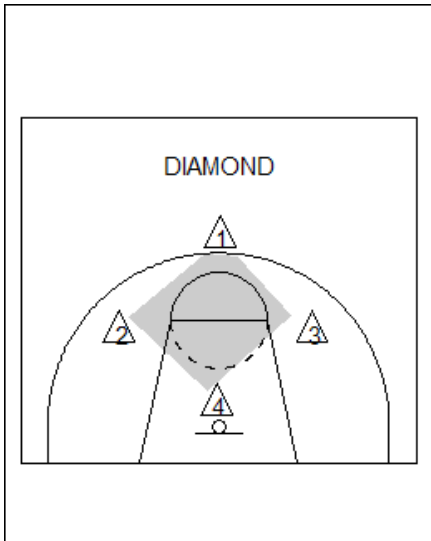


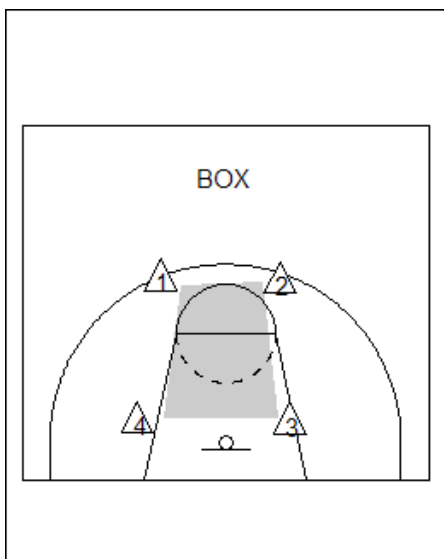
ZONE DEFENCE

What follows is a conceptual approach to teaching zone defence.

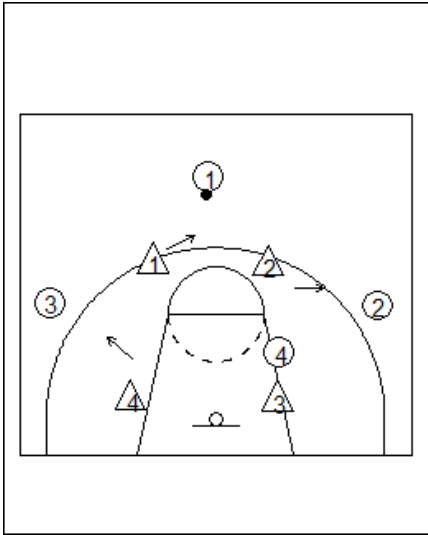


Conceptual Zone

The defence can either be in a diamond shape (a one-front defence) or a box (an even-front defence).

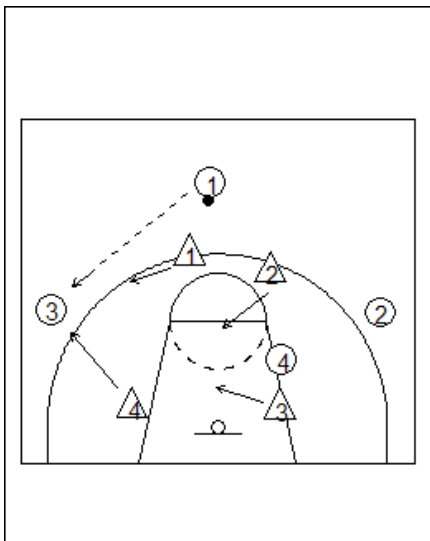


Box formation with an even two player front



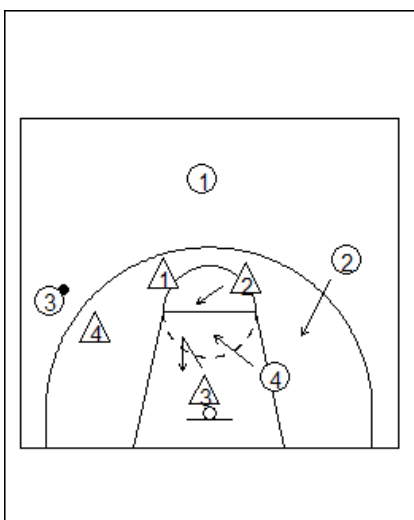
1. Match the ball

Someone must be designated the ball which allows the other players to establish their roles. This does not mean that the defender must run out of position to guard the ball but helps everyone else know what their roles are on the next pass.



2. Move on the Air Time of the Ball

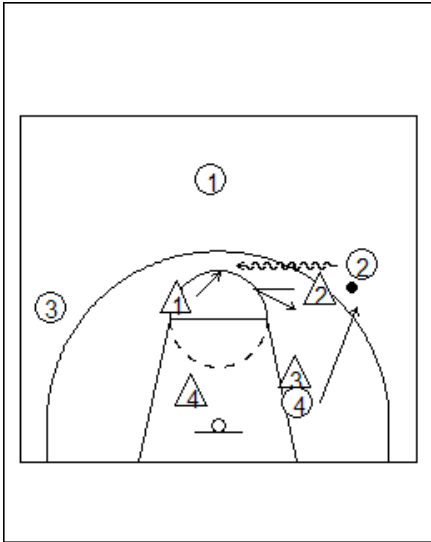
As a pass is made, the defence moves while the ball is in the air calling "ball." The other players match appropriately. This concept is the same with person-to-person defence.



3. Passing on Cutters

Offences use cutters to disrupt a zone and therefore the defence must front the cutter to a certain point and pass the cutter on to the next defender.

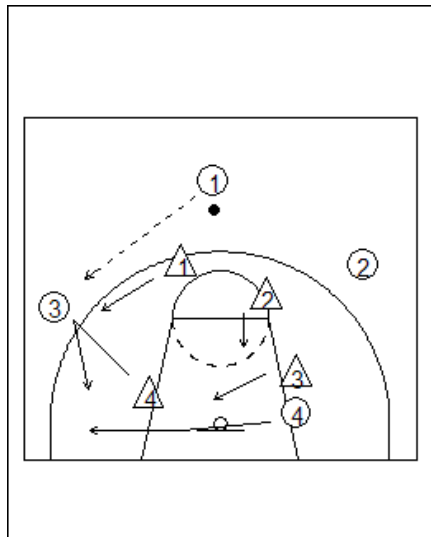
Defender Three fronts Player Four and then passes them on to Defender Two. Defender Three must recover to prevent Player Two from back-cutting into the space vacated by Player Four.



4. Passing on Dribblers

This concept is similar to passing on cutters where if the defender stays too long the zone is vulnerable to dribble pulls.

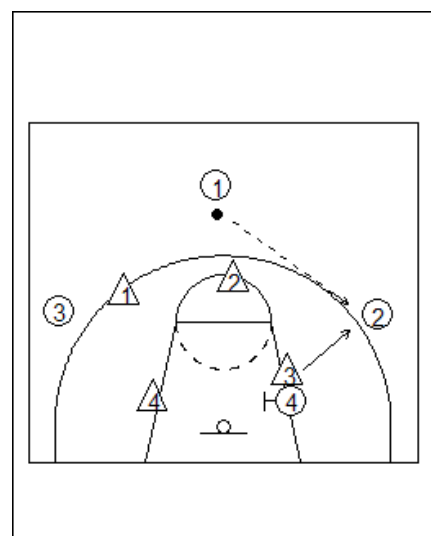
Defender Two must pass *Player Two* onto *Defender One* and recover back to *Player Four* filling the vacated space.



5. Bump Move

It is important to work on bump moves against teams that employ baseline runners or overloads.

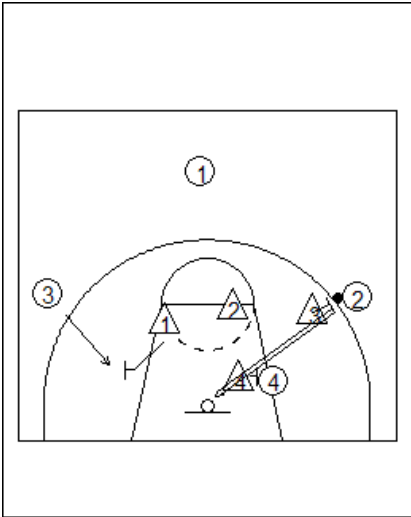
Defender Four moves to *Player Three* and then is bumped back by *Defender One* so they can cover *Player Four* (the runner).



6. Sit on Top of Screens

Players cannot get sealed or screened by the zone. The players can “sit” above so they can go in either direction.

Defender Three sits on top of the screen near *Player Four* to cover *Player Two* after a pass.



7. Box Out

The biggest weakness of a zone is defensive board coverage. All players must become involved, especially the guards at the top. If a team sends a player back as a safety, the guard must get involved in rebounding.

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