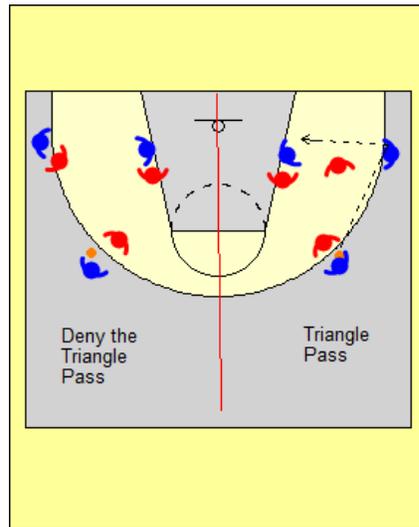


7. Deny Every Pass Close to the Ball

This concept expands on defensive rules two and three; especially when there is an offensive player in the corner (there should be no triangle pass with the low post if they are being defended three-quarters).



8. Slow Down the Reverse

This concept builds on defensive rules three and six. Any type of offence works if the ball is allowed to be quickly swung from one side to the other (especially through the high post). It is important to attempt to break the rhythm of the offence by denying reversal passes. Additionally, it is important to deny the pass when defending a back screen or weak-side-cut.

9. Play Good One-on-one Defence to Avoid Defensive Rotation

An ideal person-to-person defence starts with tight one-on-one defence on the player with the ball as defensive rotation makes the defence weaker. The defensive rotation puts the team defence in an emergency situation. Very often coaches spend the majority of time in practice working on these emergency situations but it is better to work on developing the skills required to prevent the emergencies from happening in the future or in the first place. Learning the proper defensive skills can last over the course of a player's career, while rotations may only work for one game.

DEFENSIVE TOPICS

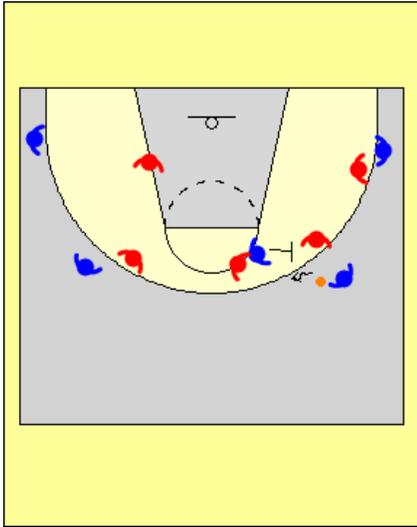
One-on-one Defence

Players have to find their balance and react. It is important to remember the simple principle of putting one hand on the ball and having the other in the possible pass location. The player must continually move their feet and always keep their chest in front of the ball and avoid crossing their hands or feet. Effective person-to-person defence is only as strong as the defence on the ball-handler.

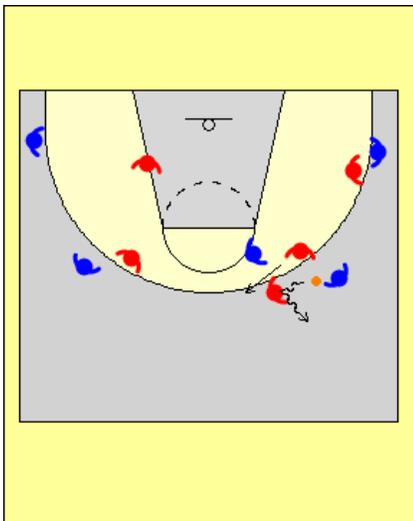
Pick-and-roll Defence

At the younger ages it is recommended to play a switch against ball screens. At these stages, the players do not have the skills and concepts to take advantage of a mismatch. When working with athletes at the proper stage for ball screens, the defence must have aggressive traps and inhibit the screener from seeing the ball

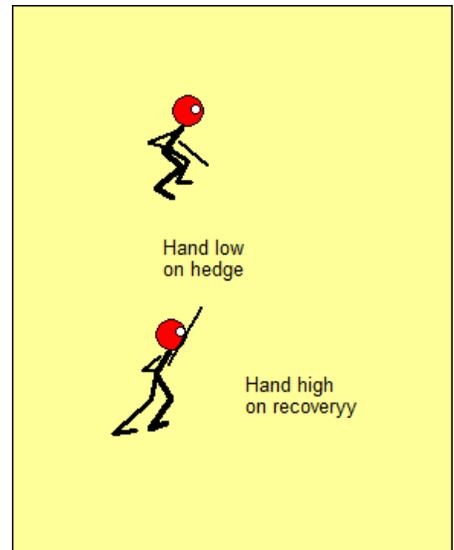
and basket while rolling to the paint. On the trap, the “big” player keeps one hand down on the ball to avoid a split and continues to keep their arms high while recovering. The guards must force the ball-handler to use the screen and try to anticipate the pick while fighting over the top. It is important for pick-and-roll action to be defended with all five defenders.

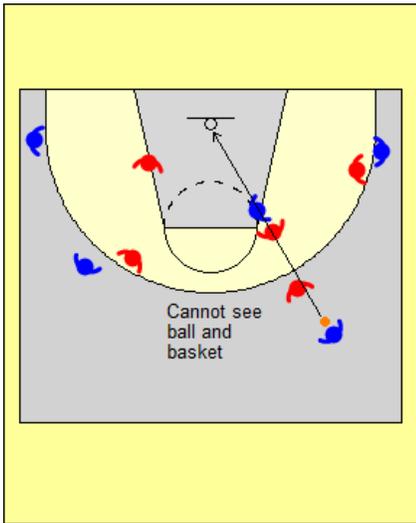


The defender of the ball has to make the ball-handler use the pick and communicate the action early and loud. The players who are one pass away from the pick are preventing the triangle pass, while the weak-side defender is responsible for the slip.



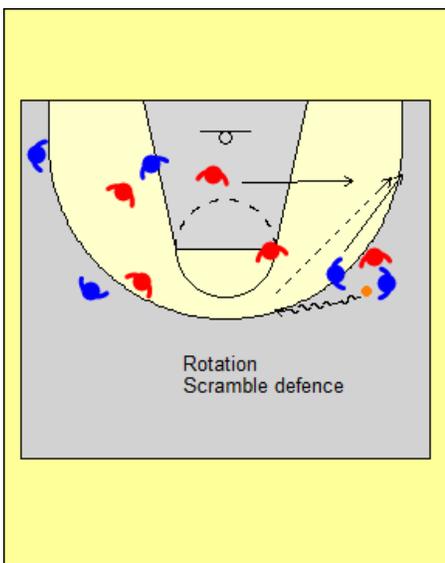
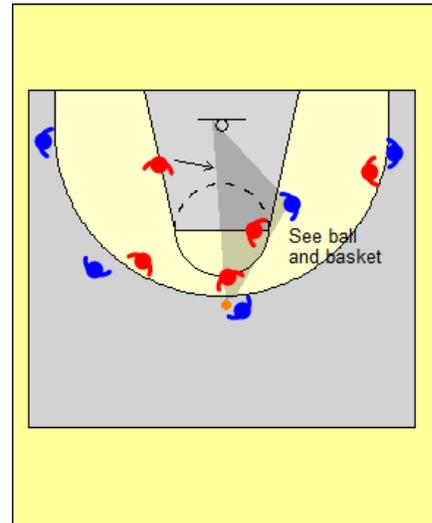
When the ball-handler uses the screen, the defender of the screener hedges out (with hands low) to force the ball-handler back towards the sideline. This puts pressure on the ball and makes the ball-handler retreat. When recovering, the defender recovers with their hand high to try and cause a deflection on the pass.



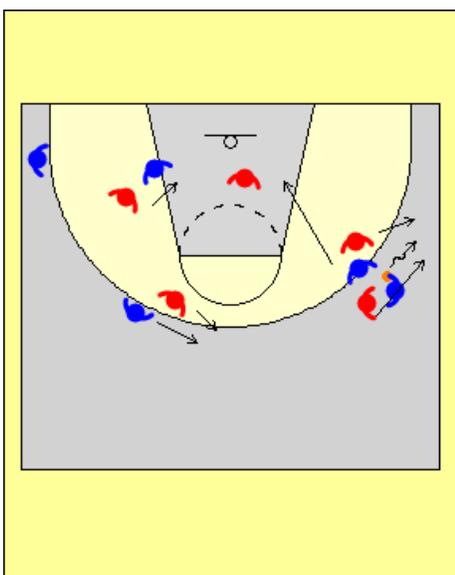
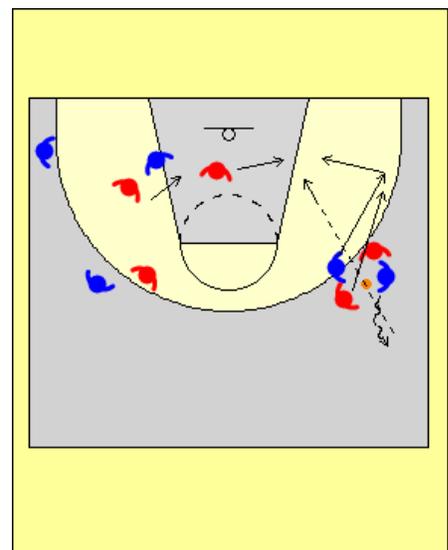


The defender of the ball-handler goes over the screen but under their teammate.

If completed properly the vision of the roller is restricted as they cannot see the ball and the basket at the same time. This makes it easier for help defence to help if necessary.



When a team is running a pick-and-pop it is often difficult to help as teams often resort to long rotations that leave them vulnerable. In this scenario the players do the same action as the pick-and-roll. The only difference is that the defender recovers in the passing lane forcing the offensive player to go back-door. This allows the help to stay in the key.



If a team sets the screen to go to the baseline or the team wants to inhibit the ball-handler from using the screen it should be trapped. The players who are one pass away deny while the weak-side defender can help on the roller.

Ball Screen Defence – Fundamentals

- The ball screen defence includes both coverage (two players involved at the screen) and support (three defenders off the ball).
- On-ball defenders responsibilities are to:
 - Be with the ball-handler.
 - Force the ball-handler to use the screen (unless coverage dictates otherwise).
- Screener defender's responsibilities are to:
 - Call the coverage.
 - Arrive with the screener.
- Off-ball defender's responsibilities are to:
 - Form a triangle behind the ball.
 - Pull in when the ball goes away from them (player should be prepared to bump roller).
 - Work out when the ball comes to their check.

Ways to Defend Ball Screens:

1. Hard Hedge (Over-under)
2. Soft hedge
3. Switch
4. Squeeze (Two under)
5. One Under
6. Trap (Blitz)
7. Down (Ice or red)

The Five W's of Pick-and-Roll Defence (Answers dictate the scheme used)

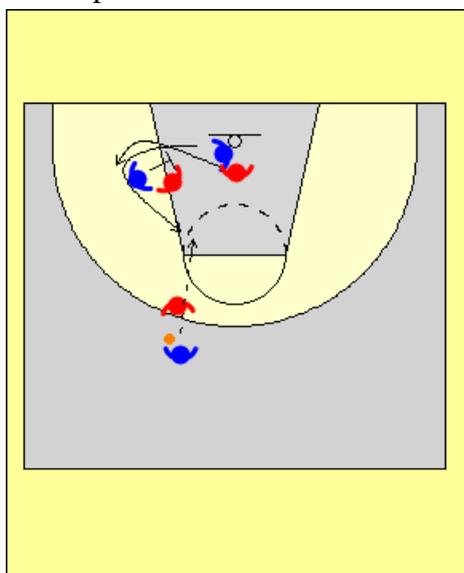
1. Where is it being set?
 - a. Side
 - b. Middle or high
 - c. Angle
2. Who is involved?
 - a. Shooter versus non-shooter
 - b. Shooter versus non-shooter setting the screen
 - c. Popper versus roller.
3. What is their alignment?
 - a. Position of "four-person"
 - b. The position of shooters
4. What is the communication?
 - a. Communicate early, loud and continuous
 - b. Screen defender should control the talk as they are never blind to action
5. What is the coverage?

Pick-and-Roll coverage is poor if:

1. Players are not talking.
2. The guard does not force ball to the screen.
3. The forward or centre are not arriving with the screener
4. There are splits.
5. Players are lacking effort.
6. The Centre is not in their stance.
7. Opponents engage the three other defenders

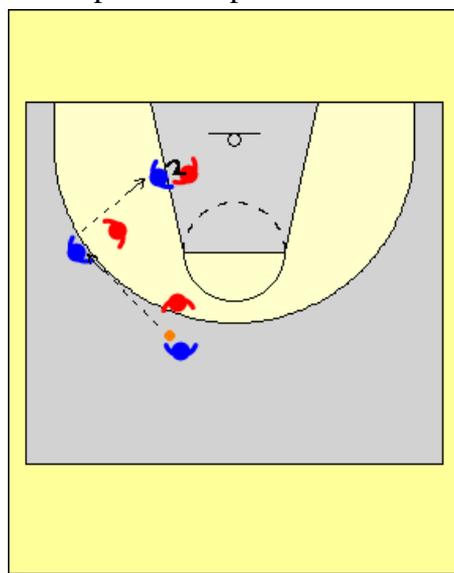
Down-screen Defence

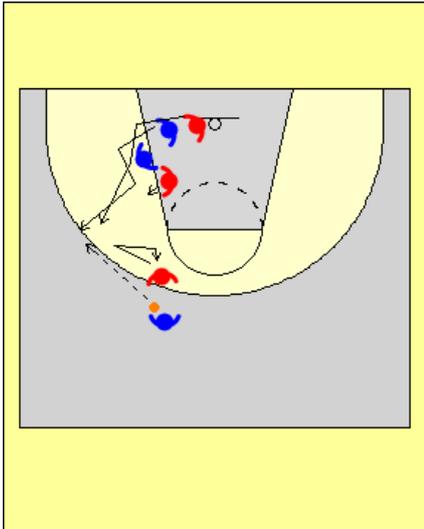
In order to be ready to help in case of curl and to avoid flash, the defender of the screener has to keep their feet higher than the feet of the screener – staying in the passing lane and ready to deny the pass to the low-post. The guard has to follow the offensive player and read the screen. If the screen is close to the baseline they must step through. If the screen is high the defender must chase. It is important that the defender of the passer makes a step toward the pass to help on the curl.



If the defender of the screen stays behind or too low, the offensive player using the screen can easily curl the screen.

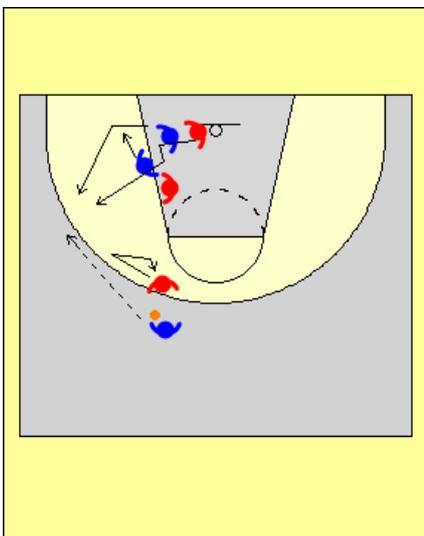
If the player does not curl and cuts to the wing, it is too easy for the screener to split the defender and post-up in the low block.





The defender of the screen must stay above the height of the screen (both feet) to put the defender in position to protect against the curl.

On the catch, the player who was guarding the passer must jump to the ball to discourage the quick middle penetration by the wing player. The defender must immediately return to passing lane defence.

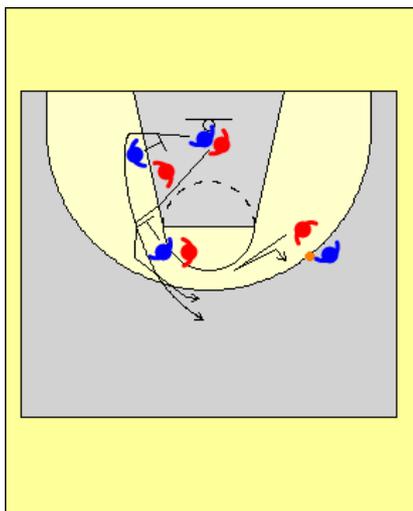


Moving Screen

The screener will often move slightly lower after the offensive player uses the screen. The player guarding the cutter must chase and then jump through the space between the screener and their defender. It is important for the player guarding the screener to not stand beside the screener as it creates a double screen on their teammate.

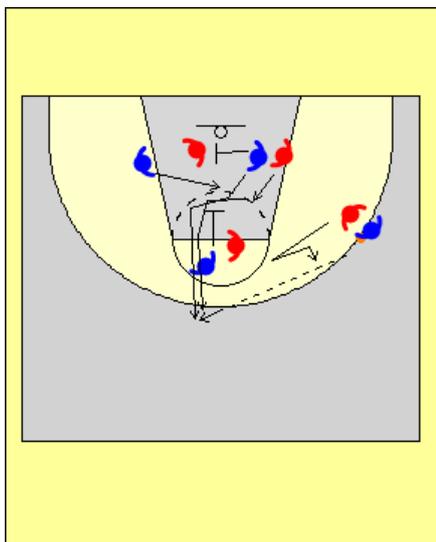
Double-screen (Stagger) Defence

Similar to the down-screen, the defenders of the screener on the passing lane should use same rules as previous. The guard has to chase over the first screen and step through the last screen.



Screen the Screener

The post player should be forced to go over the top of the first screen as it allows a shorter path for the player helping on the screen to recover. The second screen still has to be chased while the player guarding the passer jumps to help on the quick attack.



Weak-side Cut

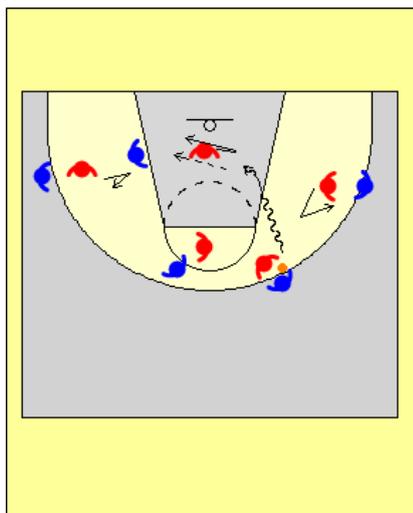
Defenders should inhibit their checks from cutting in front of them. They can stop their check with the forearm when they get in to the paint and force them to the baseline or to the top of the key (deny three-point line). Depending on their balance, the defender will decide either to see the ball or to see the player on the critical point of the cut.

Back Door

On the first step to the basket by the offensive player, the defender has to slide back. On the second step, they have to turn their head and immediately see the ball. If the offensive player comes back on the three-point line the defender has to again turn their head toward the offensive player.

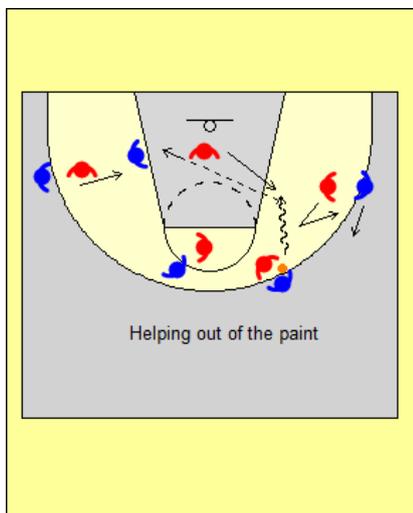
Against Penetration

On every penetration by the guards from the perimeter, the defence has to fake and retreat with the closest defender (extending one arm to try to touch the ball) and help with the “big” from the weak-side (never allow a pass to the player in vision of the penetrator). The “big” has to help only once the penetrator is in the paint and read if they are looking to pass or shoot the ball.



The wing player on the side of the penetration stunts and recovers, while the post does not leave the key to help – they protect the front of the basket to force the offensive player to pull up or take a charge. If the pass is made, the player can deflect the ball or still recover.

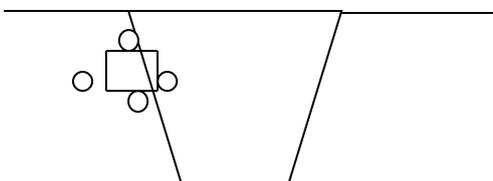
It is important to note that if help is provided off the ball-side there is no one who can help the helper as it usually leads to an easy three-point shot or defenders confused and scrambling from the penetration.



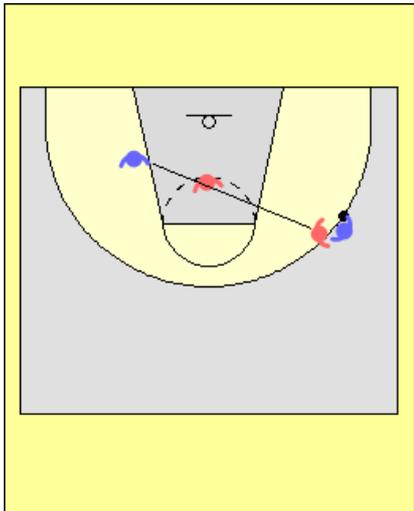
In this example, the post player is helping up and out of the key. This has to be avoided as it allows an easy pass that no defenders can provide help on.

Low Post Defence

The ball should never be allowed in the low post. The defender should play in front if their check is close to the paint (three-quarter defence if they are close to the baseline). The player should stay behind if they catch the ball one step outside the paint; which then allows for help.

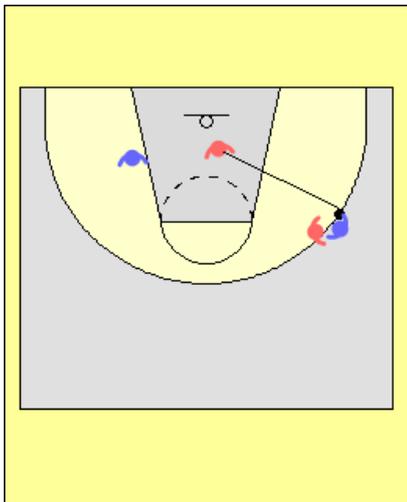


- = Where the low post player can catch the ball
- = Where the low post player should not catch the ball

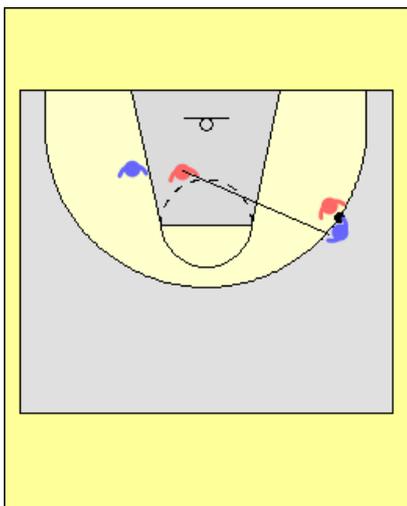


Playing Away from the Ball on Defence

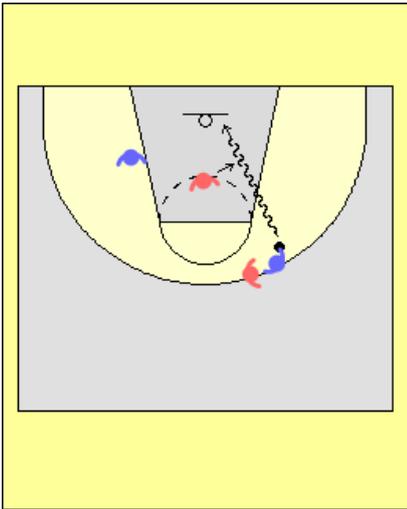
Young “big” players are often unsure how to position themselves properly on defence. It is important for them to play to their strength (size) and show the perimeter defenders that they can help them. Additionally, the help defender should not align with their teammate as the offensive player will have a clear path to the basket.



When the perimeter player is forcing the ball baseline, the post defender aligns in the driveline for the offensive wing player. This discourages the drive and makes it is easier to rotate to help as the player moves up the line.

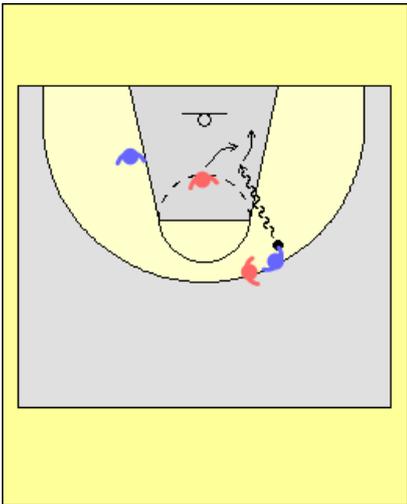


If the perimeter player is forcing middle, the post defender appears in the driveline of the offensive player.



Contesting the Shooting Shoulder

In order to stay in the game, the young “big” player must use their fouls wisely. Players should be taught to contest the shooting shoulder. When a perimeter player drives to the basket too often, the player contests the shoulder closest to the basket. In the example to the left, this would be the left shoulder. The problem is that the ball is being shot from the right.



In this example, the player moves a little further to get in the driveline and contest the right shoulder to create a tougher shot for the driving player. At this stage, it is not necessary for a blocked shot or for taking a charge but to elevate the confidence they are in the right position.