



by Jeff Capel

BUILDING A MAN-TO-MAN DEFENSE

Jeff Capel began his coaching career in 2000 as an assistant coach at Old Dominion University. After one year, he became an assistant coach at Virginia Commonwealth University, taking over the head coaching job in 2002. He has recently served as assistant of the USA National Basketball Team at The World University Games.

BUMP - PHYSICAL ZIG ZAG

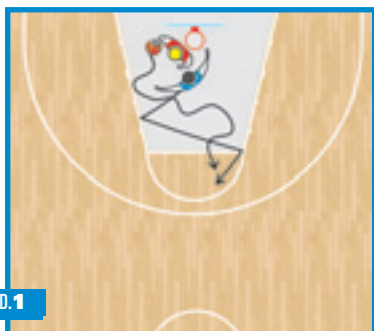
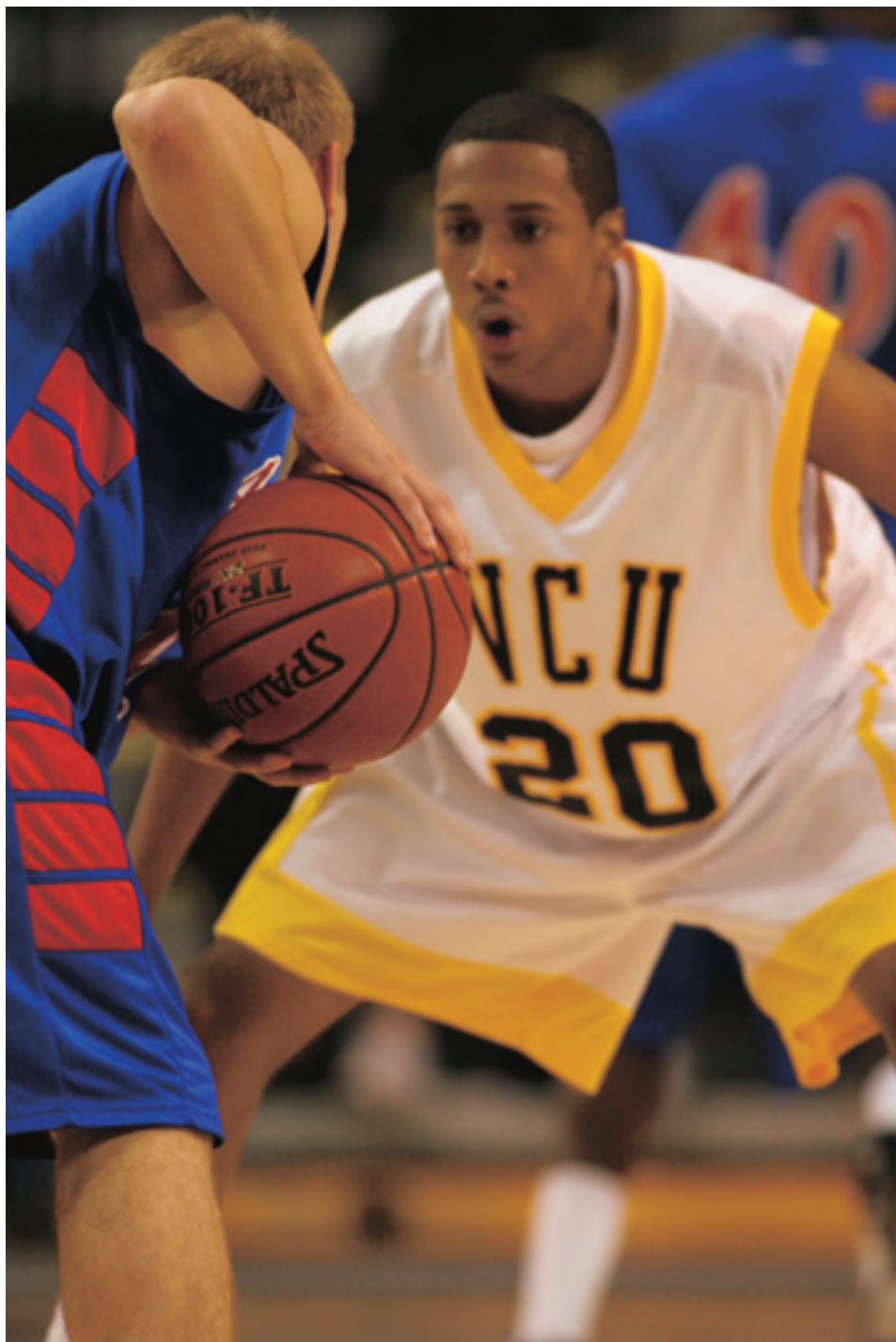
1 is the ballhandler and he starts on the baseline. X1 is the defender. 1 must dribble, staying in the lane lines. X1 plays a very physical defense, moving his feet, staying diagonally, and leaning on 1. 1 must be strong and protect the ball; when they get to the top of key, they reverse roles and play one on one (diagr. 1).

TAKE A CHARGE

The coach is at top of key with the ball. X1 plays defense on 1, contesting the pass to the wing. 1 goes from the block to wing. If the coach drives, while he's dribbling, X1 must slide over and take a charge. The coach must run over X1! X1 must see the ball. As 1 comes up to wing, X1 gets closer to the coach. When 1 gets closer to the lane, X1 gets closer to 1 (diagr. 2).

PURSUIT LAY UP TO FULL COURT DEFENSE

The coach starts with the ball in the middle of the court and passes the ball to 1. 1



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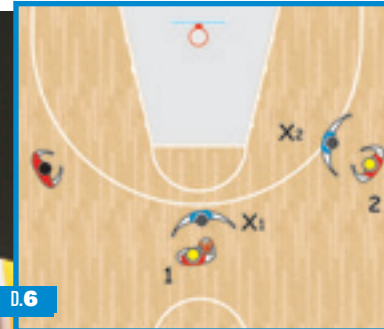
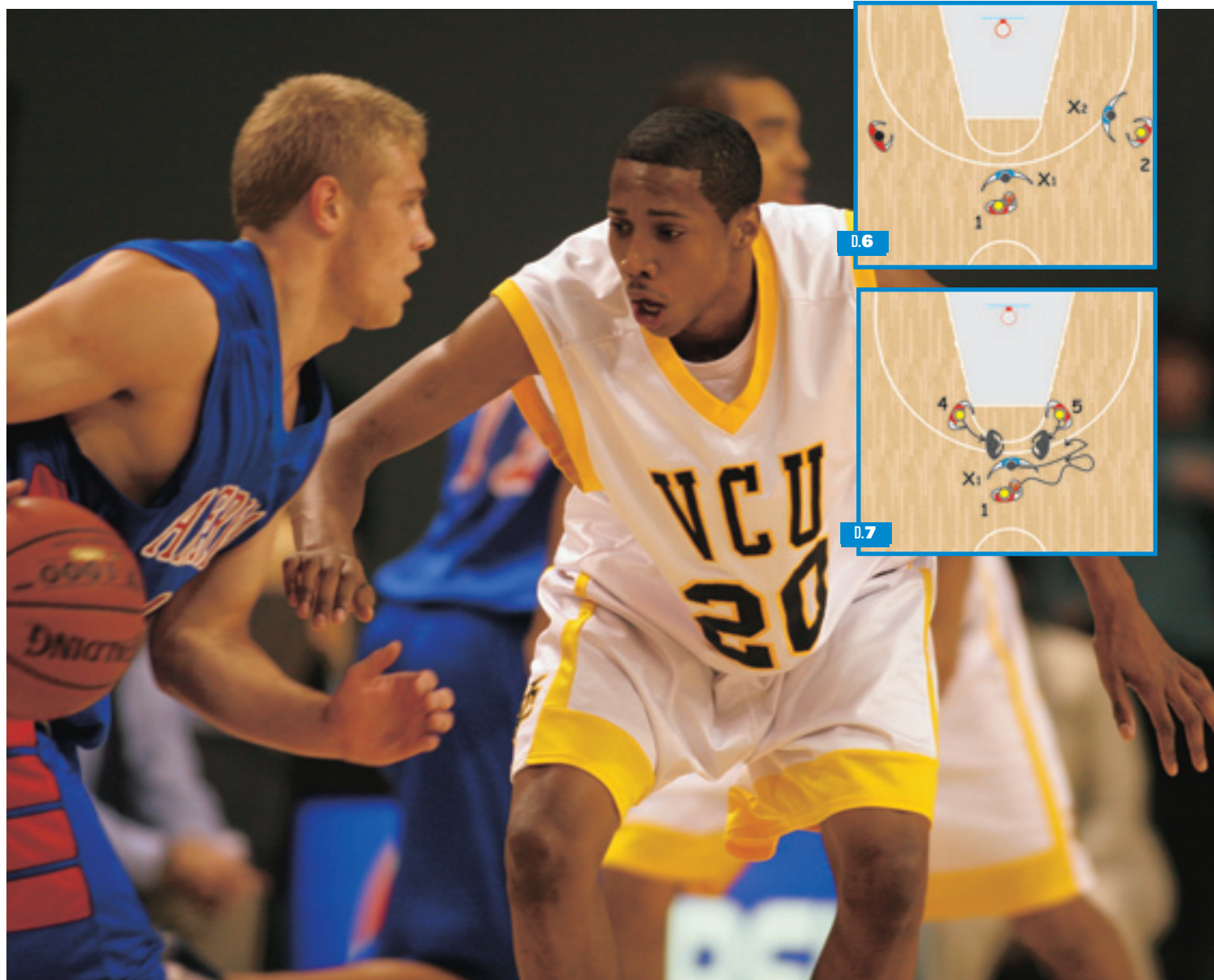
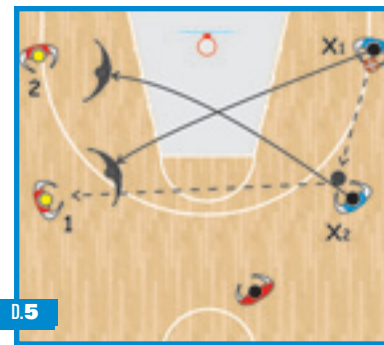
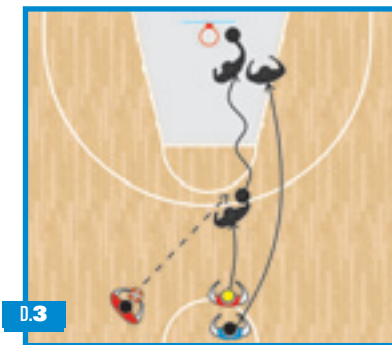
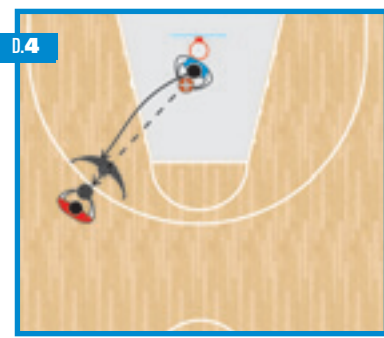
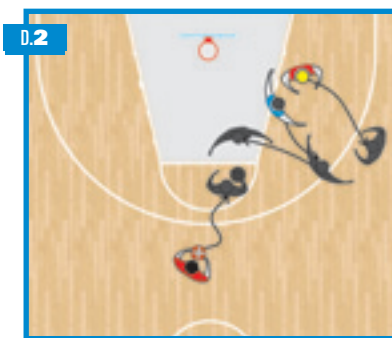
catches and finishes at the basket with X1 giving chase. An assistant grabs the ball and takes it out of bounds. X1 now is on offense and 1 must pick him, trying to deny the inbounds pass. X1 must work to get open, but an over the top pass is not allowed. If the ball is inbounded, 1, who became the defender, plays and zigzags X1 up the court trying to turn him as many times as possible (diagr. 3).

CLOSE OUTS

X1 throws the ball out to the coach and closes out. If the coach shoots, X1 blocks out. The coach can also shoot fake and try to drive. In this case, X1 must slide his feet very quickly and keep the coach in front. X1 must close out, sprint with choppy steps and hands held high (diagr. 4).

CLOSE OUTS - 2-ON-2

X1 passes to X2 and sprints to defend 1. X2 passes to 1 and sprints to defend 2. From



this point, play 2-on-2. The defenders must pass the ball quickly and run fast to defend (diagr. 5).

HELP AND RECOVER - 3-ON-2

The coach is the offensive player: he can do whatever he wants and the defense must react. If he gets the ball on the wing and drives, X1 must come over stop the drive and then recover if there is a pass out. Work on positioning, with an emphasis on help defense (diagr. 6).

DEFEND BALL SCREENS

X1 guards 1 at top of key. 4 and 5 are ball screens. 1 uses the screen and dribbles to the wing, then back across the top using a double screen. X1 must fight to get over the screens (diagr. 7).

DEFEND BALL SCREENS - WITH HELP

1 uses a ball screen at the top of the key and dribbles to the wing. Once he gets to the wing, 5 follows and sets a wing ball screen.

Work on different ways you will defend the ball screens: hedge and get under (the screens), or hedge and get over (the screens), push up the screen and go under (diagr. 8).



JUMP TO BALL POST D

3 offensive players are spread around and 2 are in the low post position. Defenders are on the low block players. 1 passes the ball around the perimeter, and the defense must adjust. Start passing slowly to check positioning. Move on a skip pass from one side to the other. Get around in front, when the ball handler dribbles to corner. Play the high side when ball is above foul line, and adjust as the ball goes below the free-throw line (diagr. 9).

DEFEND BLOCK-TO-BLOCK SCREENS

The ball is passed from the top to the wing. X2 must take away low cut. If 1 goes low on screen, ride him out of bounds. If 1 goes high, switch. If the

defense switches, X2 must work hard so the screener does not pick him (diagr. 10).

TAKE A CHARGE

The ball is passed around the perimeter. X1 must adjust to the proper defensive position. If 1 drives, X1 must slide over and take a charge (diagr. 11). X must do a good job on the help side and always see the ball.

TAKE AWAY CUT

The ball is passed from the top to the wing. 1 tries to make direct cut to the block on the other side of the lane. X1 must defend the cut and not allow 1 to cut straight to the other side of the lane. Instead, try to force 1 under the basket (diagr. 12).

