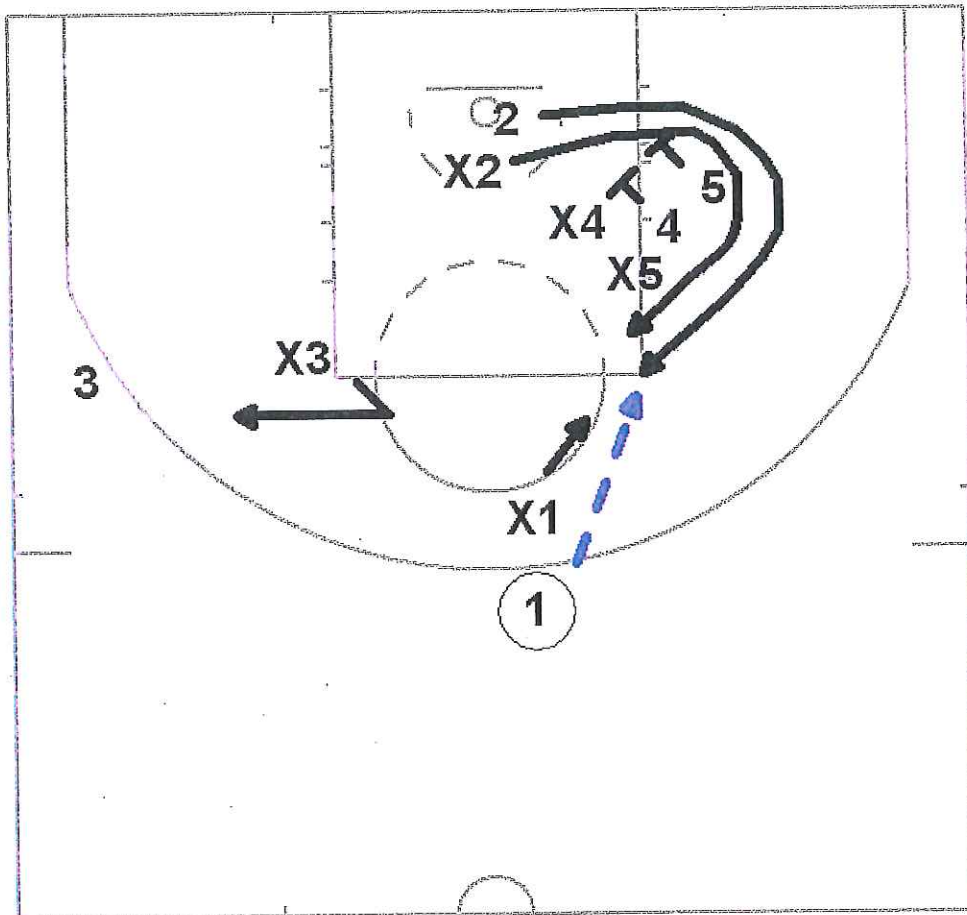
1. X4 and X5 hold up screeners
2. X2 locks on his man and trails the screens
3. X5 steps up to help on a curl and X4 zones up executing "big help big" action
4. X1 is on the ball and jumps on the pass to the elbow to help
5. X3 stunts and recovers back to 3
6. We want to invert X4 and X5 whenever possible



DOUBLE SCREEN DEFENSE

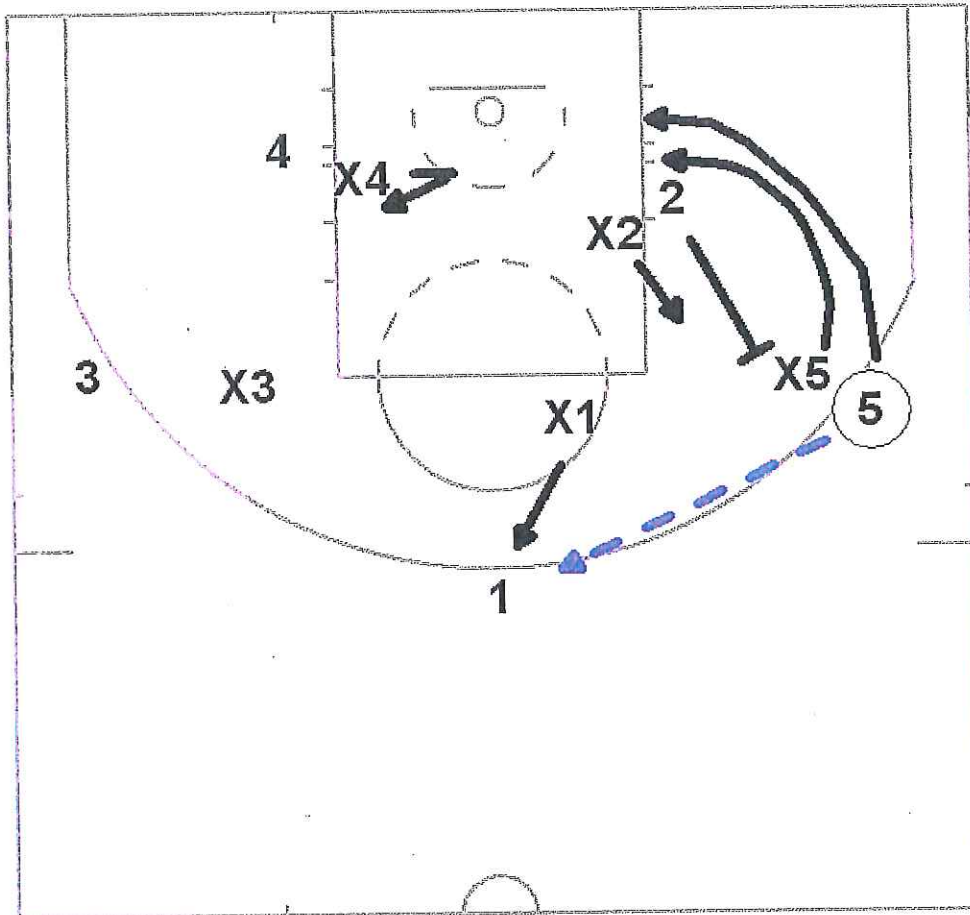
Double Screen Rules

1. X4 and X5 execute "big help big" action
2. X2 locks on his man giving him one way to go and trails off screens
3. X5 steps up to help on the curl from 2, and X4 zones up
4. X1 is on the ball and jumps to the pass at the elbow to help
5. X3 stunts and recovers back to 3
6. We want to invert X4 and X5 whenever possible



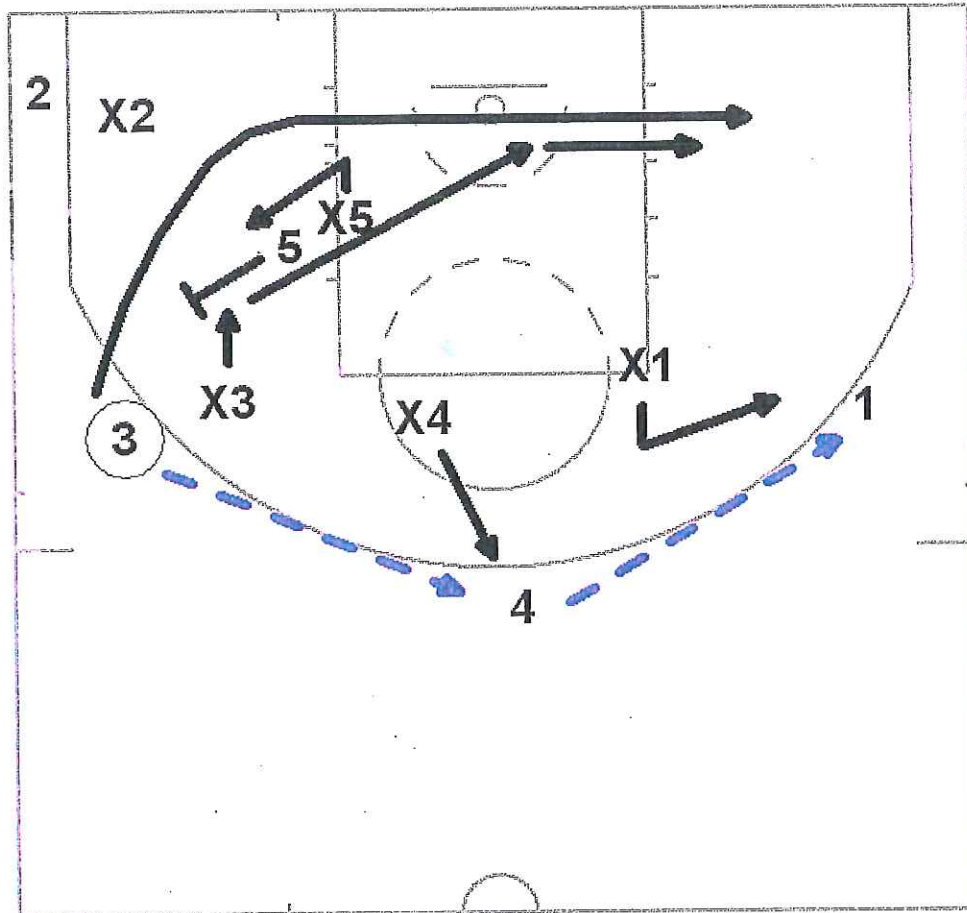
BACKSCREEN DEFENSE

On the pass from 5, X5 gets into his man and maintains contact war-ing him low on the screen. X2 is off and ready to provide help on the lob. He then recovers quickly to his man.



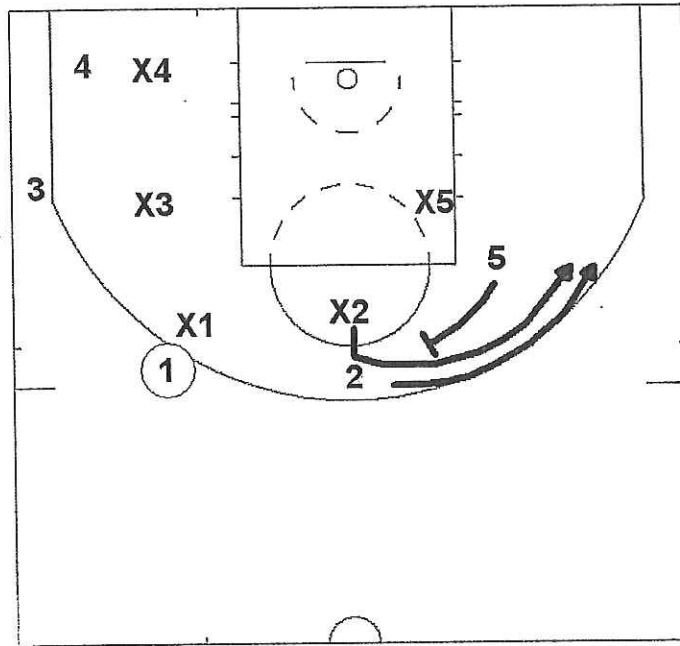
SLICE CUT DEFENSE

X3 drops to the top of the screen and meets the cutter on the inside of the lane near the basket. X5 is off to protect against the slice cut and then gets back to his man.



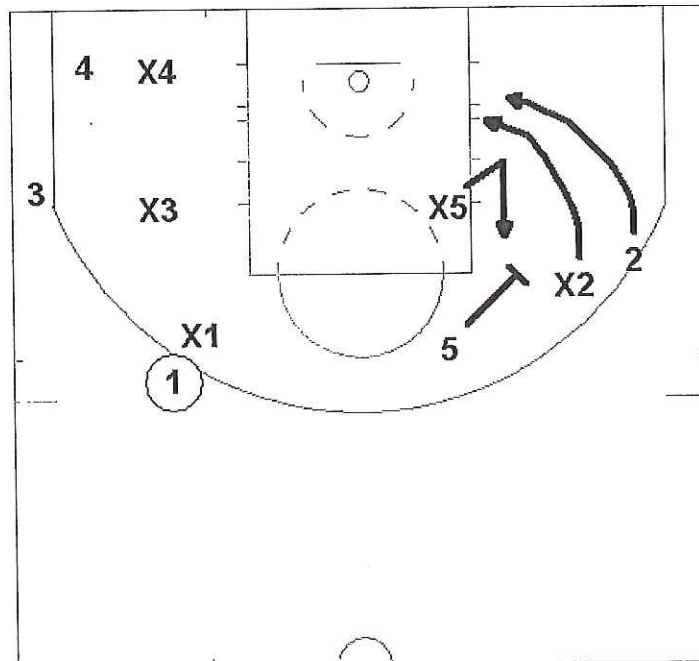
FLARE SCREEN DEFENSE

On the flare screen, X2 steps into 2 and "wars him over" the top of the weakside screen from 5. X5 helps on the possible lob and then recovers out to 5.



CHASE AND CONTINUE DEFENSE

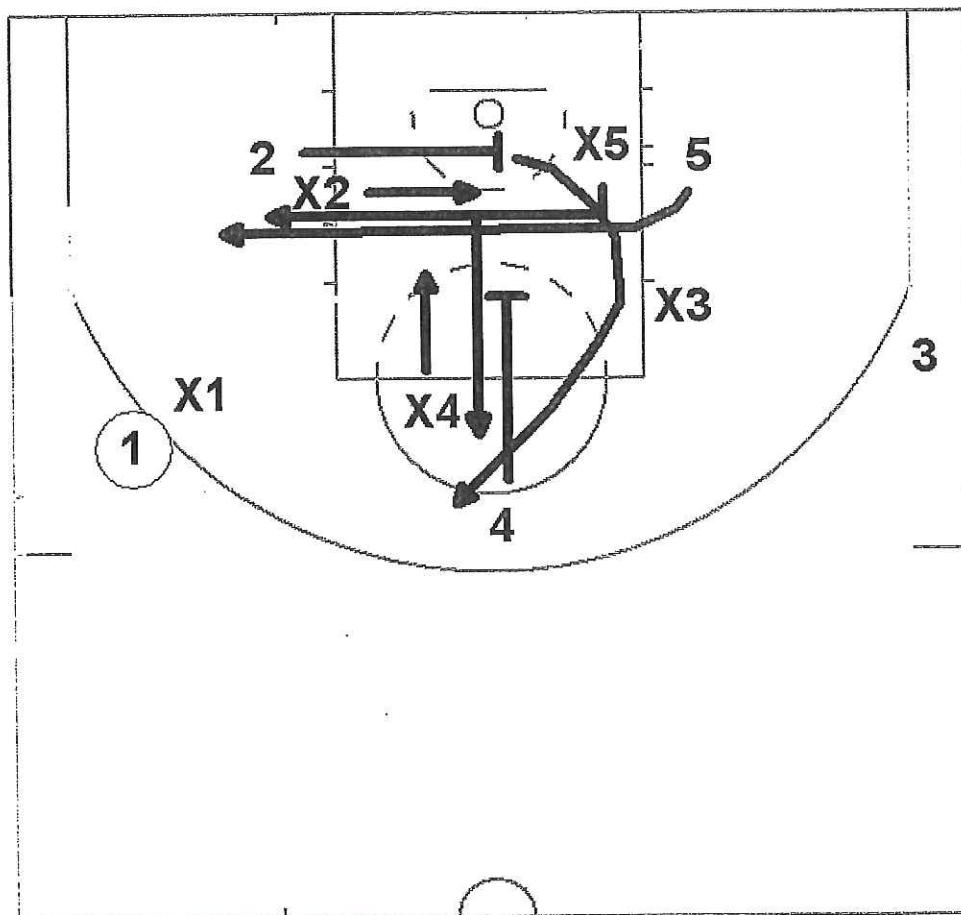
After the flare screen, X2 must "chase and continue" and not allow 2 to use the trap screen. X5 helps on possible curl, but watches for 5 slipping to basket.



PICK THE PICKER DEFENSE

Pick the Picker Defense Rules

1. X2 plays 3/4 defense on 2 posting up
2. X5 steps into 5 and "wars him" high
3. X2 bumps the high cut by 5
4. X4 provides space for 3 to shoot the gap
5. X2 shoots the gap
6. X3 gets to "2.9 in the lane" for help and possible switch

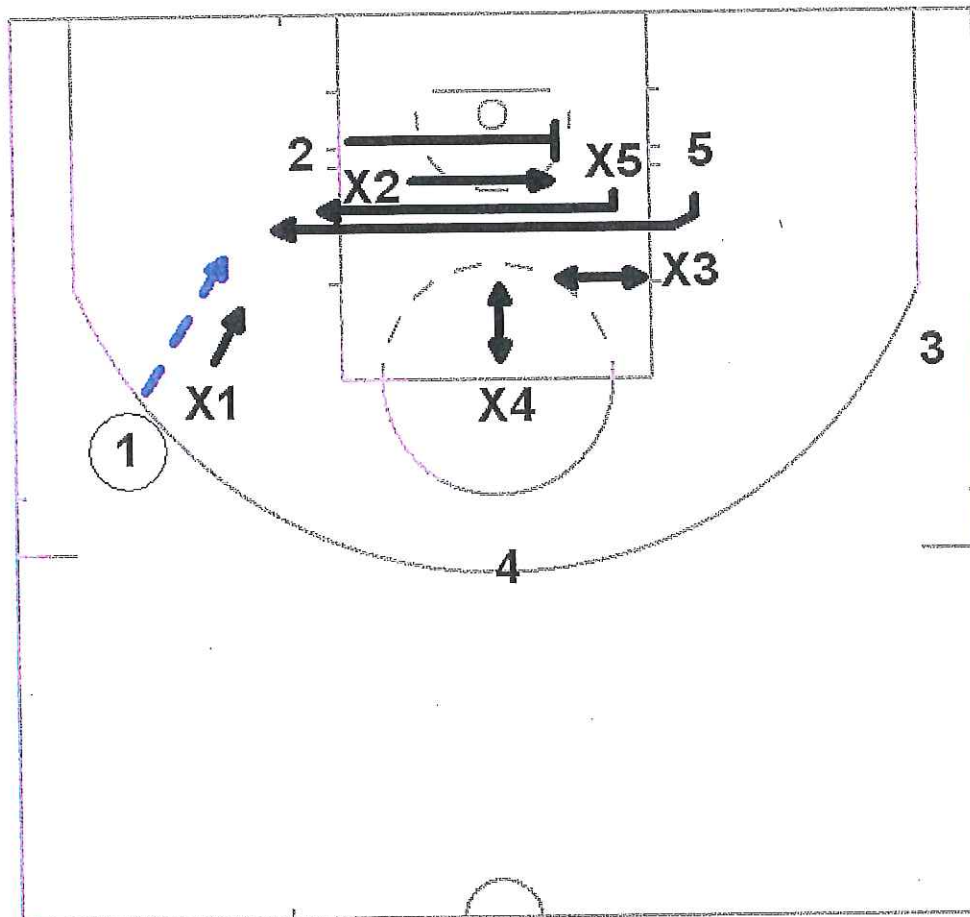


CROSS SCREEN DEFENSE

Cross Screen Rules

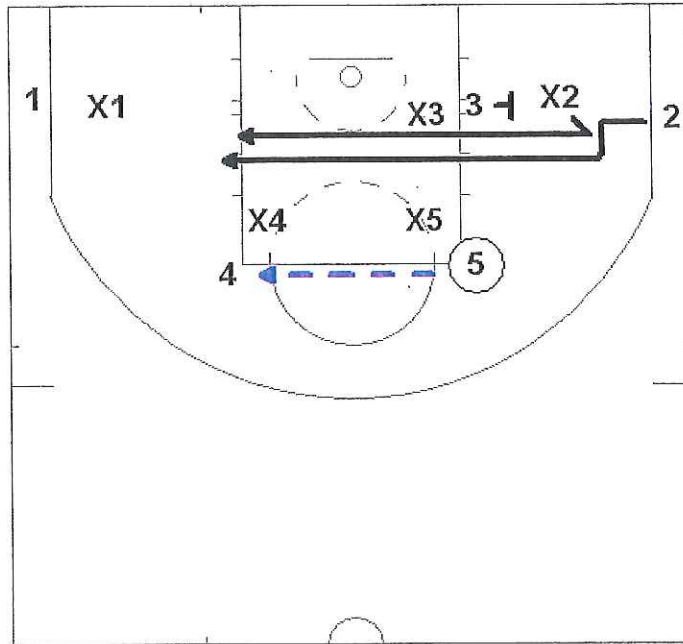
1. X2 fights 2 in the post.
2. As the screen is being set, X2 will try and push the screen set by 2 low.
3. X5 steps into 5 and "wars him high" over the screen.
4. X2 will provide a bump on 5 as he goes over the top.
5. X2 must look back and be ready to help X1 if 1 makes a baseline drive
6. X3 and X4 gets to "2.9 in the lane" for help
7. X1 prevents baseline drive and can drop to the pass to the post

****Teaching point is get to the body and being physical vs. cross screens****

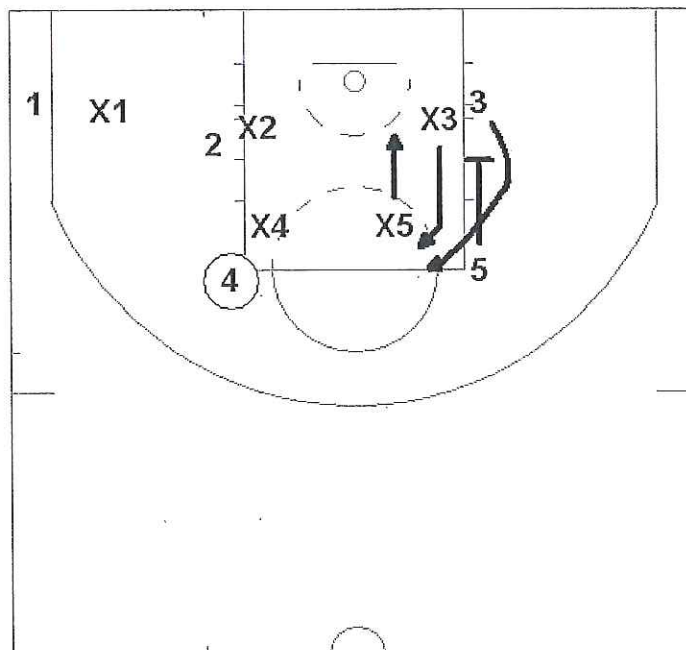


FLEX CUT DEFENSE

X4 tries to make the pass from 5 to 4 as hard as possible. After the ball is swung to 4, X2 gets into 2 and "wars him" high over the screen. X3 provides the necessary help on the flex screen.



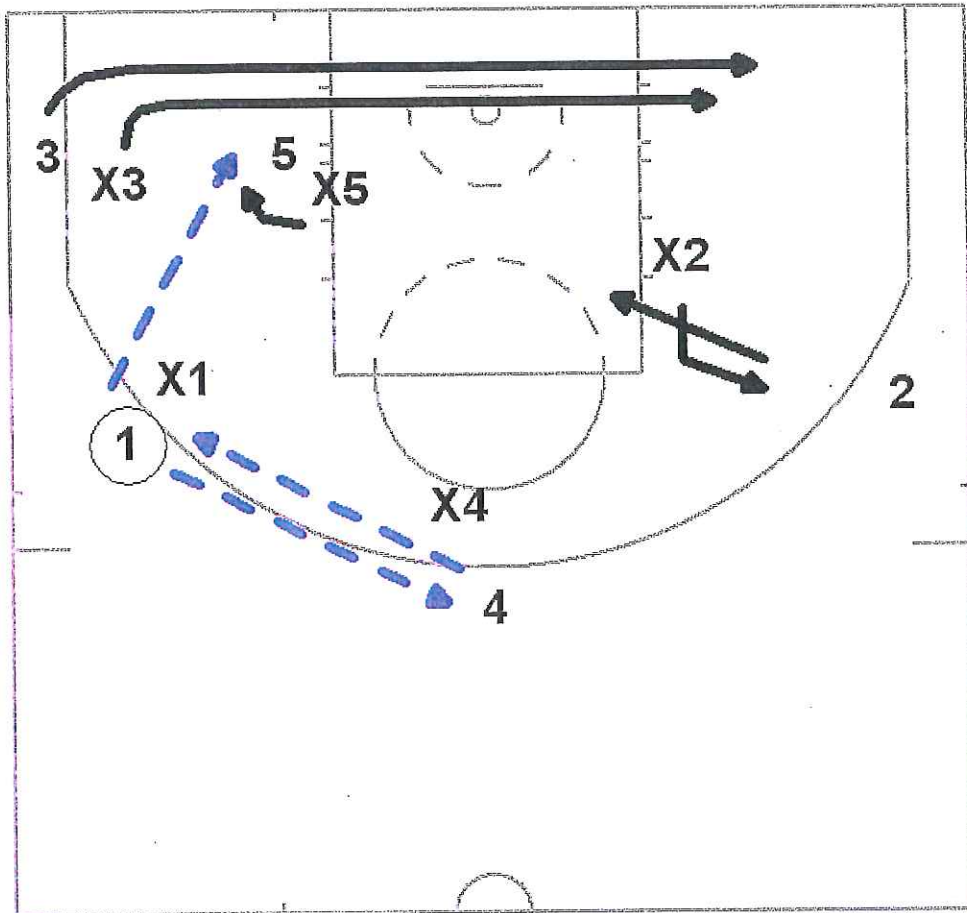
On the downscreen from 5, X5 opens up and allows X3 to shoot the gap while X4 provides ball pressure.



STRONG SIDE FLEX CUT DEFENSE

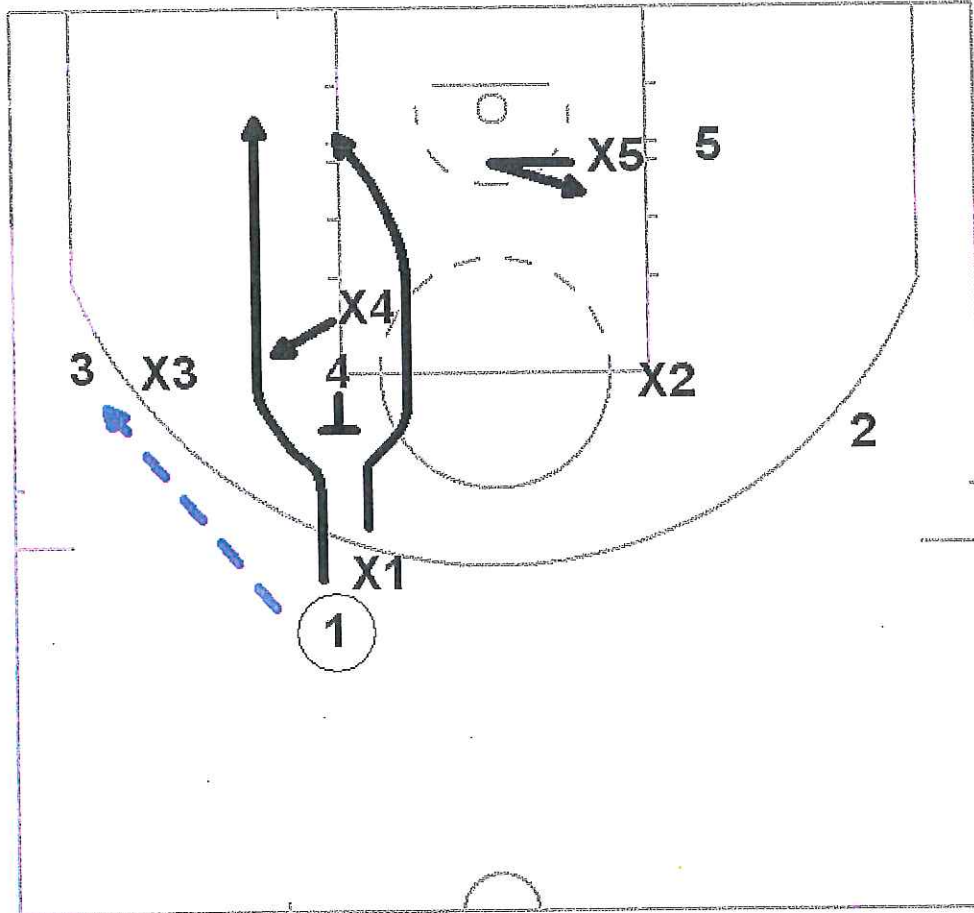


This cut is designed to force help from the post defender and allow an easier inside post entry. In this case, X3 was the cutter low to the baseline and X5 can maintain his position on 5 (3/4 or 3/4 Face). X4 and X1 put pressure on the passers.



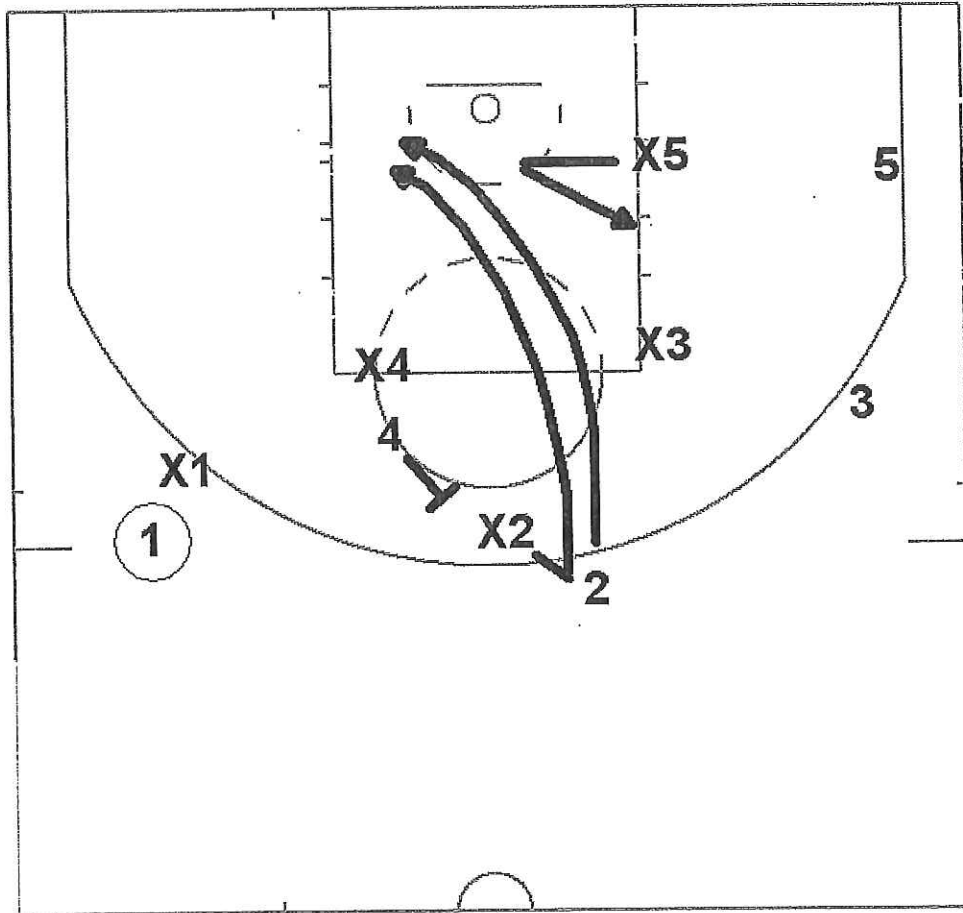
UCLA SCREEN DEFENSE

X3 tries to force 3 out of his comfort zone but watches the backdoor cut. X1 gets into his man and wars his cut to the screen and recovers to the inside. X4 is ready to provide help and bump the cut by 1.



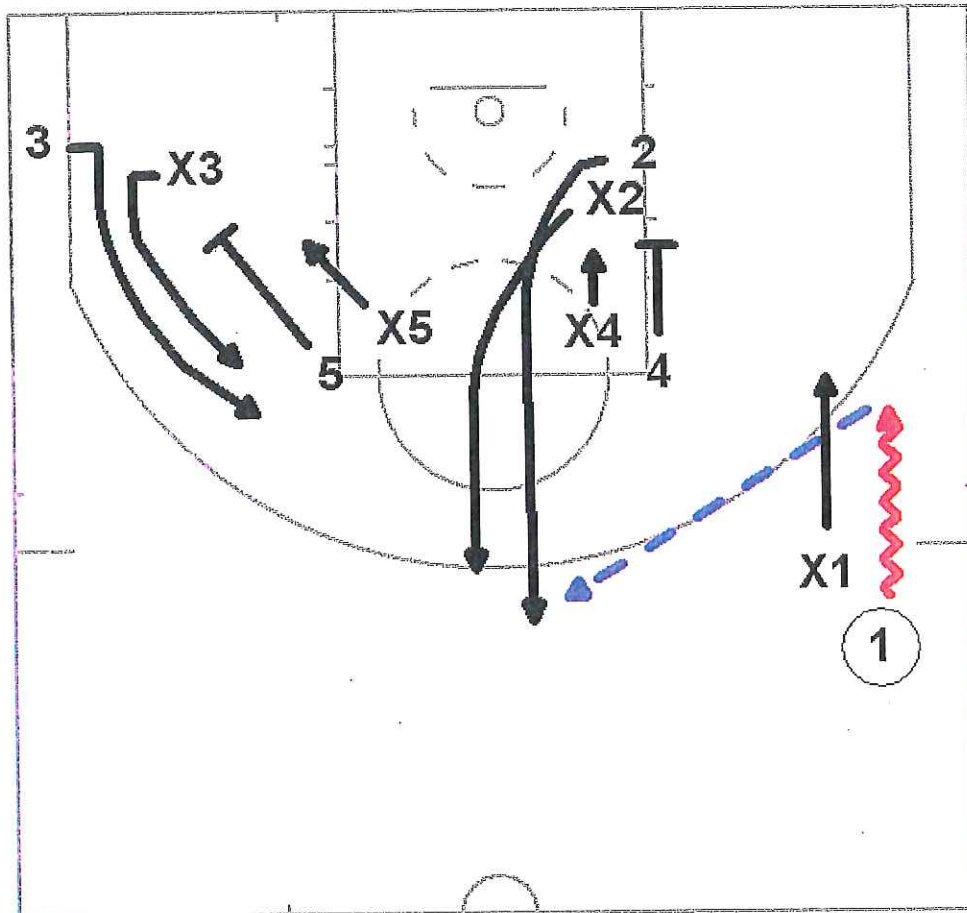
HAWK CUT DEFENSE

X2 gets into his man and uses his arm bar to war 2 away from the screen and toward the basket. X4 drops slightly to protect. X5 hits the cutter.



ZIPPER SCREEN DEFENSE

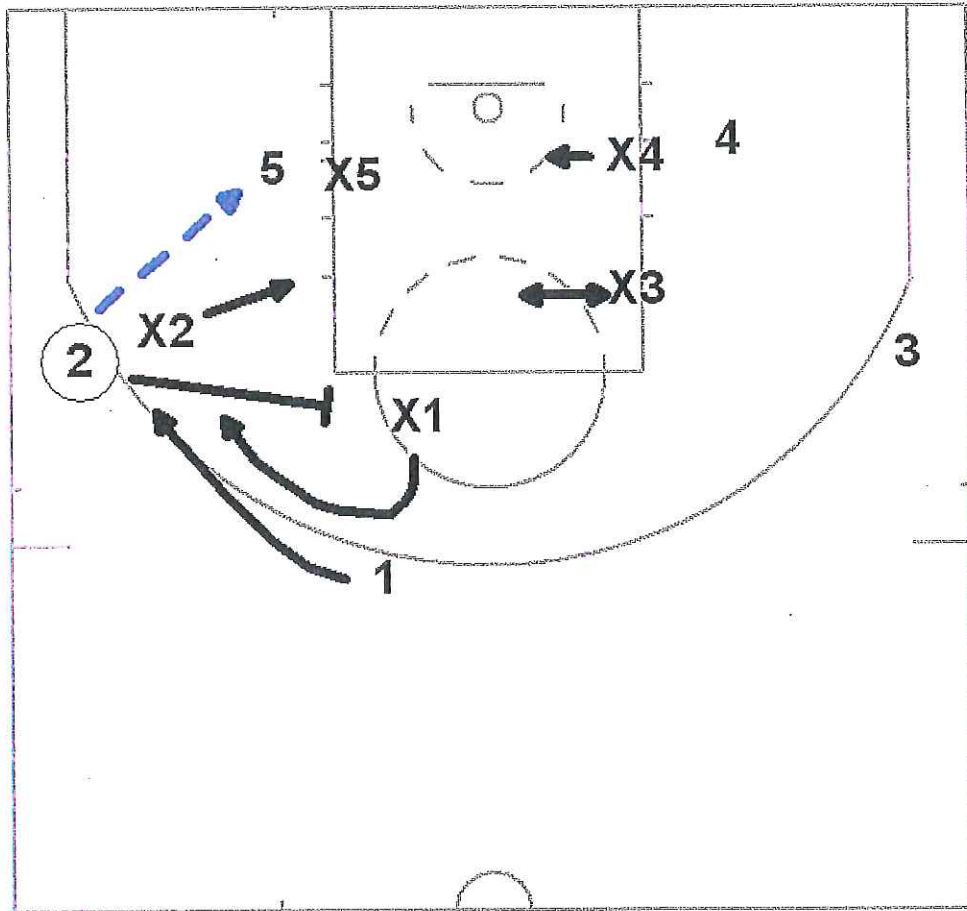
X4 should lock on 4 so he can't walk into the zipper screen. If the screen is set, X2 will force 2 up the lane. X2 rides right up with him and shades 2 back toward the direction of the ball and away from the weakside action.



DEFENSE VS. SPLITS

Splits Rules

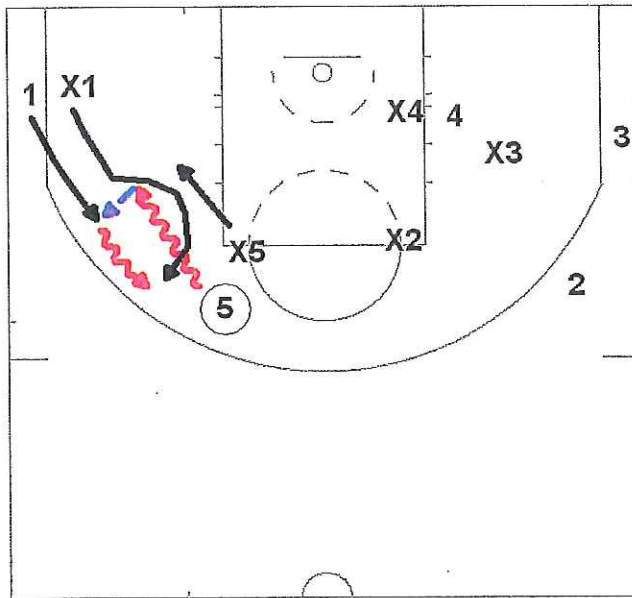
1. X2 zones up off the screener
2. X1 goes into the cutter and goes over the screen if he can, under the screen if he must
3. X3 gets to "2.9 in the lane" for help



DHO DEFENSE

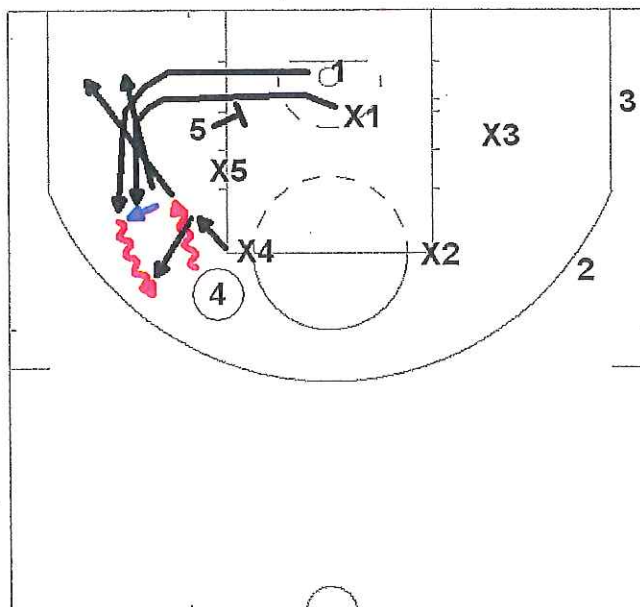
Regular DHO

On a 5-1 Dribble Hand Off, X5 pressures 5's dribble. At the point of the DHO, X5 opens up and let's X1 thru. X5 is ready to help if 1 turns the corner after the DHO.



Tight DHO

X1 will lock and trail on the pindown from 5. X5 will bump his man off the screen as much as possible. As the 4-1 DHO takes place, X4 and X1 will switch aggressively or trap.



POST DEFENSE COVERAGES



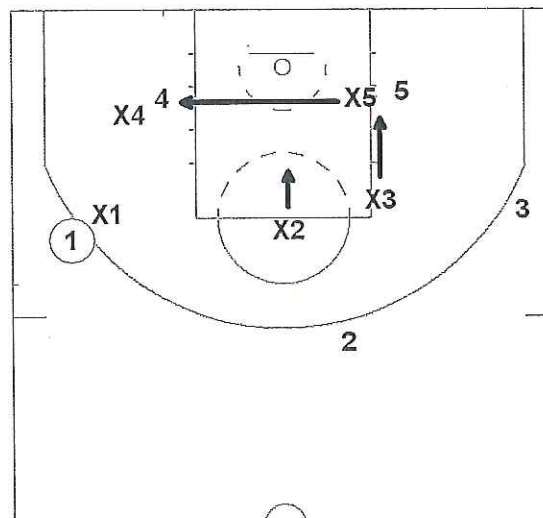
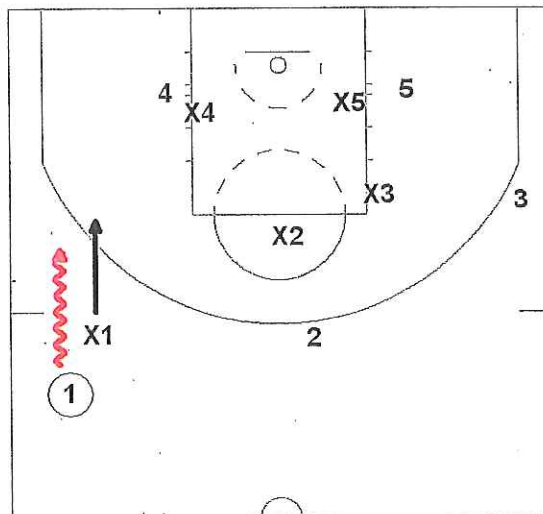
WHITE DEFENSE

Low Post Defense

Our verbal for the post front is "White". When we front the post it is crucial that everyone is on the same page. When fronting the post, the post defender full fronts with high hands. We want the post player to have to catch the ball off the lane. If the offensive player steps off the block we will circle the topside and recover in a 3/4 stance. **We will always "White" over the topside, never on the baseline.**

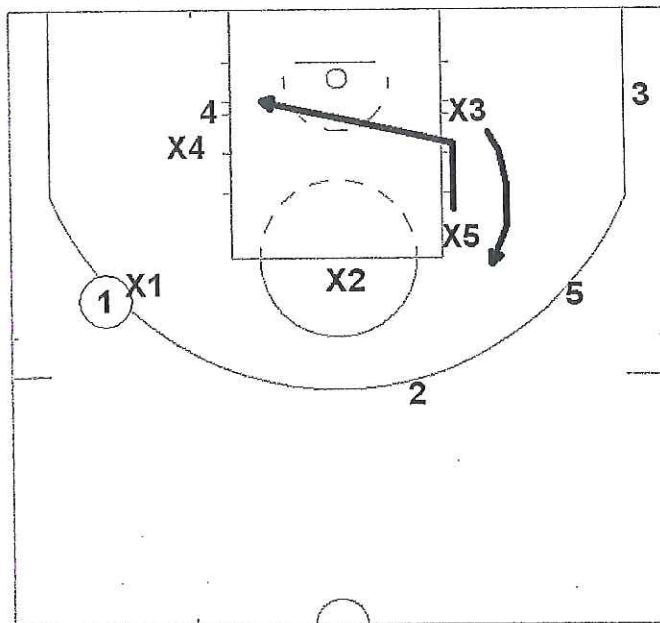
The on ball defender is critical to the success of our post fronts. He forms a partnership with the ballside post defender. He must **pressure the ball** and contain his man as soon as he hears "White" being called.

When the ball is at the top, above the free throw line extended, we want to play 3/4 on the high side to prevent duck-ins and to also be able to help on penetration.

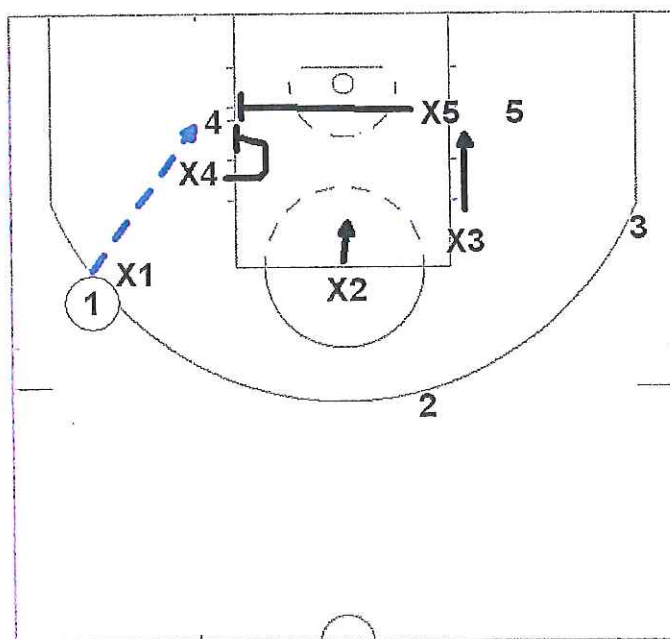


WHITE DEFENSE

When we front the post, the defenders on the weakside must be active and alert, anticipating the pass over the top. We want to invert as much as possible to keep our big men in a position to be the bottom weakside defender. The bottom man becomes the hit man on the weakside taking advantage of the 2.9 in the lane rules.

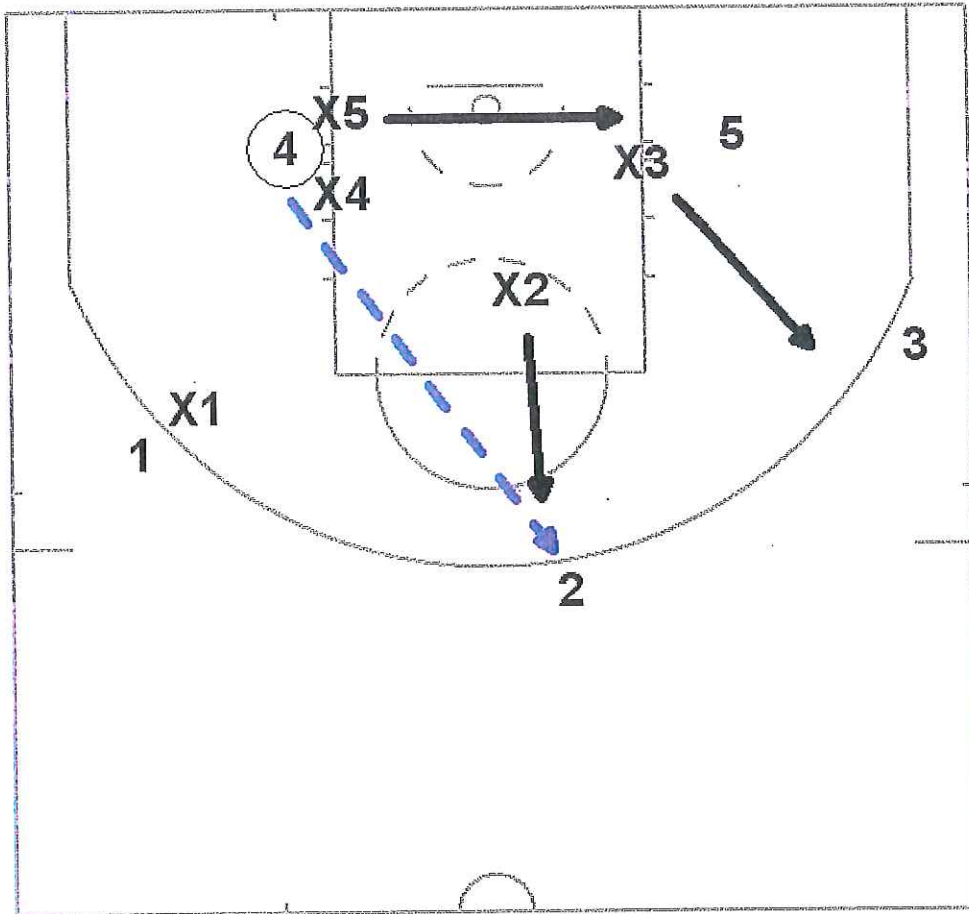


As the ball is in the air, the defender fronting the post will spin middle and get on the offensive players inside shoulder, as X5 attacks the ball. We want to form a wall and trap the low post player. X3 must crack down to the baseline and X2 drops and becomes the top of the "I".



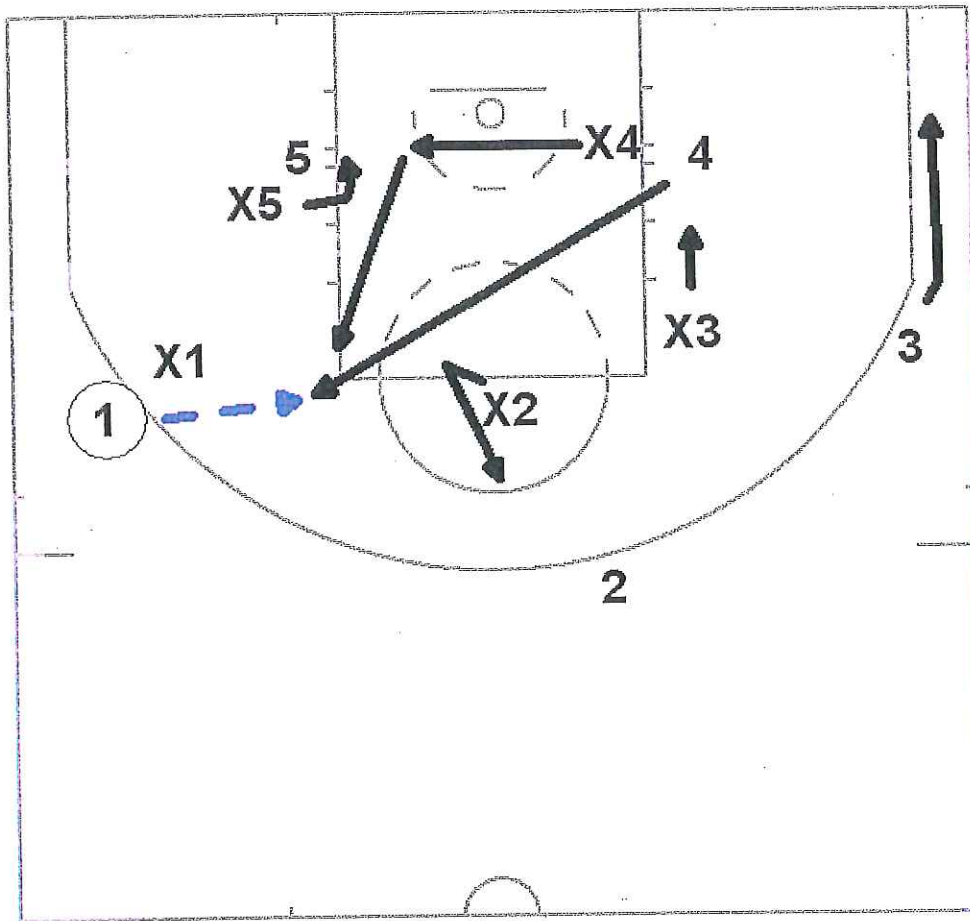
WHITE DEFENSE

If the ball is passed out of the post, X2 will play the first pass. X5 works back to weakside and X3 must read where the pass is thrown and react accordingly.



WHITE DEFENSE AGAINST "FLASH"

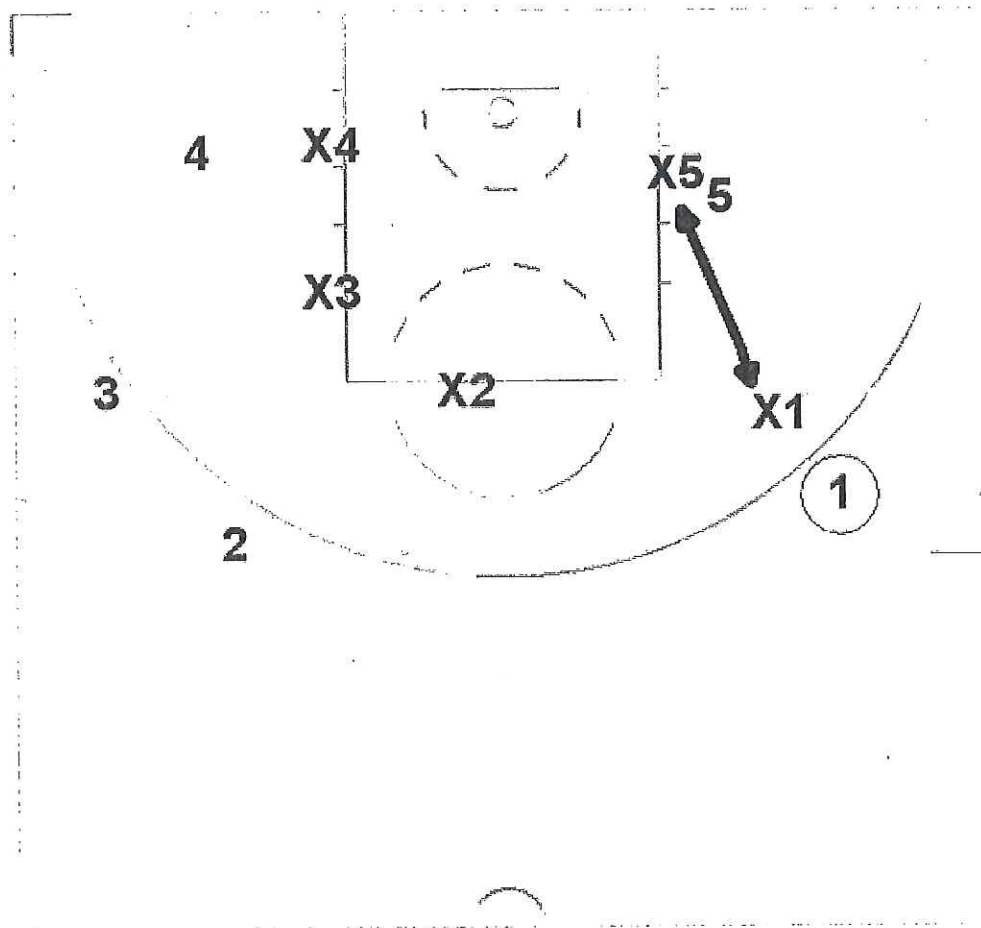
If X5 is in a "White" and X4 is coming over to hit and 4 flashes to the high post, X4 must stop in the lane to help protect against the lob but not fully commit to the weakside help. When the pass to 4 is in the air, X4 must close out to 4 at the elbow while 2 stunts and recovers back to his man.



YO YO DEFENSE - Dig

Yo Yo is a post defense where the man guarding the passer goes back and forth between the passer and the post player. It is another way to disrupt the timing and comfort level of the passer and the post player. If the passer is not a very good shooter or offensive player, X1 can Yo Yo when the passer has the ball and disrupt the timing of the pass. This is called Yo Yo on the passer.

If 5 already has the ball, X1 can go back and forth between 5 and 1. If the pass goes back out to 1, then X1 will be back defending the ball.



Yo Yo defense on the post can become a "Go" from passer on the dribble, if the post player dribbles the ball.

STAY DEFENSE

When we have a no "Go" on the post, we **STAY** with our men and play straight up, physical one-on-one defense.

GO PHILOSOPHY (DOUBLE-TEAM)

We do not like to let players play in the post. We want our Go's to be quick, closing the passing angles, and then locking up the lower legs (body bump).

We can go **on pass** or **on dribble**. **On pass** is as soon as the post pass is made, the Go man goes. **On dribble**, the "Go man" goes when the post player takes his first penetrating dribble.

GO FROM THE TOP

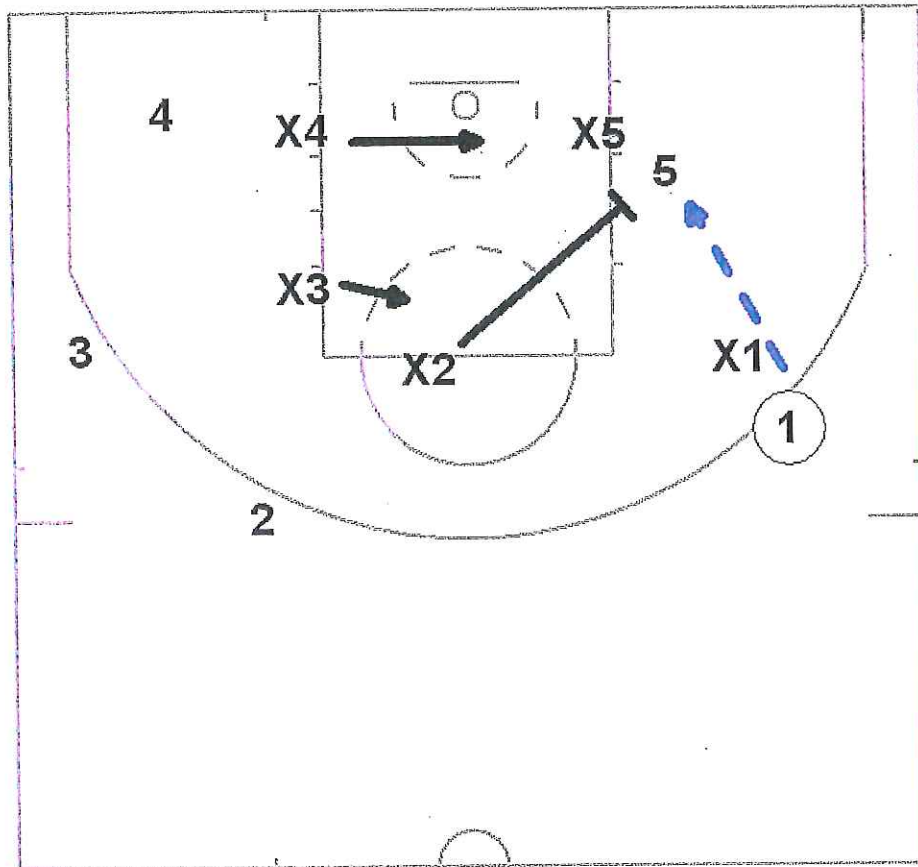
X1 –Either denies the pass back to the passer or yo-yo's depending on the players involved.

X2 –Goes and locks up the double-team and does not let the offensive post player split the double-team. X2 will double with high hands and keep his hands high until ball is dribbled.

X5 –Plays good position defense.

X3 –Is the top of the 2-man "I" guarding 3 offensive players. He has a foot in the paint and must be very aware of cuts and dives. He also has the first pass out of the post.

X4 –Is the bottom of the 2-man "I", with "2.9 in the lane" and keeping vision on both man and ball.

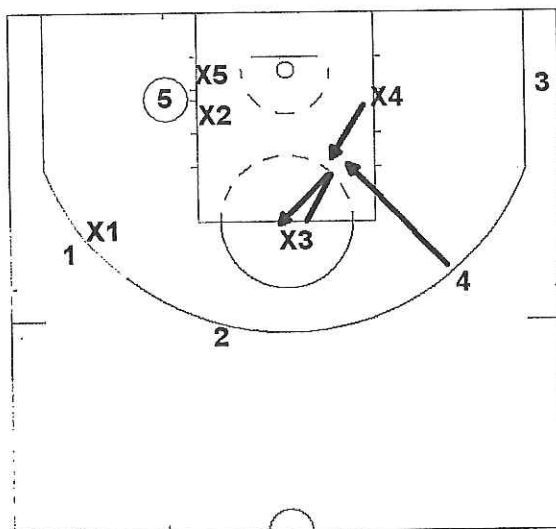


GO DEFENSE

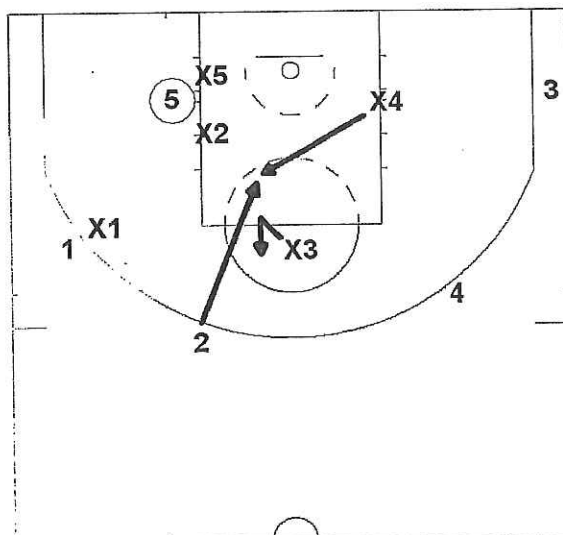
Top Man in "I" on Go

The player in the top of the "I" should develop the skill to look in toward the post man when he is trapped and read to steal or at least, cover the first pass quickly. However, he must also check off any cutter in the lane.

Cutter responsibility: Even though X3 will be playing the first pass out, he needs to step in front of a cutter to the basket and pass him off to the low man zoned up in the "I". This exchange should occur at about the dotted line. X3 quickly recovers to his spot at the top to play the pass out. The "I" players must communicate.



If X3 on the top of the "I" cannot get between the cutter and the ball, he must at least body him over close to the post so that a pass cannot be made between bodies of the trappers.



GO PHILOSOPHY (DOUBLE-TEAM)

GO FROM THE TOP (CONT.)

If the ball is passed out of the post:

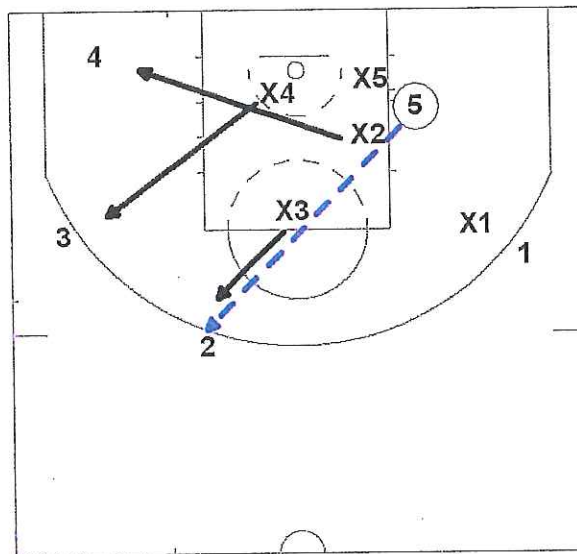
The top man in the "I" takes the first pass.

X3 –Takes the first pass out of the double-team usually regardless of where it goes.

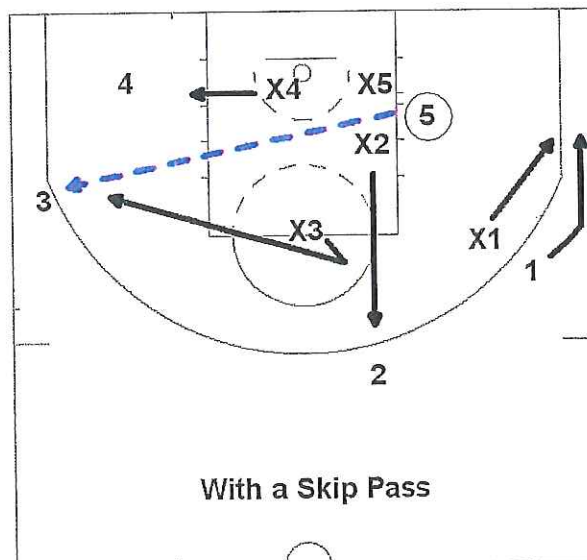
X2 –Sprints out of the trap to 4.

X4 –Rotates to 3.

X1 –Stays matched-up with 1 take away pass back.

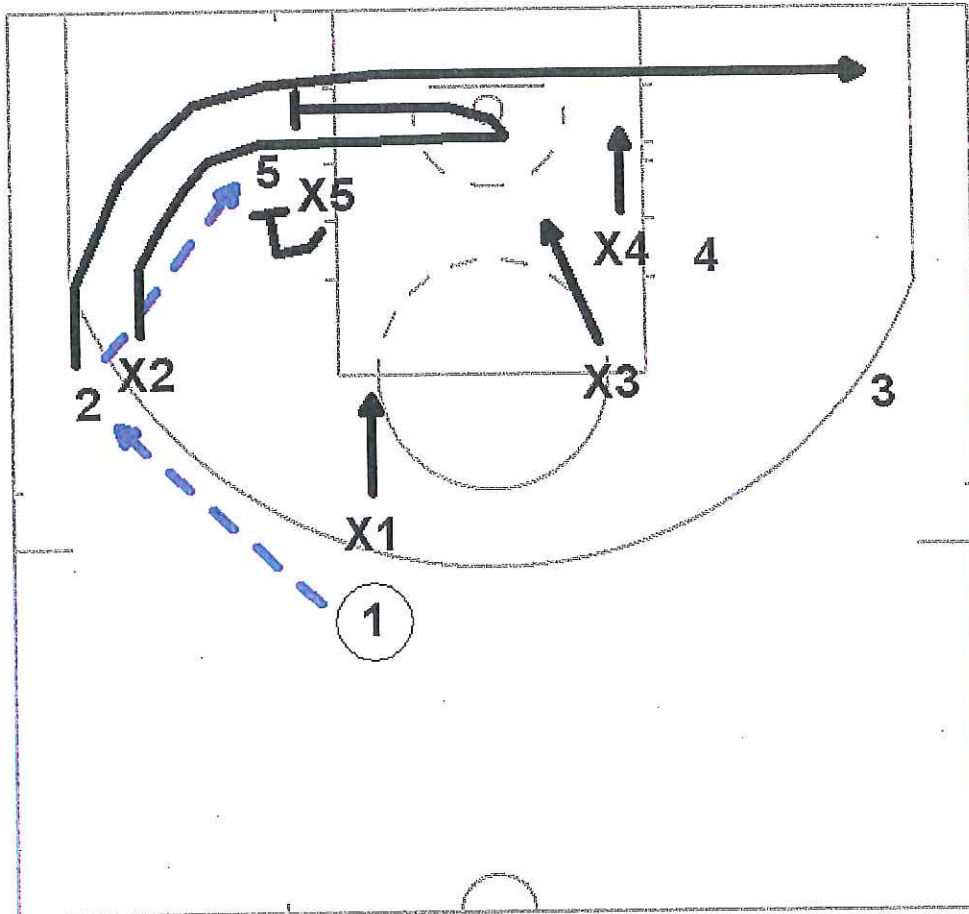


On the skip, if X3 can stunt and invite the skip pass to 3, it simplifies our rotation. X3 takes the skip and X2 recovers to his man.



GO BASE

Post double occurs after X2 plays cut and passes his man off to X4. He doubles on the baseline side and forms a trap with X5 who does not allow middle penetration. "Go Base" involves baseline double with whoever is low.



GO PHILOSOPHY (DOUBLE-TEAM)

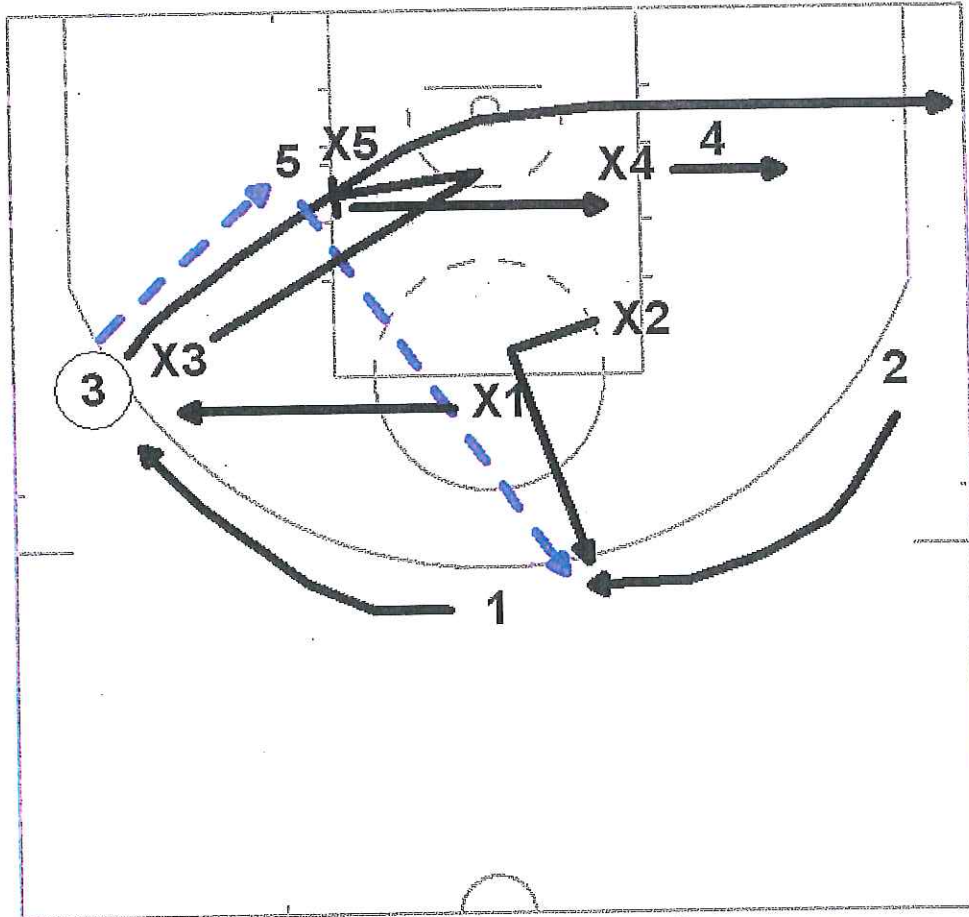
GO ROAMER

Go Roamer is when we designate a certain player to be the Go-guy. We may designate it to always be a certain player on our team, regardless of who he is guarding, or we may designate whoever is guarding a certain player.

In Go Roamer, the roamer may come from the passer, top, middle, or bottom. The rotations will be the same as all the previous examples.

SNAPBACK OFF PAINT CUTTERS

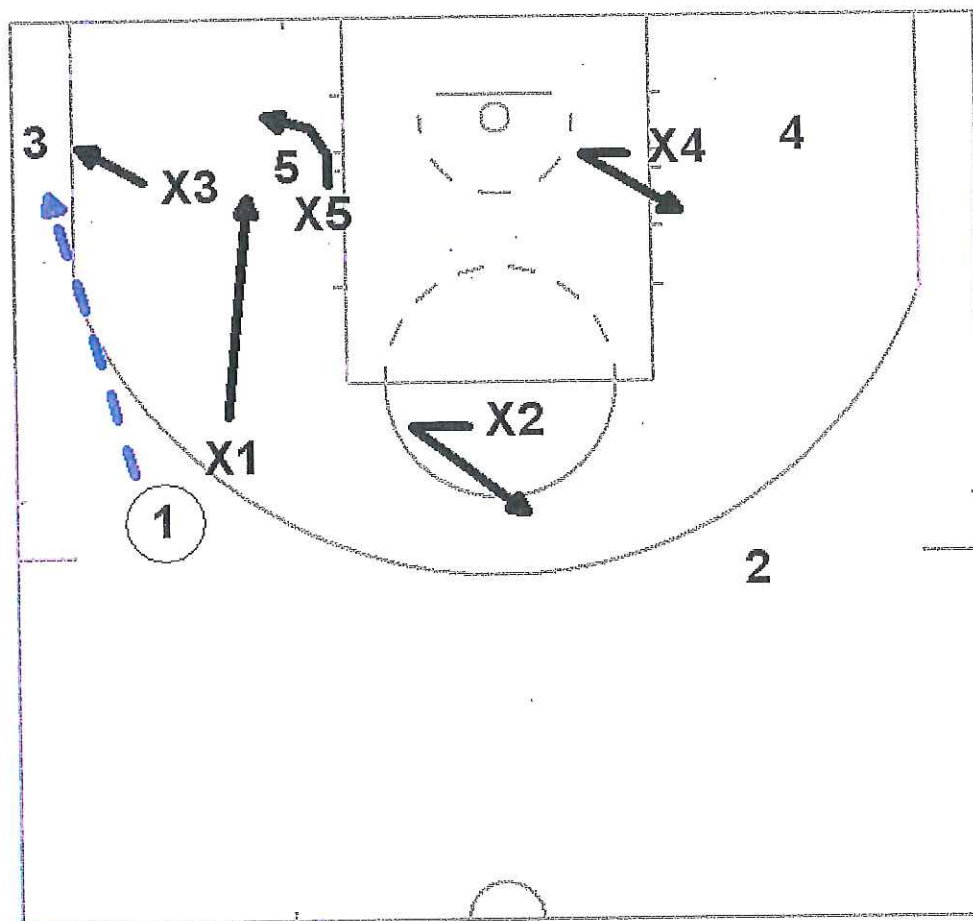
If cutter goes middle, X3 takes his man to the rim and checks him off to the low weakside defender and snaps back to double-team 5 in the post. On the pass out, we are in a full rotation.



POST DEFENSE

Post Defense vs. Corner Triangle

X3 drops off corner to help bottle up the pass to the post. X1 pressures the ball in standard no middle stance while X5 is in 3/4 position. On the pass to the corner, X3 closes out to pressure 3. X5 moves to the baseline side of 5 as X1 drops to plug the possible middle feed to 5. X2 stunts from the nail and recovers out to 2.



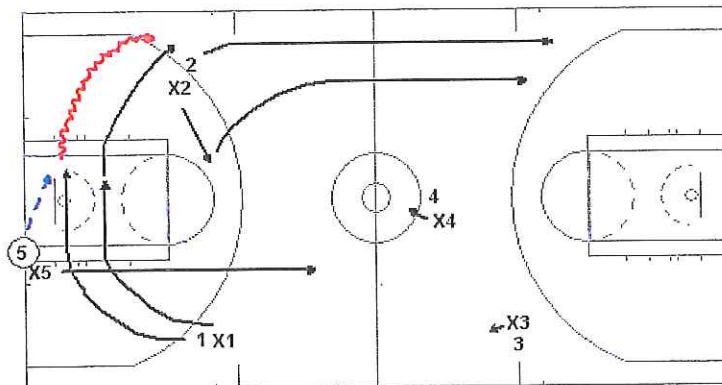
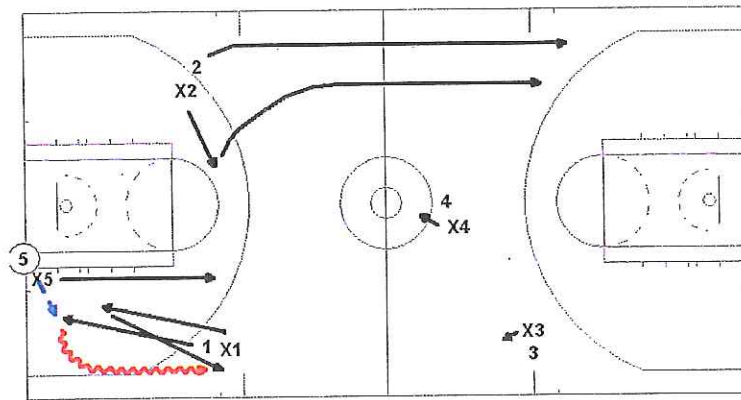
FULL COURT DEFENSES/TRAPS



FULL COURT DEFENSE

THUMB UP DEFENSE

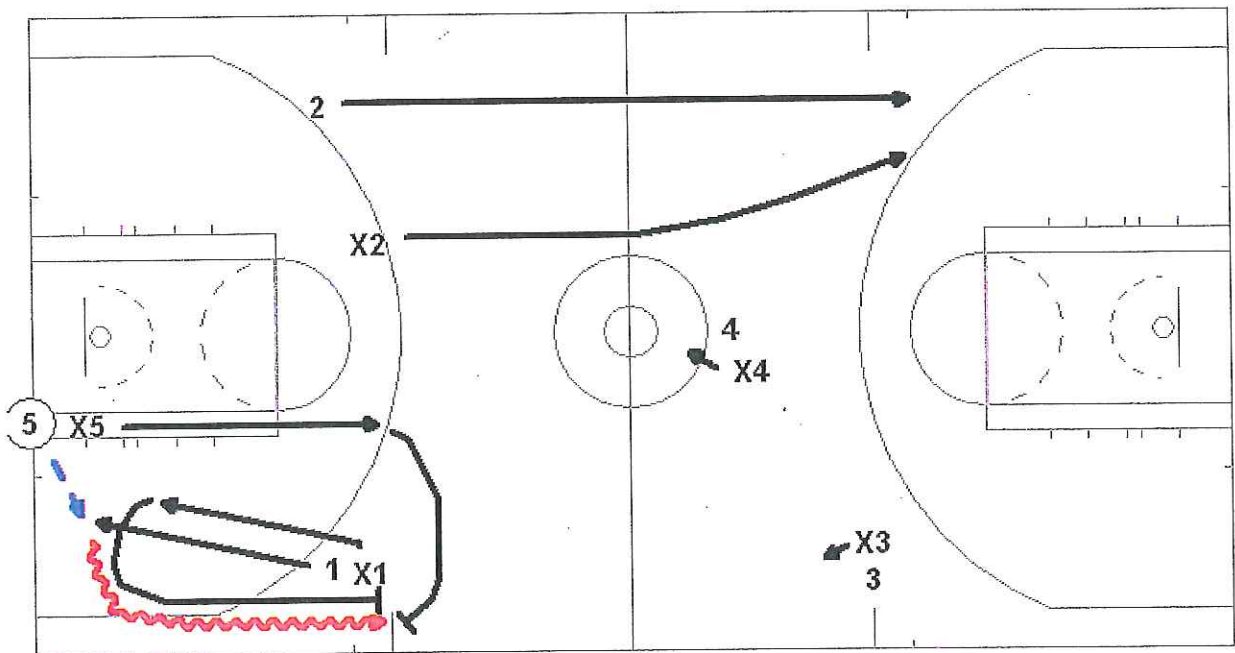
On a made shot or on the coach's call, the player defending the inbounds passer smother the player and puts pressure on him to make the pass to the corner. All other defenders begin in strong denial position. X1 forces his man to receive the ball as far in the corner as possible. On 1's catch, X1 tries to force the ballhandler up the sideline. X5 will drop to the three point line on the side of the ball in shadow position. X2 will retreat and is responsible for the "Weakside I" help position. X3 and X4 are now responsible for taking away the strongside and middle passes. Once the ball is advanced past the hash mark, we match-up and adhere to our man-to-man principles.



FULL COURT DEFENSE

THUMB UP HIT DEFENSE

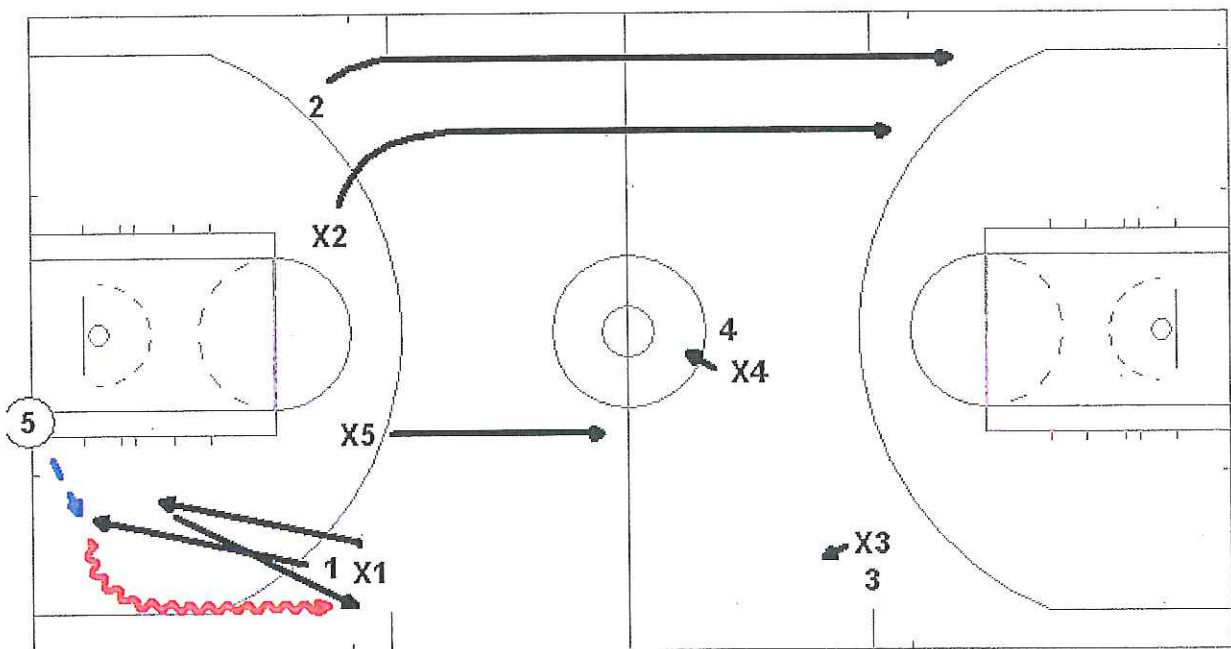
Same rules apply as our "Thumb Up" except this defense involves an on the ball trap in the backcourt. On a made shot or on the coach's call, the player defending the inbounds passer smother the player and puts pressure on him to make the pass to the corner. All other defenders begin in strong denial position. X1 forces his man to receive the ball as far in the corner as possible. On 1's catch, X1 tries to force the ballhandler up the sideline. X5 will drop to the three point line on the side of the ball in shadow position. X2 will retreat and is responsible for the "Weakside I" help position. X3 and X4 are now responsible for taking away the strongside and middle passes. Once the ball is advanced to the hash mark, X5 will aggressively trap 1 and force him to pass the ball. X1 will then deny the ball back to 1 and force someone else to handle.



FULL COURT DEFENSE

THUMB DOWN DEFENSE

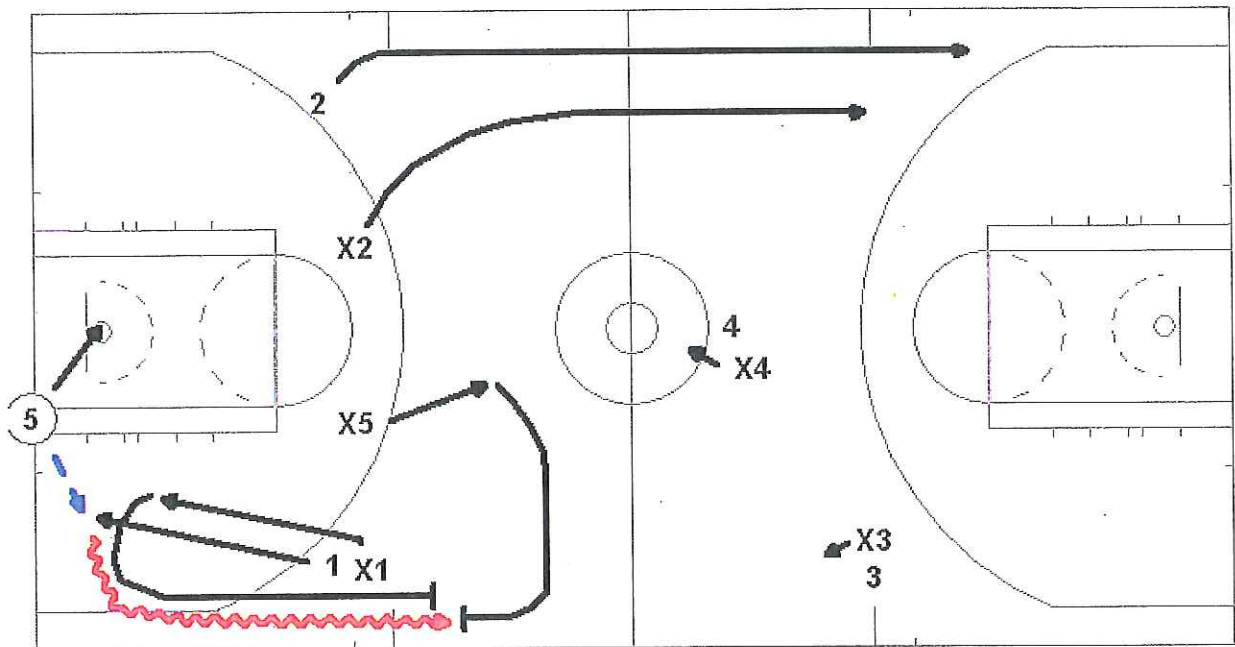
This defense is similar to our "Thumb Up" full court defense except, that X5 will immediately run back to his shadow position near the three point line on the side of the ball. X5 provides no ball pressure in this full court defense. X1 forces his man to receive the ball as far in the corner as possible. On 1's catch, X1 tries to force the ballhandler up the sideline. X2 will retreat and is responsible for the "Weakside I" help position. X3 and X4 are now responsible for taking away the strongside and middle passes. Once the ball is advanced past the hash mark, we match-up and adhere to our man-to-man principles.



FULL COURT DEFENSE

THUMB DOWN HIT DEFENSE

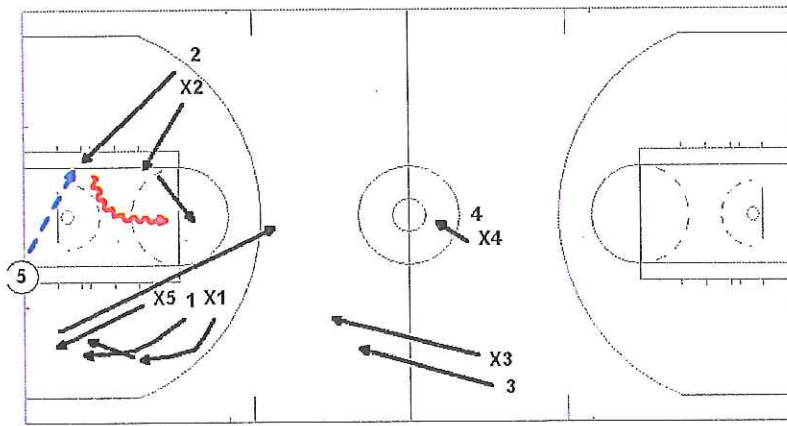
This defense is similar to our "Thumb Up Hit" full court defense except, that X5 will immediately run back to his shadow position near the three point line on the side of the ball. X5 provides no ball pressure in this full court defense. Once the ball is advanced to the hash mark, X5 will aggressively trap 1 and force him to pass the ball. X1 will then deny the ball back to 1 and force someone else to handle.



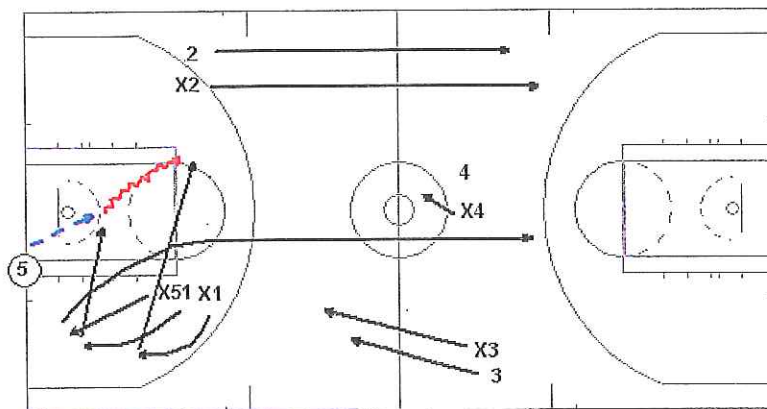
FULL COURT DEFENSE

FACE DEFENSE

In this full court defense, X1 and X5 must work hard to deny 1 and easy entry pass. Ideally, we would like 2 to have to catch and bring the ball down the floor. If 2 or any other player does receive the pass, X1 must deny the return pass to 1 and force the other player to initiate the offense.



If 1 works to get open and does catch the ball after a struggle, then we get back and play solid man-to-man defense and adhere to our principles.

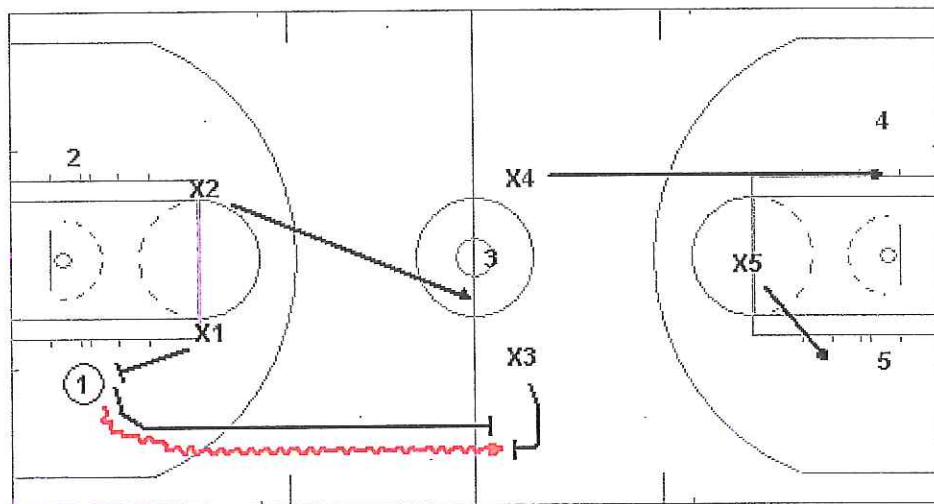


FULL COURT DEFENSE

"44" Defense

"44" is our (2-2-1) 3/4 court press. Typically, we will use this defense after a made free throw. The object is to slow the ball, take time off the shot clock, and disrupt the offensive flow of the opponent. "44" can be run with the fake traps and drop to a zone or can be more aggressive with trapping action.

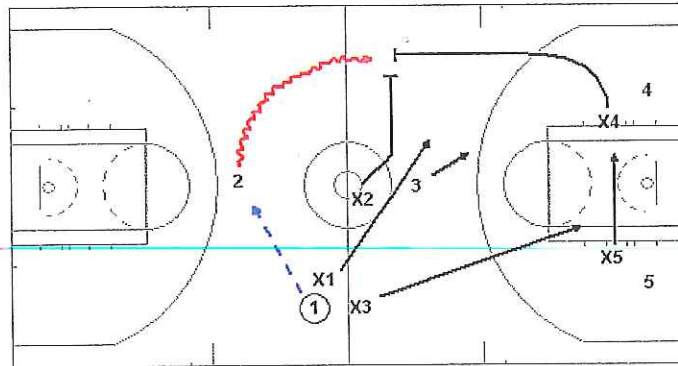
X1 will influence the ball to the sideline. X2 drops to protect the middle. X3 fakes at the ball; protecting the pass over his head and forms a trap when the ball crosses half court. X4 protects the backside while X5 takes away the pass over the head of X3.



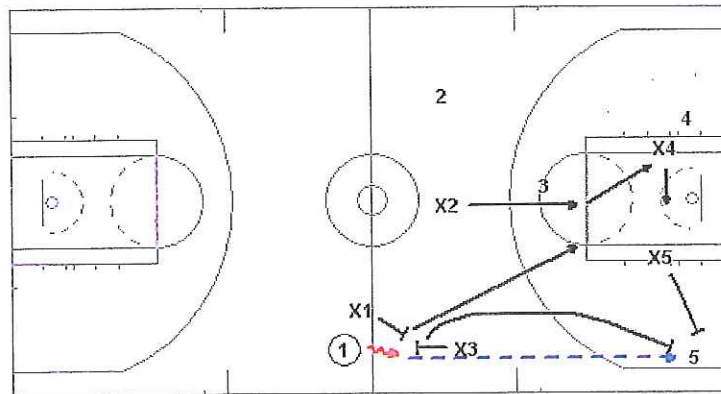
FULL COURT DEFENSE

"44" Defense Cont.

If the ball is passed from guard to guard, X2 keeps the ball going towards the opposite sideline. X4 hesitates to give X5 time to take his man at the basket and forms a late trap with X2. X3 sprints to cover the weakside box and X1 sprints to take the middle.



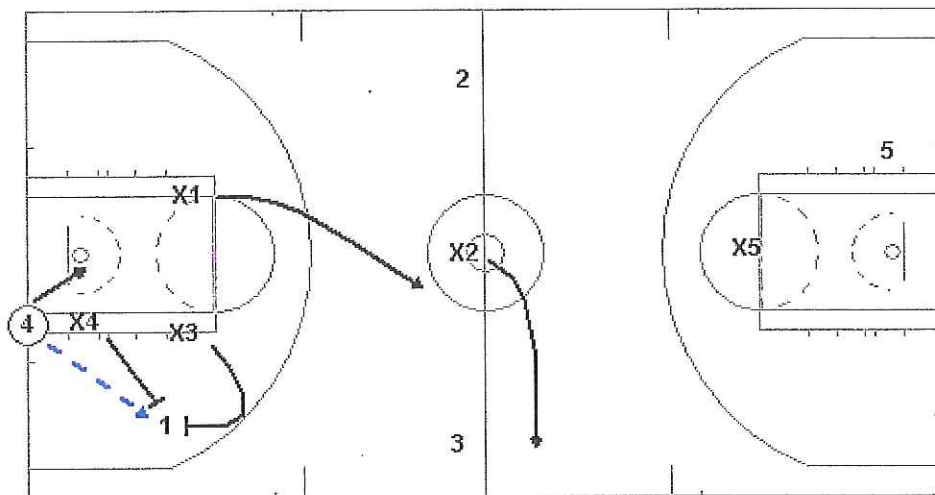
If the pass is made to the corner, X5 and X3 form a corner trap. X4 uses the 2.9 technique to help on cutters and protect the basket. X1 sprints to cover the elbow area and X2 protects high weakside.



FULL COURT DEFENSE

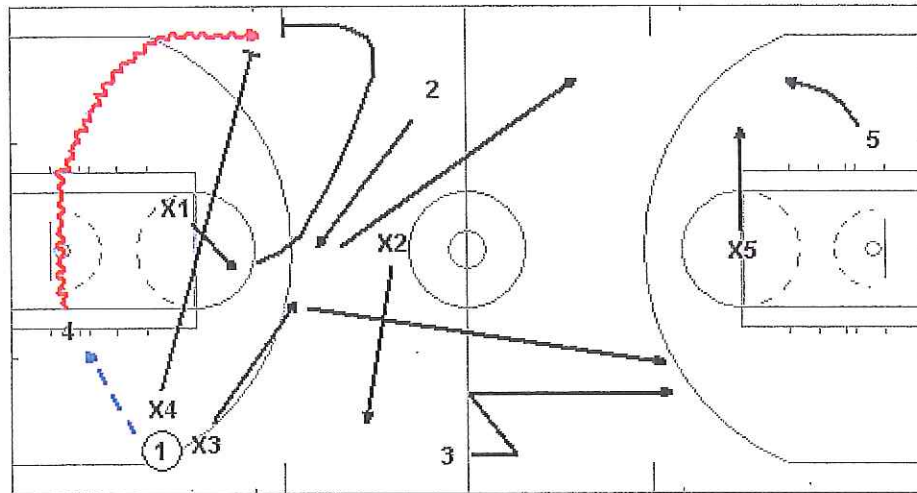
Diamond Press (1-2-1-1)

This is our most aggressive defense. We are looking for the quick trap on the first pass. We will then look for the errant pass and try to get a quick steal. Here is the general set-up of this press. In this diagram, X4 is on the ball, X1 and X3 are the first wave of defenders, X2 is the anticipator, and X1 will be looking to split the difference off the weakside.



If the ball is passed out of the trap to 4 the defense sprints to recover up the floor at **ANGLES**. Our goal is to get a second trap in the Diamond Press. X1 moves to contain and stop 4 off the dribble and cut off the sideline. X4 sprints up the floor at an angle that allows him to cut off any middle penetration from 4 and form a second trap with X1. The trap normally occurs near the half court line. X2 is responsible for a pass over the trap and takes 2 as he cuts back behind the double team. X3 drops to the middle ready to take away a cut and then retreats back with 3 if he goes long. X5 is our safety and takes away any long pass or flash by 5. His job is to allow **NO LAY-UPS**. If a pass is made out of the second trap we must scramble back to recover in man-to-man defense.

*Coach may call for a single trap in this defense. If this is the case, X1 would slow up 4, make him bring it up the floor and allow X4 to recover to his man.



Here are some rules for the **DIAMOND PRESS**:

1. Will usually run after free throw or when run and successful.
2. Front men should shade offensive man to corner.
3. Allow no direct pass over the top.
4. When trap is set we look to match up with a man in your closest area.

POSITION RESPONSIBILITIES

Man Over Ball: Aggressively covers inbounder. Has pressure on the ball so man cannot throw deep. Once ball is thrown in, he chases to see the initial trap on the ball. After first trap, if ball is thrown back, he chases to reset the press. If the ball is advanced, his job is to sprint and trail down the middle of the court.

Wings: They match-up with a man in their area. Should shade their man to the corner and not let the pass go over their head. When the ball is entered on their side they will set the trap. When the ball is away, they will rotate to the middle of the zone and split the difference. On the strongside, if the ball is advanced up the side, they will chase for the second trap. On the weakside, they will sprint back to cover the basket.

Anticipator: Starts out in the middle of the court shading to the strongside. Once the ball is thrown in, he will match-up with the closest man up the sideline on the strongside. He will then look to chase the ball off all reverses. If the pass is advanced to half court, he will look for the trap.

Safety Man: Is the rejecter and last man if they break the press. He is located at the other end at the top of the key. He protects the basket and will rotate to strong sideline when ball is trapped at half court.

Here are some keys for the **DIAMOND PRESS:**

1. No Middle
2. No Lines
3. No Splits

ZONE DEFENSE



ZONE DEFENSE

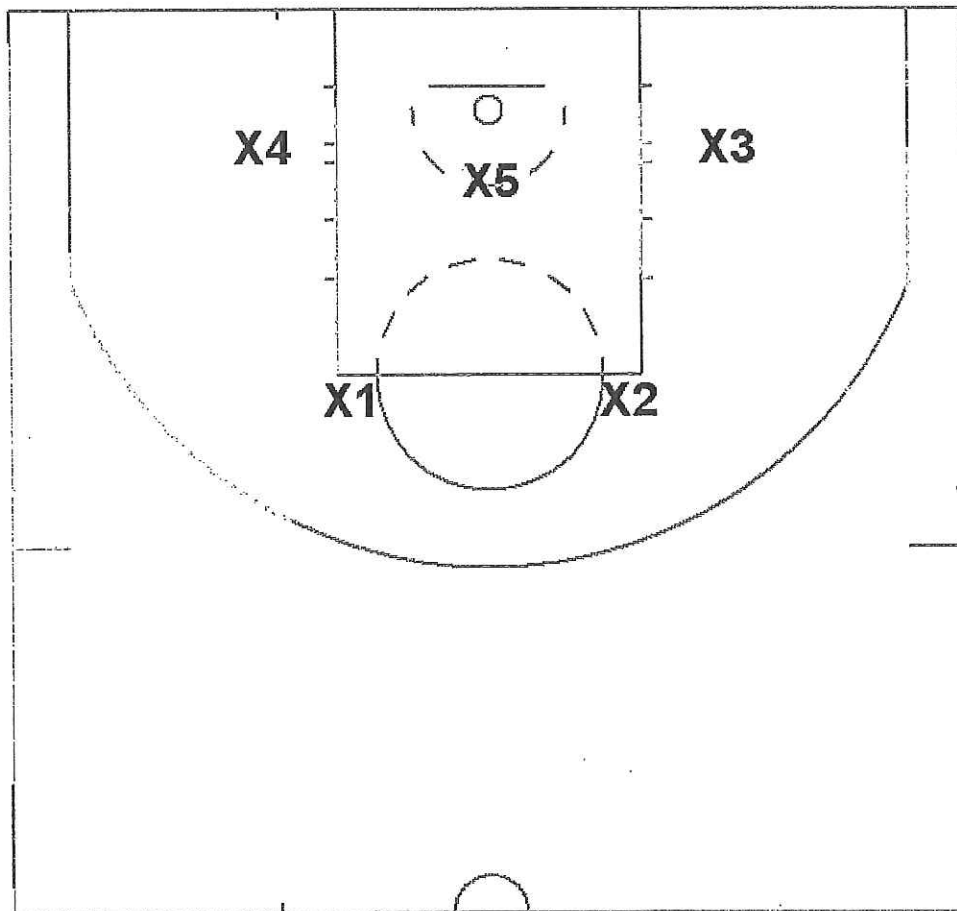
"23"

"23" is our 2-3 zone that emphasizes packing the paint and keeping it on the sides. We must keep the ball out of the middle, close penetration angles, and contest all jump shots.

X1 and X2 – Are at the elbows not allowing middle penetration and forcing the ball to the sides. We do not want X1 and X2 to overextend and play high on the perimeter.

X3 and X4 – Are active guarding their area. They cannot allow dribble penetration to the paint or baseline drives.

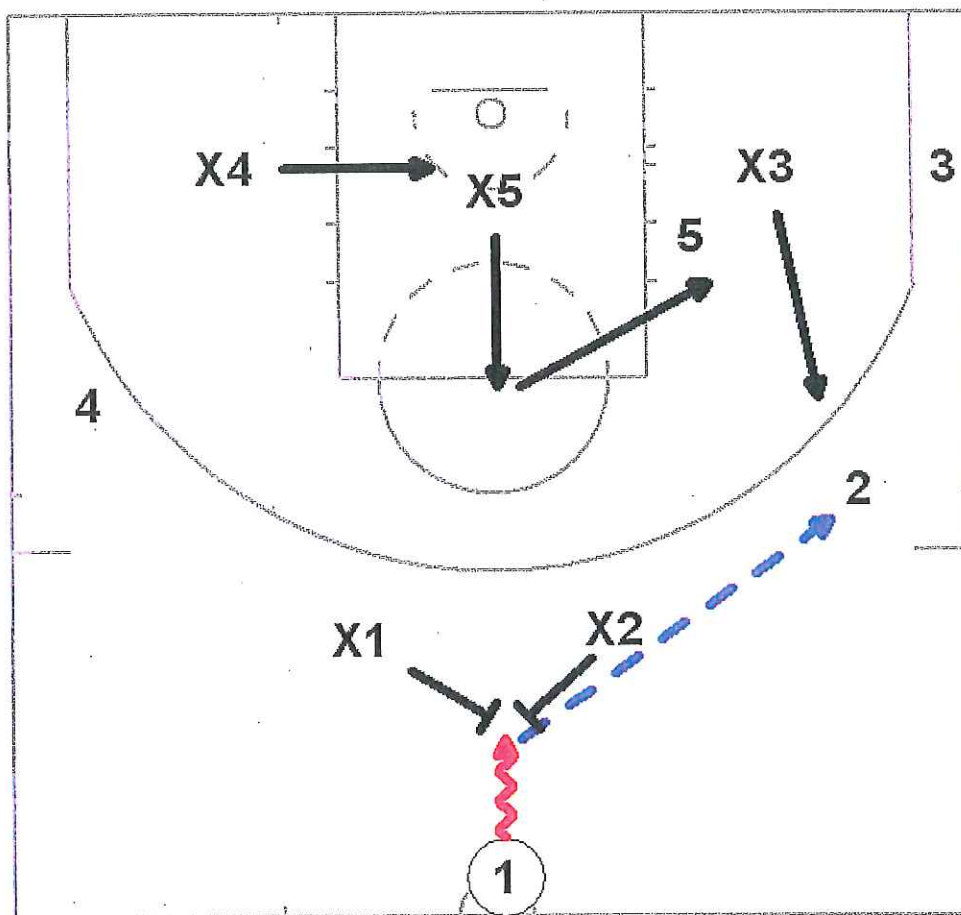
X5 – Plays in the middle of the back line. X5 must be active and help with cutters or players flashing into the middle of the lane. He must be a presence and has to communicate with teammates. He oversees the back of the zone.



ZONE DEFENSE

"23 BLITZ"

Our "23 Blitz" is a trapping defense out of our basic "23" Zone. The top two defenders double the ball as it crosses half court. X3, X4, and X5 zone up to protect the basket and cover the remaining four offensive players. After forcing a pass, defenders scramble to match-up and work to deny a pass back to the player who was initially trapped.



ZONE DEFENSE BASICS

GENERAL: Talking is essential. You can talk your way through most problems. All players must commit to communicating and staying in a stance with active hands. One player will pressure but contain the ball and the other four get into help positions. It is essential that the back line play high above the blocks to reduce the middle area. In addition, the weakside must be ready for "V-Backs" and rebounding.

- 1.) **POINT THE BALL** and all 4 teammates match-up into defensive positions around the ball.
- 2.) **DO NOT GUARD AIR.** Move to the area where the next opponent can be found.
- 3.) **MATCHING UP FROM THE BALL.** Players must match-up around the ball. The 1st player to the right of the ball will take the 1st player to the right of the ball. The 1st player to the left of the ball takes the 1st opponent to the left of the ball. Players two passes from the ball match-up with the nearest opponent.
TALKING IS ESSENTIAL!
- 4.) **CUTTER RULE.** If a man cuts from your area, go 2-3 steps to present a give/go pass and pass him off to a teammate. On rare emergency situations, you may have to go through man to man with him, but that is a temporary fix in nearly all cases. After doing this, try to stay in the zone match-up rules noted before.
- 5.) **YOU WILL HAVE A PRIMARY ZONE AND A SECONDARY ZONE.** The alignment will dictate your primary zone – 1-2-2, 2-3, etc. Your secondary zone will be the area you drop to when no player is in your zone in order to keep from guarding air.
- 6.) **TANDEM POST RULE.** The back line defenders must talk a lot to cover the high and low post areas as well as the corner. The 4 and 5 normally work together as a team. Their conversation "I GOT THIS, YOU GET THAT".

OTHER POINTS THAT MAY COME UP LATER

- 1.) **DRIBBLE RULE** – Contain the ball as in man to man. If a dribbler pulls you away from your primary zone, pass him off to the next teammate and get back to your primary. If you cannot pass him off, stay with him and rotate.
- 2.) **PICK AND ROLL RULES** – In a 2-3 it is best to "Black" Side P&R's. A 3-2 allows you to switch on Side P&R's, High P&R's, and Elbow P&R's. The front man can switch and cover all pops while the back men pick up the roll man.
- 3.) **TRAPPING AS AN OPTION** – Traps should be done in the outside lanes, not the middle in the 3-2 zone. You can use a surprise trap in the front corners as the ball crosses the half court line by just running the point and wing at the ball and setting the triangle with two interceptors and a goalie. Or you can extend X1 to push the ball to a sideline and set the trap. Baseline corners can be trapped easily as well.

32 DEFENSE

"32" is our call for a 1-2-2 zone defense. The alignment will adjust after showing a big at the top to a 2-3 zone as the ball moves to the baseline. Our goal is to make the offense adjust their attack when they see this alignment.

X4 plays the top of the zone with the guards (X1 & X2) on the wings. X3 & X5 play the low spots with X3 playing the side which has the best shooter. This will be determined from scouting reports. DIAGRAM 1 shows the initial positioning and the slides as the ball is passed to the wing. X4 plays the ball first and then begins to drop to the high post area to stay in line with the ball as X1 moves to play the ball on the wing. X3 covers the corner and X5 slides across on a 2.9 movement to help protect the basket and X2 moves to the nail.

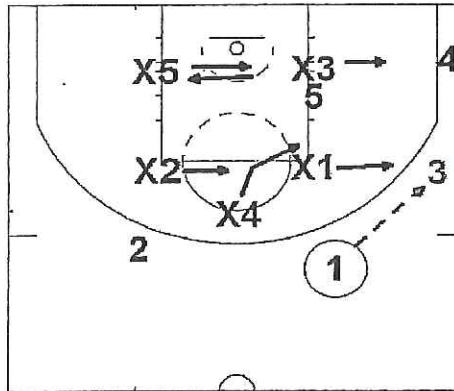


Diagram 1

If the ball is passed back out from the wing all players adjust back to their initial positions with X4 moving back to the point on the 1-2-2. SHOWN IN DIAGRAM 2.

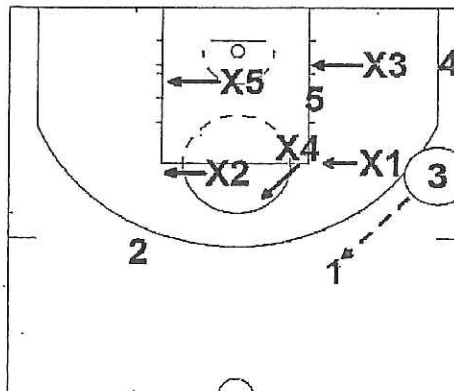


Diagram 2

If the pass is made to the corner, X4 would drop and cover the low box, with the other four defenders making their normal slides. SHOWN IN DIAGRAM 3



Diagram 3

Once the ball goes to the corner our zone becomes a 2-3 and remains that way the rest of the possession. If the ball is passed out of the corner X4 maintains his position in the middle of the zone with X1 & X2 at the top and X3 & X5 in the low spots. SHOWN IN DIAGRAM 4



Diagram 4