

TRUMAN STATE DEFENSE

“THE PACK”



The Keys

(What Makes "Pack" Best It Can Be)

- 1) **Can't Get Stretched:** On ball defender is only guy allowed outside "Pack" line. The other 4 defenders must have at least (1) foot inside the "Pack" line.
- 2) **Ball Pressure:** **Can not get beat straight line!** Level off dribbler. Adjust to quickness advantage/disadvantage.
- 3) **No Baseline Drives:** Since we $\frac{3}{4}$ in the post, this makes it hard for Big's to help baseline.
- 4) **Build A Wall/ No Splits:** Creates a crowded floor. Ball handler can not see open spots on floor. Help comes from the strongside.
- 5) **Your Position Is Your Help:** Must be continuous with your fight for vision & repositioning in gap help. Must eliminate 2 movements (Help & Recover). Be early!
- 6) **Aggressive Close outs:** No blow by's! 2-High hands to eliminate rhythm shot & post feed. Close outs will be based on personnel (Rondo, Kobe and Allen's).
- 7) **No Post Feeds From Top or Angled Scores:** No lobs, duck-in's or drop step's

Defensive Problems

(Areas That Break Down Our Defense)

- 1) Getting Stretched: Guys “wandering” exposing gaps to drive.
- 2) Poor Closeouts: Blow by's or rhythm shots. Hands are down.
- 3) Going For Fakes: Jabs or Shot Fakes.
- 4) Reaching: Gets you off balance & makes you small.
- 5) Being Late: late on chokes or post trap.
- 6) Being Too Low In Gaps: Causes a help & recovery movement.
- 7) Silence: Voices gets you a head start, wakes up sleeping defender, can intimidate.
- 8) Over helping By Big's In Lane: Rotate over to block shots. Give up drop off's and put backs. Help should come from guards.

Defensive Staples

(Our Opponents Are Not Doing These Things)

1) Not Scoring Easy Baskets In Transition

2) Not Getting Beat By Dribble (Build A Wall)
No Baseline/ No Paint

3) Not Giving Up 2nd Shots

5 Guys Gang Rebounding

DEFENSE GOALS

- 75% OF SHOTS TAKEN OUTSIDE THE PACK(FREE THROWS ARE INCLUDED)
- 6 GAPS A GAME
- 2 TRANSITION BASKETS OR LESS PER GAME
- DON'T ALLOW OPPONENT IN THE BONUS
- 40% DEFENSE FG%

DEFENSE PROGRESSION

- 3 LINE CLOSEOUTS
- 4 ON 4 SHELL
- 4 ON 4 CHANGE
- 3 ON 3 CLOSEOUTS
- TRANSITION DEFENSE
- DEFENDING ACTIONS
- DIAMNOND DRILL

Defensive Cut-Up's

(Must Work On These Areas)



8. Situationals

Do More Of!!!!

- Protecting the lead
- Free Throw Block Out
- How To Foul late up 3pts
- SOB: Pressure set to get ball inbounded
- UOB: Need a 2pt, Need a 3pt (4 sec or less)
- SOB: Need a 2pt, Need a 3pt (4 sec or less)

Building Blocks:

Day To Day 3-7 minutes

- On Ball Defense
- Closeouts (Into Live also)
- P&R Defense
- Post Defense/Post Feeds
- Rebounding

Team/Shell:

10 minutes max per

- Transition Defense
- Shell Drills: 3 v 3, 4 v 4, 5 v 4 (Full or ½ Ct.)
- Jump To Ball/Fighting For Vision/Reposition
- Screening Actions/Action of Day
- Scramble (Disadvantage Drills)
- D- Stops (1/2 Ct. Or UOB/SOB's)
- Situationals

DEFENDING ACTIONS PRACTICE

BREAKDOWN

- T-GAME (CROSS SCREEN/DOWN SCREEN)
- FLEX (DUCK-IN)
- STAGGGERS (SLICE STAGGER/WHEEL ACTION)
- UCLA SCREENS (SHUFFLE&BACK SCREENS)
- SIDE P&R (EMPTY & LOADED SIDE)
- HORNS
- SINGLE BALL SCREEN
- WIDE CURL
- WEAVE/DRIBBLE DRIVE

Close Outs

(Affect The Shot & Anticipate Dribble Drive)

Key To Recovery!

Technique:

- 1) Sprint first 2 or 3 steps, with the last couple being short-choppy steps.
- 2) Close Hard & Stop Short: with weight back prepared to absorb dribble (No Blow By's)
- 3) (2) High Hands w/ Elbows Bent: For 1001 count then ready to deflect. High hands takes shooter out of rhythm shot and quick post feed.
- 4) Big Steps: Use big steps to "level off the dribble".

Types Of Close Outs: Based on personnel, their strengths and weaknesses

- 1) Rondo: Non-shooter. Very good driver. Close out short & ready to absorb dribble.
- 2) Miller: Shooter! Close hard to his shooting shoulder, Run him off the line.
- 3) Kobe: Complete Player. Shoots it & drives it. Regular close out.

Ball Pressure

(Pressure & Contain)

Ball pressure varies on who you are. Keep ball out of paint. Adjust to quickness advantage/disadvantage. "Guard Your Yard".

Scoring Area Ball Pressure: Can not allow ball handler to play comfortably

(A step above the 3pt line is considered the scoring area)

1) No Baseline!

- ✓ We do not force the ball a specific direction. Don't give up the baseline.
- ✓ Slide to Chest: Use chest vs. hands to level off dribble. **Big steps!**

2) No Straight Line Drives!

- ✓ Level off dribble to middle- Slide to Chest. Get ball going at an angle.
- ✓ **Big steps**

3) Weak To No Paint!

- ✓ Ball caught in "Chute"... Between lane lines.
- ✓ Stance is to influence to that player's weak hand.
- ✓ Slide To Chest; pressure w/o giving up penetration.

If we force a dribble pick up: We now leave the "Pack" area to all out deny the other 4 players to create pressure.

Once Offensive player moves the ball around, pivots or dribbles, we are constantly adjusting our stance to keep the ball out of the paint. "Squeak Up...Squeak Back".

Gap Help

(Build A Wall)

Most Crucial Part Of ½ Ct. Defense

- 1) The (4) defenders not guarding the ball must have at least 1 foot inside the “Pack”.
 - ✓ Can not get stretched... No wandering. Toes on the “Pack” line.
- 2) Fighting For Vision: Constant with reading and repositioning as players/ball moves.
- 3) Stance = Slightly closed, to where you can see ball and your man. Up Line/Off Line.
- 4) “Stunt” at ball but do not over help. Only help if teammate is beaten.
- 5) Recovery: Your position is your help. Your lack of recovery is what gets you beat.

Help Side Positioning:

- 1) Ball Above Foul Line Extended:
- 2) Ball Below Foul Line Extended: Foot on lane line, with closed stance maintaining Ball-You-Man.
We are closer to our men to close out sooner, not be screened, take away face cuts. **Exception:** We may have both feet in the paint vs. great post player or non-shooter.

Jumping To Ball

- 1) **No Face Cuts!** Make cut behind you. Face cuts allows catches inside "Pack".
- 2) **Jump To Gap:** Move toward ball to have "Ball-You-Man" relationship.
- 3) **Now In Help Mode:** Supporting your teammates.

DEFENSE PRACTICE BREAKDOWN

PRACTICE DRILLS

- On-Ball/closeouts
 - 1 on 1 wing/top
 - 1 on 1 driving line (1/2 and full court)
 - 1 on 1 fake game
 - loose ball 1 on 1
 - 3 Line closeouts
 - 3 on 3 closeouts

DEFENSE PRACTICE BREAKDOWN

PRACTICE DRILLS

- Shell

- 4 on 4 Shell
- 4 on 4 defending actions
- Diamond drill
- 4 on 4 change
- 3 on 3 closeouts (w/post-w/o post)
- 3 on 3 vision&freeze
- 5 on 4 (with coach)
- Shading (shade a guy in any drill)

Defeating Off Ball Screens

(We defend all off ball screens the same)

The Cutter's Defender:

- ✓ Get into body of cutter
- ✓ Be physical: give them 1 way to go or do not let reject screen
- ✓ No help responsibilities
- ✓ Take shortest path
- ✓ Shoot Gap or Chase: Find a way!
- ✓ Don't melt on screens. Keep digging.

The Screener's Defender:

- ✓ Jump to ball & create space from screener (Extending)
- ✓ Allow teammate option of chasing or shooting the gap
- ✓ 2-eyes to ball when extending: feet are closed a little, turn shoulders to ball
- ✓ Communication is a must!

** There will be exceptions to some off the ball screens. Ex. Flare, UCLA, Cross

Transition Defense

(We are not giving up easy baskets)

- 1) Starts when shot is taken.
- 2) 1, 2 and maybe 3 will be "Get Back & Set" guys.
- 3) Voice & Fingers:
- 4) Slow ball by timeline, get ball handler out of middle 3rd of floor.
- 5) Form a tandem (2 back) or a triangle (3 back).
- 6) Flood Toward The Ball: Form a wall, no paint touches by dribble/pass.
- 7) Match up's don't matter: we will guard anyone for a possession.

Transition Defense NO'S:

- 1) No pass ahead scores (lay ups)
- 2) No quick post angle scores
- 3) No shots attempts on 1st two passes. (Must hustle!)

DEFENSE PRACTICE BREAKDOWN

PRACTICE DRILLS

-Transition Defense

-Florida Drill

-Line Transition

-Circle Transition

-5 on 4 Transition

* Build a wall in transition*

DEFENSE PRACTICE BREAKDOWN

PRACTICE DRILLS

-Pick and Roll Defense

-Ball screen breakdown with bigs & Guards

-Defending Actions

-“How your going to guard”

-We Trap everything!

Post Defense

(No Feeds From Top/No Deep Angle Scores)

In Transition: Effort by Big's. Do your work early! Get him off the post box.

- 1) In Post Box: $\frac{3}{4}$ deny on high side of post. We must be active with feet. We do not gamble for steals. Close down so they catch off the post box. On Post Feed = "Our-Time" jump behind post player & settle in. (1) step off using chest to level off dribble, take the hit and force tough shot over you. Attack his shoulder and "Wall" him up.

Outside Post Box: = Treat post player as a perimeter player. Deny him a catch to "Pack" line.

- 2) "Choke The Post": Shrinking the floor from strongside defenders. Taking up his space to work down there. Choke guys will "stunt" until Post puts ball on floor. Once ball is put down we will attack ball with (2) hands. Choke's will vary based on personnel. "Hard Digs" vs. non-shooter, "Short Digs" vs. shooter.
- 3) "Fire The Post": Trap the Post Big to Big. Post defender slides to baseline side. Trapper comes High & Hard form 90° angle. Deny the post feeder. (2) opposite guards form a tandem (Rim/Nail) to swallow up cutters. Recover on "air-time" of pass to original man.

DEFENSE PRACTICE BREAKDOWN

PRACTICE DRILLS

- Post Defense
 - "Trap & Choke"
 - Guard/Post Breakdown
 - Post 2 on 2
 - Guards 3 on 3

DEFENSE PRACTICE BREAKDOWN

PRACTICE DRILLS

- Rebounding
 - Black and White
 - War
 - 3 on 0 (Bigs)
 - 2 on 2 from wing (guards)

TOUGHNESS DRILLS

- Man Drill (5 on 5)
 - no dribbles/1 dribble
 - screens/no screens
- Loose ball
 - Finish/Take charge
 - 1 on 1
- 3 line sureness
- 4 on 4/10 passes