

# THE BIG TEN TO DEFEND

*These are the ten critical elements necessary for the installation, teaching, and perfecting of our man to man defense. We must focus on three of these elements per day. Obviously, we are concerned about all of these throughout most practices but we must make sure to specifically work on three per day.*

## 1. Basics / Technique

- a. *Defensive stance* – always stay in it, when you stand up it is real easy to beat you
- b. Footwork – slide to cross step – Shoulder – Point of Contact
- c. Draw a Charge
- d. *Dead Call* – If your man picks up his dribble, yell “*dead*” to alert teammates to deny their man the ball
- e. *Jump to the basketball* – If your man passes the ball, **ALWAYS JUMP IN THE DIRECTION OF THE PASS!**

## 2. On-Ball Defense

- a. “*Butt to the House*”
- b. Arm’s length, “*make the ball do something!*”, hand in the pocket
- c. Wing on-the-ball defense – top foot above offense, active hands; **no drives to middle!**
- d. **Dribble Penetration**
  - i. Chest Up
  - ii. Point of Contact

## 3. Post Play

- a. “*On the line, up the line*” when the ball is centered
- b. *Ball on the wing* → front the post
  - i. Front the post by going on the low side.
- c. *When ball is FT line extended and above* →  $\frac{3}{4}$  low post high side
- d. *When ball is below FT line extended* →  $\frac{3}{4}$  low post – get low side
  - i. On corner catch, must move on the pass and not on the reception.
- e. Low post catch – umbrella defense
- f. Guards – Digging on Ball
- g. Denial of high post – lower side
- h. Doubling the post – defender slides to bottom side, trap comes from opposite post defender

## 4. Rotation Principles – “BALL SIDE, HELP SIDE”

- a. Help positioning
  - i. *One pass away* – one step off passing line, two steps toward ball
  - ii. *Two passes away* – position yourself in the middle of the lane in “pistols” position, head “on a swivel”
    1. *Ball above FT line extended* – one step from center lane line
    2. *Ball below FT line extended* – both feet across center lane line
- b. Sink to the line of the ball – all players must “dive” to baseline when the ball moves that way on pass or dribble.

- c. Early help – On a drive, put feet and shoulders directly in ball handler’s path. Watch off hand – stunt ball handler and recover quickly
- d. Top denial – Deter side-top-side movement!
- e. Shooters with great range – all out denial, hand in pocket
- f. Keep the ball out of the paint
  - i. “Meet them at the doorstep; never let them in the kitchen!”
- g. “Butt to the house!”
- h. Take away the middle – keep the ball on the side. Proper footwork does not allow drives into the middle
- i. Always communicate on defense. YOU MUST TALK!
- j. Never follow your man, always beat him to the spot!

## 5. Off-Ball Screens (refer to “How to Defend Screening Action”)

- a. *Down screen action* – Get outside foot and lead arm through
- b. *Cross screen action* – D goes over top, Help bumps cutter
- c. *Flare screen action* – player screened try to go on top/ screener’s man needs to protect elbow from the slip – or help push the guy through if he goes under
- d. *Back Screen* – Fight over top, Help bumps/hedges cutter
- e. *UCLA Back Screen* – Bump cutter and deny reversal
- f. *Screen the screener action* – help the helper!
- g. **Points of Emphasis:**
  - i. Don’t get screened! “Great defenders don’t allow themselves to be screened!”
  - ii. Trail great scorers on down screens. Help on the curl.
  - iii. Switch big on big cross screens.

## 6. On-Ball screens (refer to “How to Defend Screening Action”)

- a. Ball screen action – hedge and recover (flash and get back)
  - i. Switch/ flash flat/ trap/hedge hard (#’s to sideline)
- b. Player being screened goes over top
- c. Double ball

## 7. Cuts

- a. Bump flash cut to the ball
- b. Do not let them in front of your face!
- c. *Basket cuts* – step in direction of the pass

## 8. Rebounding

- a. *Rebounding from ¾ post* – drive the post down to the baseline
- b. *Rebounding from help positioning* – hit and go!
- c. *Rebounding from on the ball* – hit and drive back
- d. Guard dive down on weak side
- e. **Front pivot** – forearm in chest (especially weak side rebounding)
- f. “Use your assets!”
- g. Swim up – smaller than opponent
- h. Swim through – equal or bigger than opponent
- i. “Low man wins!”

## 9. Closeouts

- a. High hands, wide stance in breakdown, chop feet, hop back expecting drive
- b. Close out to wing (FT line extended) – feet parallel to sideline – top foot above offense
- c. Close out below wing – numbers to the sideline, play straight up
- d. Dead Shooter Closeout – hand in pocket
- e. Challenging shots – defender goes up after shooter goes up!

## 10. Transition Defense

- a. Shooter above the free throw line, always drop back
- b. Back tips in conversion
- c. Sprint first 3 steps! Turn and find ball!
- d. Turn ball handler in backcourt / *“Turn him!”*
- e. Cut the ball down the sideline, channel the dribbler
- f. If you can’t get the rebound, tip it!
- g. COMMUNICATION!

## 11. Out of Bounds

- a. PROTECT THE PAINT!
- b. Switch all diagonal and cross screens
- c. Defender on the ball – butt to the rim with a foot in lane or put his back to the ball and make him a helper