

Thad Matta Defensive Rules

1 Transition Defense

□ Post Rule: “Get your butt ahead of your opponent’s butt.” □

Goal: Force at least 2 passes when offense has the numbers. □

Don’t allow a skip for a 3 or drive in transition. □

Rule: Deep man never leaves paint until post comes to release

□ □ #2 Dribble Penetration

Toughest thing to defense in the game of basketball □

Rule on Closeouts: “We don’t force the ball any where — we tell them don’t get beat.” □

Coach Matta: “If you give up catch and shot too much you’ll lose your scholarship.” □

Teaching Point: Don’t allow ball to get to shot pocket when defending great shooter. □

On non-driver, we will defend passing hand (scouting)

□ □

#3 Post Up □

OSU Fronts the LP

Teaching Point: Want quick feet like a boxer □ Ball up top, we are up the line, on the line □ Will front the LP always, even if the low post takes a step off the lane. □

Show Hands □ Sit Down □ Push Him Under The Basket

□ Teaching Point: If your late fronting, don’t front. □

□ #4 Off Ball Screens

□ Teaching Point: On jump to the ball, they want the jumper to extend far enough to “swipe” at the ball.

□ Main defensive objective: Get 5 guarding the ball! □ Down Screen...trail all cutters — no sliding through. □

First Rule: Don’t get screened! □ If you are constantly getting screened you are not going to be able to play for us. □

Teaching Point: Must start when the ball is in the air.

□ Teaching Point: “If my man is screening, I’m in help.” □

□ #5 On Ball Screens □

Coach Matta wants to know if we are “zone up” — (hole covered on ball screen) □

Teaching Point: On ball screen you don’t have a man. □

Coach Matta: “Hard & Hedge” — blitz mentality □

Ball Defender Rule: Make him use the screen (don’t let him reverse back) □

Ball Defender Rule: Defender must go over the screen (not behind) □ Want defender on screener to recover “through the ally” (between ball defender and screener)

□

□ #6 Basket Cuts □ Jump hard to the ball...stay in stance. □ No face cuts.

□ #7 Offensive Rebounding □ You can't spend too much time blocking out □ OSU likes bubble to work on rebounding. □

□ #8 Screen the Screener □

Flex cut □ -jump low and take away low cut □ -screen defender will bump high cut □ -on guard-to-guard pass, jump to ball and “swipe” □ -thru on down screen (swipe creates lane to cut through) □ □

#9 Shooters w/Great Range □ Vs. a shooter, OSU exaggerates denial to force back cut □ In transition defense, OSU teaches to run the lane — vs. Shooter, run to the shooter. □

#10 Out of Bounds Plays □

Will alter our coverage based on scouting □

□

#11 3 Pointers in Late Game Situations □

Contact switch on dribble hand-off vs. shooter on late game shot □

Teaching Point: Player switching on shooter should have high-hands □

5th Defender Principle: Defender whose man is out of the play — your goal is to mess the play up. □

During walk-thru Matta makes sure player knows... “You are the 5th defender on this play.” □