

Defensive Notes 2021

Defense

Brian Dutcher - San Diego State

- I challenge players before they come in. If you don't want to play defense, this is not the right program for you.
 - If I guard hard, freedom on offense
 - How do players play at San Diego State? Because they defend.
- FIX IT mentality
- Like to pressure FC because if the coach is the one calling the plays they can disrupt their timing

Everyday (even on game days)

1. Shell drill
2. Closeout
3. Box outs

Defensive positioning and Habits

1. High Hands on Every Catch, Always
2. Shell Drill
 - Bottom i Help
 - V-back
3. Post defense
 - 6-inches of space on the catch, when they take the dribble we are the first to hit: BANG him with your chest
 - Shrink and Dig
 - Ball is picked up, move back to your man
 - 3/4 "WRAP" with an arm on top to discourage post entry
4. Switches
 - Always have a hover hand (in case the guard pulls up)
 - Switch to your gap (DHO's and BS's)
5. Mismatch in the post
 - Read the offensive players eyes (looking for the post entry move closer, looks away you can get back closer to your man)

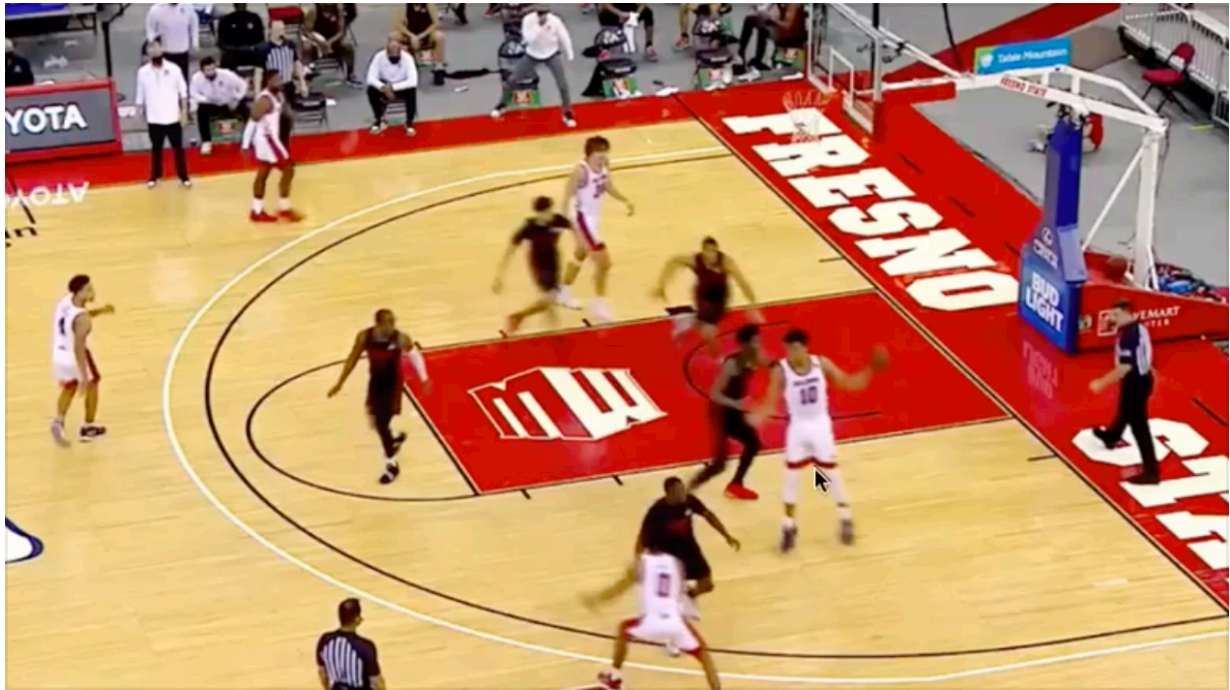
6. Gap Help, Head on a swivel
 - Nail help (KYP - two places at once)
 - Stunt for the stunter
7. Transition
 - Build a wall
 - No buddy running
8. Recover on the Pick UP
 - Don't put 2 on the ball unless you're doubling - no hesitation
 - Flat drive vs. penetrating drive (top drives)
9. Strongside Help - Top Drives
 - KYP: Shooter? Driver? Cutter?
 - Stunt and recover (fake help - be moving early), Full Body Help, Short closeout
 - Stunts: get them to pick the ball up earlier at the elbow instead of getting all the way to the rim

Shrink and Dig

- When you split the difference after the post entry what percentage are you going? - "go 50" "go 30" (depending on the level of shooter - green shooters, yellow shooters, red shooters could all be different percentages)
- When offensive post players are playing 1 v 1 in practice they usually don't have to think about a dig man (make them uncomfortable)
- If the big picks it up, get out and move back to your man

Post Trapping Scenarios

- Go on the Dribble: Does the Ball have eyes? (Go on the dribble and most guys put their head down and can't see the floor)
- Go on the Catch - must have high hands
- Bottom i double (almost like a baseline drive)
 - Ball cannot go middle
 - Positions: bottom i , top i , taker



- Double off Cutter
 - Once cutter hits the lane line on cut through the lane immediately snap back and double

Jeff Sparrow - Spire Institute

Point of Attack

1. Live Dribble
2. Triple Threat
3. Post
4. Closeouts

Rules: Point of Attack

<https://www.youtube.com/watch?v=74rTsQKlhKo&t=113s>

- Don't live inside the opposing player's bubble



- If you see a hip or a back close the space, if you see a Chest create space
- Win at the midrange
- See a hesitation create space
- Back foot at 12ft
- Try and get a fingernail on the ball on strip blocks
- Chart POA percentage (75% POA percentage correlates with wins)
- See a hesitation create space
- Its about swinging first
- Can't disrupt the shooting pocket in a squared foot stance

1. Proactive not reactive

- Move first
- Crowd and bounce back
- Lead foot stance
- Create space: don't live in their bubble. This is crucial to absorb first

- dribble
- Win in a squared stance
- NEVER toes on toes
- Snake in the grass (look to strike)
- 2. Know Your Personnel
- 3. Don't Jump
 - Disruptive in the shooting pocket
 - Could pick up third foul, fly by, open up the passing lane
- 4. Start Wide and Stay Wide
 - Push and REACH (no false steps): open your toe
 - Maintain that width
 - Win with your chest
- 5. See a Chest Create Space, See a Shoulder Close Space

60-75% win POA

Communication Rules

Early and Often

Action and Location

Clear and Concise

Packline Defense - Jim Boone

Packline Defense

- Its not what you teach its what you emphasize: who you recruit, lead the nation in defense, every decision we make is going to be made with
 - Teams are only going to be good at 3 or 4 things: shot selection, take care of the basketball, team defense
 - Its not what you teach its what you emphasize: who you recruit, lead the nation in defense, every decision we make is going to be made with
 - Will your defense allow you to beat the best teams in your league?
 - Know your NO's:
1. No Paint (deflection, steal, blocked shot, charge, hard foul) - consequences for the offense

2. No Baseline
3. No Rhythm 3's (
4. No Blow Bys (guard a yard)
5. No Fastbreak Layups
6. No Second Shots (1st shot FG% is less than 40% in NCAA D1 - integrity of matchups)
7. No Fouls

Keys

1. You Must Pressure the Ball (heat up line - at the coaches box)
2. Positioned in Help (you don't get beat on the help, you get beat on the recovery): ball side foot is ahead, ball is coming to me: 2 passes away, straddle the lane line
3. Influence Opponent Shot Selection (
 - Scouting is for Matchups are KEY (no switches or help): when you maintain the integrity of your matchups you know how far to closeout (red, yellow, or green shooters)
 -

Ball Screen Defense

1. Force into the screen: body in (in his grill), body up (as he uses the screen, try to knock him over) , body over
2. Big is loose (linebacker stance)
3. Chest and Under
4. Hard Hedge

Post Defense

1. No catches in the POST BOX
2. 3/4 on top of the post (perimeter defense helps it make more difficult to post feed)
3. Post entry catch outside of POST BOX
4. No Baseline
5. Roll my hips and show my hands on high/low entries
6. Choke and DIG (on the dribble)

Drills

Army 1 v 1 Drills

- One line at HC and defender has to get 3 consecutive stops. If someone scores they get to go on defense and try to get 3 stops

Perfect Closeouts

- Two lines facing each other about 15ft apart
- Sprint 2/3 of the way there then choppy steps
- Two hands up with elbows inside your shoulders
- Next part of the drill: JUMP UP (ball above their head), JUMP BACK (ball in triple threat): 1 hand trace with hands on the glass (avoids reaching fouls), chest in front of the ball

1 on 1 Closeouts (w/ 1 dribble)

- When he leaves the floor you leave the floor: contest with "hand over shoulder" straight up and extend as much as possible

2 on 1 Closeouts

- When the ball swings you jump "back and to the ball" (top foot up towards the ball) - if you get flat and face the ball we call this "going blind" your man can backcut you
- "Seeking leverage" - when you take first step in to cut off the baseline drive
- Guarding on the wing: drop step with the foot he fakes with. Your outside foot to the baseline side is outside of his foot
- If he goes to the middle we arc the dribble: "Hit and show" soft arm bar and then show the ref your hands

2 on 2 Vision (without the ball, then add a pass)

- Best thing you can have as a player is an imagination
- On backcuts you snap your head and find the ball
- Deny any cut that causes a catch inside the pack: if he goes outside the pack you are back in your gap
- See the ball, stay in a stance, and talk
- Explode out of the pack when the ball is passed to a player: back and to the ball when its passed back

3 on 3 closeouts

- Closeout to your position
- Closeout to ball, gap, and help

- 1 pass
- 1 pass then drive (only score a layup)
- 1 pass then drive, w/ a paint touch and shoot a 3
- FORCE the next pass + Outlast them
- Constant Repositioning

4 on 4 change drill

- 4 on 4 shell and coach yells change and offense and defense switch: the same guy cannot guard the ball (stop the ball, get the paint, level of the ball, find a man)
- Have offense try to drive it and get in the paint

Packline Defense - Ajay Sharma

Problems with traditional shell drill

- Practicing to get beat
- Longer closeouts became
- Problems with defensive rebounding
- Chasing and Reacting

Packline Defense

1. Closeouts are shorter (2 hands high early, then you sit down, gives offensive player perception you are closer than you actually are)
2. Rotations are shorter
3. Defensive Rebounding Improves (maintain matchups)
4. Really difficult to deny, help, and recover in traditional defense
5. Defend 3pt line shooting
6. Foul less
7. Make game to game scout easier (get closer to 1 specific shooter)
8. Very few gray areas

Basic Concepts of the Packline

1. Packline is an imaginary line above the FT line but inside the 3pt line (16-17ft)
 - Toes on the pack, halfway between my man and the ball (can adjust

depending on length and athleticism). You're only decision is how long you have to stay in the gap before you leave

2. Heat up line (where teams pick up the ball)
 - Tape this down
3. Post Box - No catch zone
 - Tap this down

Packline Non-Negotiable

- NO paint
- NO baseline drives (prevents ball from going to rim, bigs having to rotate, limited amount of floor space, weak side defense doesn't have to be on the midline, not a lot of rotations)
- NO rhythm 3's
- NO straight line drives
- NO lay-ups/transition baskets
- NO high low passes
- NO 2nd shots
- NO fouls

Keys to Coaching the Pack

1. Can't let them wander - on-ball defender is the only one allowed outside the pack
2. Ball pressure - put as much pressure as the match up will allow. Work to not get beat, level off the dribbler - no WINDOW SHOPPING
3. Police the baseline-drive closely (subbed out)
4. Start in help (gap) and figure out when they should leave to recover. The pack is about recovery with positioning being the help
5. Closeouts, closeouts, closeouts (twice a practice)
6. No high-low post feeds
7. Multiple Efforts

Packline Killers

1. Wandering - seal gaps vs deny passing lanes/offensive players
2. Bad closeouts
3. Biting on Fakes - jabs, pass fakes, and shot fakes
4. Reaching
5. Being Late - post doubles, choking
6. Being low in the gaps
7. Not talking
8. Big over helping in the lane on drives

Post Defense

- 3/4 on post ups - top side
- Jump off, sit down and play behind as the pass is being made
- Make post player shoot over you verse allowing a shoulder advantage
- CHOKER the post - before and after the catch
- DIG the post - once move is happening with a dribble
- DOUBLE the post - arrive on the catch, lock the passer, bottom and top of the eye handle passes out opposite (usually with other biggest player: form the "I" behind the trap
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Off ball screens/Ball screens

- Off ball screens: lock and chase (don't get screened)
- Once you realize you are being screened you don't have any help responsibilities
- Ball screens: drill your coverages that suit your team/personnel
- Screeners defender should help as much as they but stay connected to matchup

Packline Drills

- 1 v 1
- 2 v 2 Gap Drill: on and off ball presence
- 2 v 3 Vision Drill: use coach as 3rd offensive player
- 3 v 3 closeout
- 4 v 4 or 5 v 5 change drill (player with ball puts the ball down and flip to defense - that player can't take the ball)
- 3 out 1 in: post defense coverages
- Post trap breakdown: guards only, bigs only and then put it together
- Transition drill: line touch (get offense to run hard)
- Play Play Play: connect live play to drills/tactics and always coach the mistakes players must learn the impact of doing and not doing their job as it relates to winning