

Kevin Stallings- Developing a Successful Basketball Program

Defense

1. Stop all penetrations
2. Keep the ball out of the post
3. Eliminate all dumb and lazy fouls
4. Do not allow any uncontested shots- get a hand in their face
5. Box out, rebound it and finish the play (get an outlet to finish your defensive work)
6. High hands on all closeouts
7. Jump to the ball on every ball movement
8. Get into the gaps- show the dribbler that they cannot come here. The slower the defender the closer to the ball they need to be.
9. Help and Recover- try to eliminate the help part of help and recover by getting far enough into the gap that the dribbler should not want to go there, but if they do, the defender should not have to move to help, he should already be there. The defender should only have to move in one direction and that is to recover, as he should not have to move to help by playing proper position.
10. Do not allow the offense to feed the post from above the foul line.

Understand what your team can and cannot do

- More talent- you want more possessions
- Less talent- have fewer possessions

Defensive Positioning

1. Position on the ball- inside foot up
2. One pass away- play in the gap to stop ball penetration and inside the 3-point arc deny all passes. Do not come out more than 1 step above the 3-point line.
3. Two passes away (ball is above the foul line)- get one foot into the lane
4. Two passes away (ball is below the foul line)- get one foot beyond the help line
5. Ball below the foul line- totally front the low post
6. Ball is above the foul line on top- play on the line up the line against the low post
7. Ball is above the foul line on top or wing- play on the line up the line against the medium post
8. Ball is below the foul line on the wing and moving to the corner- play on the low side against a medium post as soon as the ball crosses below the medium post (X move)

Double Teaming the Post

1. If the ball is fed to the post from the wing, the weak side low defender will double the post and the weak side guard will drop and have to cover two players. On the pass out of the post, you play scramble to get players defended. Once players are defended, you can switch back.
2. Rover- Designate one player (must be smart) to cover a non-shooter and have this player always double team. Have everyone else figure out where the rover is.

3. Piston- Cover down with the defender whose man who threw the ball in. His least favorite way to double the post.

Ball Screens

1. The defender will hedge out while maintaining contact with the offensive player. Force the dribbler high or wide.
2. Hug move- play chest to shoulder against the screener
3. Switch

Defending the down screen

Ball side down screen- goes to the man side of any down screen. This is called shadow.

Ball is on the weak side- go to the ball side of any down screen.

Defending the cross screen

As the screen is coming to us, get the arms up and the elbows out so that the screener is hitting your elbow and is not up against your body. The screener's defender will give no help if the cutter goes baseline side. If the cutter goes to the topside of the screen, the defender of the screener will give momentary help. Try to force the offensive player to go high, as you will receive help. Never allow a cutter to cut behind your head.

Defending staggered or double screens

The defender of the cutter chases, or shadows, the cutter. The defender of the screener farthest from the ball is responsible for basket coverage so they will drop into the middle of the lane and the defender of the screeners closest to the ball will show to force the cutter high.

Defending the back screen

The defender guarding the screener is responsible for basket coverage so he must help defend the cutter and then recover to his man. The defender guarding the cutter can get around the screen high or low side although if the cutter is ball side we would prefer that the defender go ball side of the screen.

Transition defense- have your players defend the transition in this order

1. Protect the basket
2. Stop the ball
3. Find your man

Team defensive goals

1. Less than 16 team fouls
2. Allow less than 10 offensive rebounds
3. Have a +5 rebounding margin
4. Allow less than 40% shooting

Offense

1. Proper shot distribution or allocation
2. Get quality shots
3. Limit turnovers
4. Limit bad passes- one bad pass leads to a bad possession
5. Limit fumbling of the ball- disrupts timing, ability to shoot and pass- catch the ball
6. 3 pass rule except for layups and green light shooters
7. Work hard on spacing
8. Work hard on screening- get your back to the basket or to the ball
9. Cutting- be hard to guard
10. Swiveling- technique that we teach post players. In post play, the offensive player always wants to maintain contact with the defensive player while the defensive player wants to maintain space from the offensive player. To swivel, move your feet to keep contact with the defensive player and try to show your numbers to the ball.
11. Shooting- shooters must be ready to shoot. Get low, show your hands and be ready to step into the shot. You must have a philosophy of shooting. Ron Felling? On shooting
12. Emphasize (do not have rules)
 - Screening with the player closest with the middle of the floor
 - Screener goes opposite the cutter
 - Screen with your back to the ball or basket
 - Get at least one ball reversal unless you get a layup or a green light shoot
 - Do no cut into an occupied post
 - Have a reversal man in the high post area
 - Get the ball to the players with the best chance to score- take the ball to the action
 - Secondary break- make this the hardest thing that people have to do to defend you
13. Zone offense- have both a set and a freelance offense