

END OF QUARTER DEFENSE

1. AFTER A MAKE LATE IN A QUARTER, THE TENDENCY FOR PLAYERS IS TO SPREAD THEIR DEFENSE OUT. TEAMS JAM THE INBOUNDER, TRY TO PICK THE BALL UP FULLCOURT AND INVARIABLY THEY GIVE UP A COAST TO COAST DRIVE OR AN OPEN SHOT.
2. WE MUST SPRINT BACK AND MATCH UP. PICK UP THE BALL HANDLER WITH THE INBOUNDERS MAN LOADING TO THE BALL. HIT IF NECESSARY. HOWEVER, WE MUST HAVE AN AWARENESS AS TO WHO THE INBOUNDER IS – IF IT IS A RANGE SHOOTING 4 – BE ALERT FOR THE TRAIL 3. KNOW THE TIME AND WHO IS ON THE FLOOR.
3. VS. OPEN OR FLAT ALIGNMENT, PLAY STRAIGHT UP, FIRE AT 6 SECONDS OR BE READY TO GO ON PENETRATION. WE COVER EVERYONE.
4. ON ALL PICK AND ROLLS, WE WILL SWITCH 1 THRU 4. WHEN 5 SETS THE PICK WE WILL DEFEND IT ACCORDING TO OUR GAME PLAN.
5. WE WILL SHOW MAN TO MAN (“5”) DEFENSE AND GO ZONE (“2” OR “12”) AT 10 SEC.