

RHINELANDER HODAGS



Man to Man
Defense

Man to Man Defensive Phases

The following nine phases are a breakdown of our man to man defensive philosophy. These phases build from individuals defending the ball to five players defending the ball and helping each other.

All phases require certain skills that players must do in order to reach their full potential. Communication, effort, active hands, vision, stance, and anticipation are all necessary in each phase.

Communication is important because it ensures that all five players are on the same page. When players talk, players work together. Talk is also intimidating to opposing teams. When teams talk, they show a level of organization and intensity that not all teams have. This can be very discouraging to opposing teams and can wear on teams as the game goes on. Communication requires maximum effort from each player and is a good way of exposing players who aren't giving effort.

Effort is what defense is all about. A lack of athleticism, talent, size, and other shortcomings can be masked by absolute effort. Defense is physically demanding and not given the same headlines as offense, because of this players aren't always passionate about it. Defense is the most consistent thing you can have and the area you can have the most control over. Teams that play defense with maximum effort are winning teams, find players who are willing to give that effort.

Stance, vision, and active hands are the physical part of defense that players have to master. If they are following these three things, they will find themselves in the right spot and making things happen. Vision is a player seeing both man and ball at all times. This awareness allows players to be in the correct position and stay a step ahead of their opponent. Active hands cause deflections, loss of vision, elimination of passing lanes, and hesitation for offensive players. Mistakes made away from the ball can be covered up by having active hands. Stance is the last piece of the physical puzzle. By being in an athletic stance we can get from spot to spot quickly and be ready to react to the offense. When players stand or reach in, they get out of their stance and allow the offense an opportunity for an advantage against the defense.

Anticipation is the ability to know what is going to happen before it does. Players who anticipate can appear far quicker than they physically are. Anticipation is done by reading eyes of the offense, body of the offense, knowing past tendencies, offensive alignments, and being mentally engaged in each possession. Players who have worked through each phase begin to grow in their knowledge of defense, expectations, and where they need to be. This muscle memory allows movement and placement to be automatic so players can think and observe and become better at anticipating.

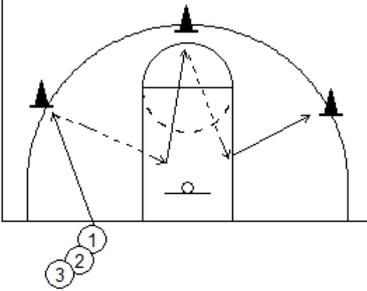
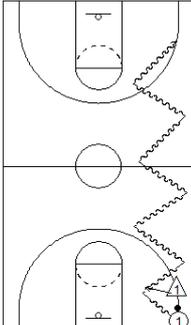
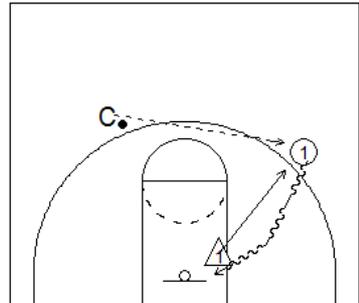
Phase I: On Ball Defense

When playing defense on the ball it is crucial to apply pressure to make the offense uncomfortable, while also keeping your man in front of you. You can't allow the offense to drive straight line towards the hoop. You must push the ball to your gap help and at the very least keep the player out of the lane and force a challenged shot. Ball pressure takes away easy passes and shots and forces the offense to work harder.

- On Ball Defense
 - Know your Movement Ability
 - Cushion, crowd, can you keep him in front?
 - Push in the direction and stay wide, don't shuffle.
 - Close out under control, low body, high hands, choppy feet
 - Be able to react to the drive and take away the shot
 - Eyes on Ball Handlers Numbers (Don't Watch the Ball)
 - Stance: Low and Athletic, be able to react and move
 - Active Hands: Cause deflections and impair passers vision
 - Give cushion, but be close enough to bother, turn the ball handler and do not allow him to penetrate in a straight line.
 - After pass, jump to the ball- NO FACE CUTS
 - Box out and Rebound after shot

Breakdown Drills:

- 3 cone closeouts
- 1 on 1 zig zag
- 1 on 1 closeouts
- Lane slides
- 1 on 1 Jump to the gap

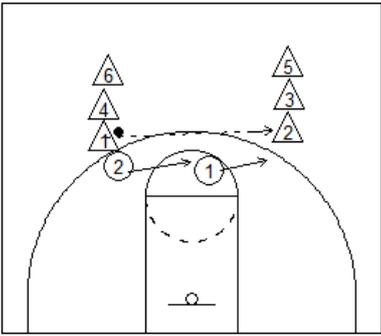
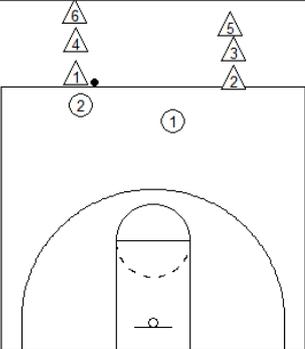
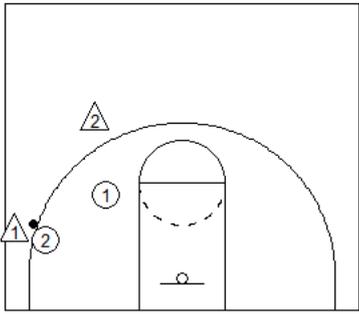
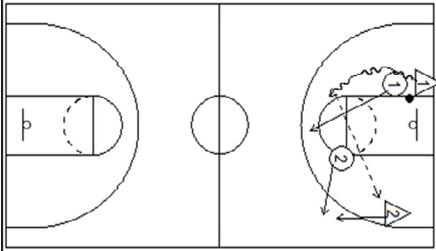
		
<p>3 Cone Closeout: Player sprints to cones and chops feet on his approach. He then slides to the lane and sprints to the next cone. Continue this for all cones.</p>	<p>1 on 1 Zig Zag: Defense must force as many turns from the offense as it can. Emphasize to the offense not to automatically turn, but for the defense to make them turn. You can add live at half court, no reaching, and other pieces to the drill as needed.</p>	<p>1 on 1 closeouts: Coach will pass the ball to an offensive player and the D must close out and play live. Changing location on the court is important to work all areas. Players should take away shot and drive. You can add to the competitiveness of the drill by keeping score, making it make it take it, having the defense pass the ball to the offense and other creative ways.</p>

Phase II: Gap help

- Gap Help
 - See Man and Ball- NO BACK DOOR CUTS
 - Maintain Stance and active hands
 - Be up in the gap, don't sag down
 - Don't over help, provide brief support and then close back out to your man
 - Show with your body square when helping, don't turn body and lose sight of man.
 - Communicate
 - Recover on air time

Breakdown Drills

- 2 line gap help and recover
- 2 on 2 half court gap help
- 2 on 2 from wing
- 2 on 2 full court gap help

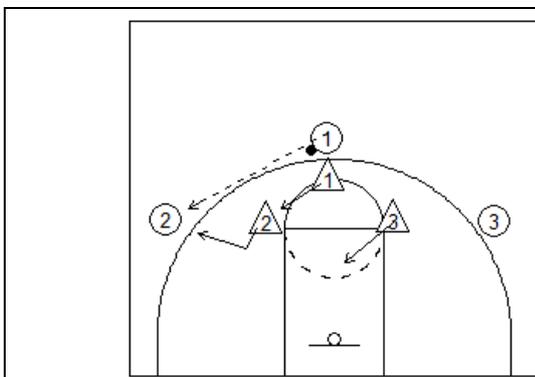
	
<p>2 Line gap and recover: This drill has 2 lines, first people will start on D. They will practice moving from gap to ball while the offense passes. You can add dribble to punch gaps and recover as they improve. Those not actively involved should be cheering to encourage talk. Players should do this in short bursts with D going to the back of the line and O going to D on the switch.</p>	<p>2 on 2 half court gap help: In this drill you will expand on the skills learned stationary and now apply them in 2 on 2 from half court. Offense can back cut on overplays and dribble through gaps, but that's it. D must go from gap to ball and keep O from scoring. Advance this by adding shallow cuts and hand offs.</p>
	
<p>2 on 2 from the Wing: This drill works on the same principals, but adds use of the baseline as a defender and jumping cutters when ball is swung from top to wing. After 2 passes to 1, he can cut and 1 D must jump the cut and not allow a touch for a layup. You start by practicing the actions and then you can go live.</p>	<p>2 on 2 full court: This is just like half court, but now you go the entire length of the court. On ball must push to gaps and players must recover and cover space.</p>

Phase III: Help Side Defense

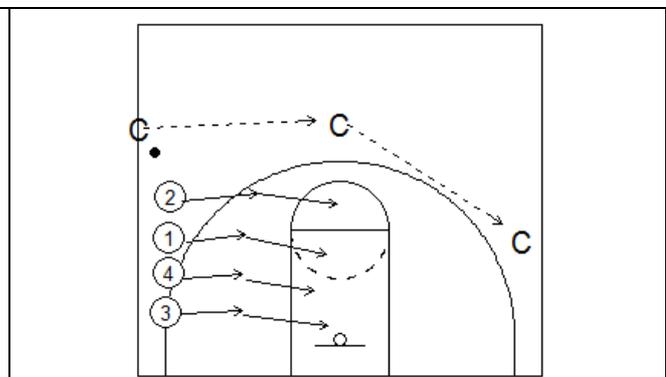
- Help Side
 - Maintain stance and active hands
 - Vision is key, need to see both man and ball
 - Anticipate when helping, have high hands and if defender is out of control TAKE A CHARGE
 - Do not allow your man to face cut or flash across lane
 - Communicate
 - Move on air time

Breakdown Drills:

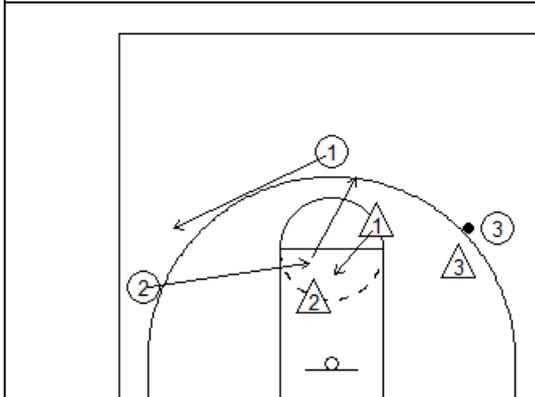
- 3 on 3 shell
- Romar Closeouts
- 4 on 3 stop penetration



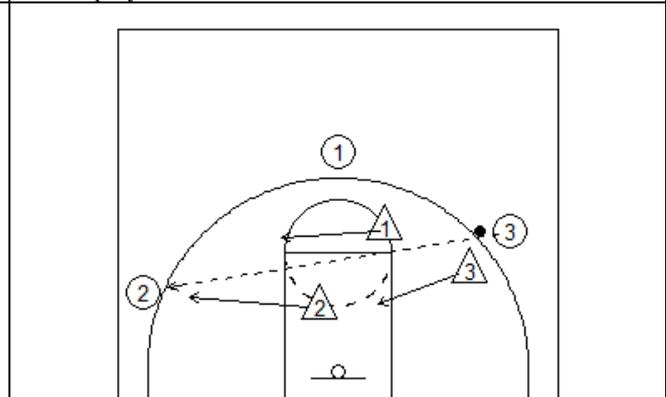
3 on 3 Shell: This drill reviews ball and gap while introducing help position. Emphasize players sprint on airtime w/ Low body and active hands. As the ball moves so do players. You can add dribble penetration and cuts as players improve.



Romar Closeouts: This drill can be done with 3 coaches, managers, or players. It is a high intensity drills where all players move from ball to gap to help based on ball location. The harder they work and the more they talk, the shorter the time they should work. Coach blows the whistle and all four sprint to the other end and back. A new 4 players will run out and continue the drill.



3 on 3 Shell w/ Flash and Flare: This drill you can add a flash from the weakside and force the help to jump the gap and take away the pass. You can also have the top flare and one must move to the correct spot without hugging their person.



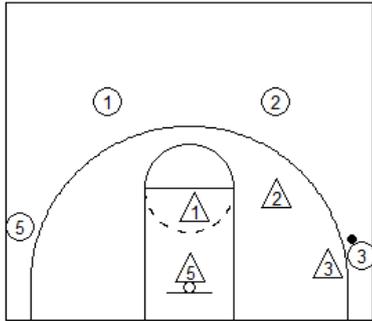
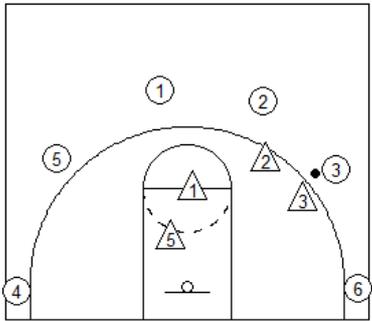
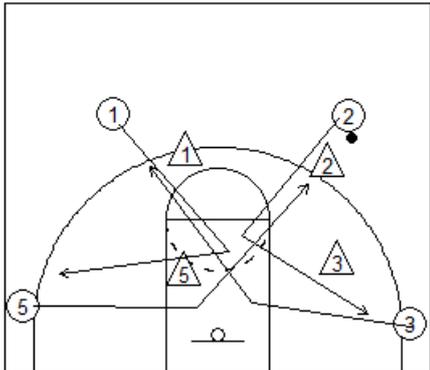
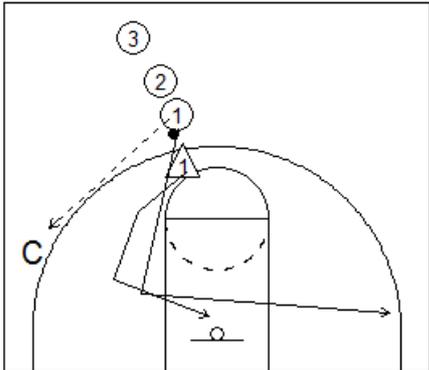
3 on 3 Shell w/ Skip pass: In this drill, the weakside defender must close out after a skip pass under control and stop penetration. Players should focus on pushing the dribble to the gap.

Phase IV: Weak side Defense

- Weak Side
 - Maintain Stance and active hands
 - Vision is key, need to see both man and ball
 - Be under the hoop and ready to help. Must meet dribble penetration outside of the lane.
 - Communicate
 - Deny flash cuts and weak side flash
 - Take a charge
 - Use help line instead of following defenders after cut

Breakdown Drills:

- Shell Drill
- 6 on 4 open corners
- 2 on 2 jumping gap with cutter going to corner
- 4 on 4 switch
- 5 on 4 rotation

	
<p>4 on 4 Shell: This is the shell drill where we cover all 4 positions. Players continue to move on air time and sprint to position. You can add cutting, baseline penetration, and other movements as well.</p>	<p>4 on 6 open corners: Each player has a man that they are responsible. Corner players can cut or dribble to the hoop and weakside must be alert to guard them. Corners will not be guarded on the perimeter.</p>
	
<p>4 on 4 Switch: This drill starts out similar to shell drill. When coach blows the whistle, O becomes D and D becomes O. Offense must touch the lane and guard someone different than who was guarding them. This drill is great for working on communication.</p>	<p>Ball-Gap-Weakside: In this drill players will practicing going from ball to gap and jumping the cut. They will then deny the pass and stop in weakside positioning. Players commonly hug their man and forget their positioning. Coach can drive to force weakside to step up and take a charge.</p>

Phase V: Transition Defense

- Transition Defense
 - Sprint to the lane
 - Locate the basketball
 - Stop ball, Protect Hoop, Closeout shooters, Find your man
 - Must have lots of communication

3 on 2 1/2	Dead Ball Call
<p>In this drill 3 offensive players will attack 2 set defensive players. Once they cross half court, D1 sprints to half court and then enters the game. After the offensive possession, the defense takes the ball and attacks the other way. Same rule, when the ball crosses half court, the defender sprints to half court and joins. Teams guard the same hoop, so after a possession, two new defenders replace the ones from the last possession.</p> <p>Scoring: +1 for baskets and +2 for TO...3 minute timings</p>	<p>In this drill players are playing 5 on 5 in a regular game like situation. Coaches however may call DEAD, at that time, Offense passes their ball to a coach and sprints back on D. The Defense will receive a pass from another coach and attack on offense. This is a great reaction drill and forces players to be ready to go from set offense to transition.</p>
Transition Progression	5 on 0 Phantom Defense
<p>It starts with 1 shooting a FT, he then defends a 2 on 1, After that possession Triangles are on offense with a 3 on 2, and then Circles are on Offense with a 4 on 3, and then back to triangles with a 5 on 4. After the 5 on 4 it resets and the opposite team starts with FT.</p>	<p>This drill begins with 5 on 0 offense; focus on crisp cuts, passes, and purposeful movement. Coach will call switch and the team will sprint to the lane and begin playing 5 on 0 defense. There should be a huge emphasis on talk and active hands and bodies.</p>

Phase VI: Helping the Helper

- Helping Helper, (Rotation off of Help)
 - Anticipate and sprint to your help
 - Active hands and vision
 - Can't allow baseline pass to go through
 - Communicate- Let your teammates know you have their help
 - Recover out- stop ball first
 - Sink in the middle

Breakdown Drills:

- 4 on 4 Shell drill w/ cuts
- 6 on 4 open corners
- 5 on 4 offense (any mismatch defense drill to force guys to guard 2 or more players)

<p>Shell w/ Baseline Drive: Weakside must step up BEFORE the lane line and stop penetration. Help side sinks and takes away a drift pass to 4. The Gap, 1, will sink and close out on whoever catches the pass on the top. If 2 gets the pass on top, 1 will closeout in the passing lane to offensive player 1.</p>	<p>High Gap punch: Ideally the defender forces the ball to a gap, but if the gap has to over help, weakside defender (2) will shade over towards offensive player 1 to discourage the quick kick and to take away a catch and shoot situation for the offense.</p>
<p>Mismatch Drills: Any drill where there is more Offense than Defense, it forces the defense to be aware of the ball and multiple players. These drills help players learn to take away the direct passes to allow recovery time for their teammates.</p>	

Phase VII: Defending the Post

- Defending the Post
 - Fronting the post
 - $\frac{3}{4}$ Low Side
 - $\frac{3}{4}$ High Side
 - Trapping the Post
 - Digging on the Post

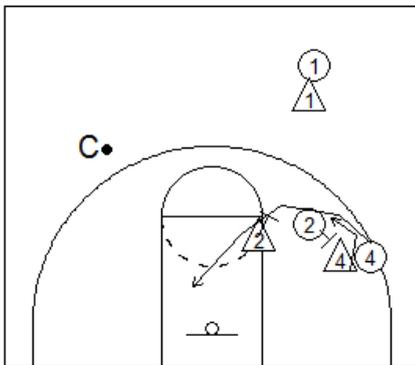
Breakdown Drill:

- Bull in the ring

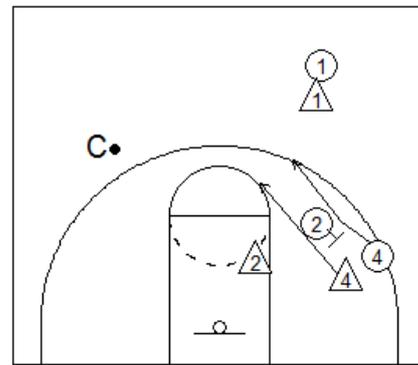
<p>Fronting the post: When fronting the post, the defender should try hard to bury him under the hoop. If the Offense starts pushing away, spin around because they are now away from the hoop. Weakside help to avoid lobs is a must.</p>	<p>$\frac{3}{4}$ Low: When the ball is below the free throw line extended, the post will $\frac{3}{4}$ low side because they are the “gap” help in this situation. On a $\frac{3}{4}$ front, players deny straight on touches and want to force the offense to lose his position for a touch.</p>	<p>$\frac{3}{4}$ High: When the ball is above free throw line extended defense will play above the offense. This again allows more help for penetration and takes away the passing lane. If swung corner, D must fight to get low position. No direct passes.</p>
		<p>Post Defense Keys:</p> <ul style="list-style-type: none"> • Low man wins. fight for your position. • Low body high hands on catch. Stay mobile so you can move and defend. • No easy touches in bad spots. <ul style="list-style-type: none"> ○ If they get low position, spin out and seal them under the hoop. ○ If you are trying to front and they push you out, spin and force them a catch away from the hoop. • Keep gap, ball, help, and weakside principals. • Finish with a Box out.
<p>Digging on the post: When dealing w/ a talented post player, you can have perimeter players dig on the post. If the D is aligned right, you can have players helping the helpers. No matter what, the player digging should stay in a stance and bluff to make sure there is no easy catch and shoot on a kickout. If the offense is a poor shooter, more commitment can be made to the post.</p>	<p>Trapping: Traps should typically come from behind the post player. Defenders 1 and 2 will slide into position so that they are each guarding $1\frac{1}{2}$ players. The most direct pass should be taken away to force the post to throw a difficult pass. The key is the quick and aggressive trap and players getting into position quickly.</p>	

Phase VIII: Defending off Ball Screens

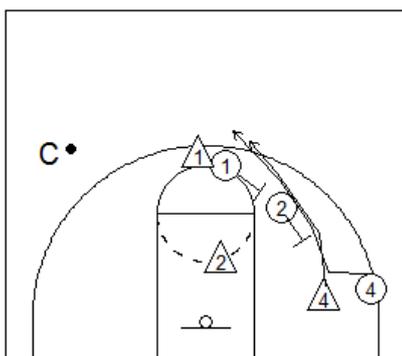
- Defending Off Ball Screens
 - Hip to Hip and chase cutter- Do not go under screens on shooters
 - Man guarding screener has to give a high show, make cutter change his path
 - Chaser needs to take good angles to cut off cutter
 - Go under screens of non shooters
 - Man guarding screener give space to get through
 - Do not patty cake the screener, stay low and get your shoulders through
- Drills:
 - 2 on 2 guarding screens: These can be drilled by making a line and having screeners become receivers and the receivers go to the back of the line. This can be a continuous drill with coach passing the ball. Emphasize different ways to defend the screens.



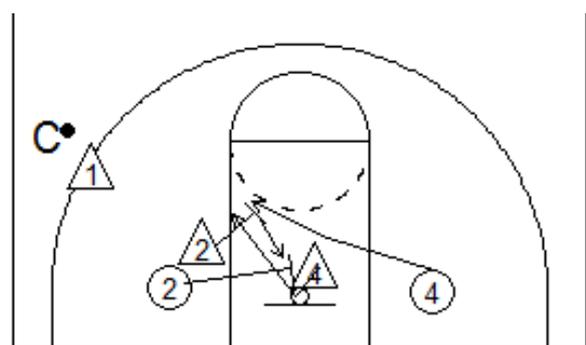
Chasing screens: When Chasing screens, Defender 4, must get hip to hip on his man and get directly behind him to beat the screen. Defender 2 must sink to gap and take away the curl cut. Although he is sinking, this isn't a switch and he must push the curl cutter out to allow the chaser an angle for recovery.



Create a gap: When players are not strong shooters or don't read screens, we don't have to chase. In this situation, Defender 2 will create a gap for Defender 4 to get through and meet the offensive player at the point of attack. Defender 4 isn't attempting to steal the pass, only cutting off player's route to the basket. Do not guard good shooters this way because of flares and rescreens.



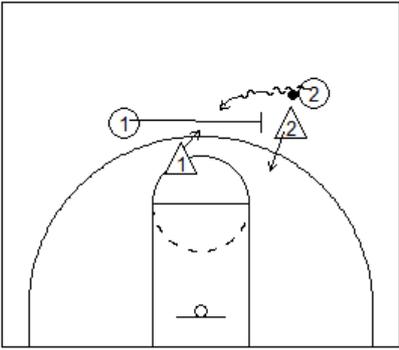
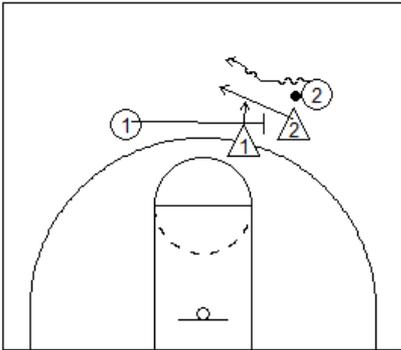
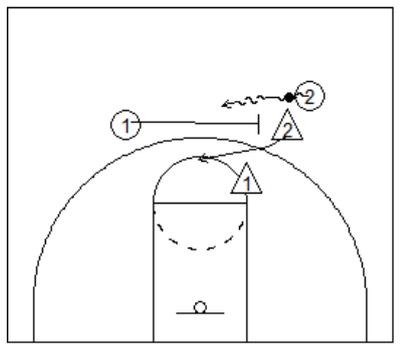
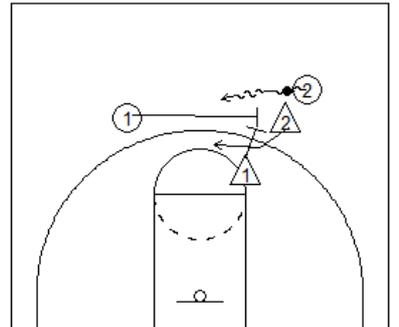
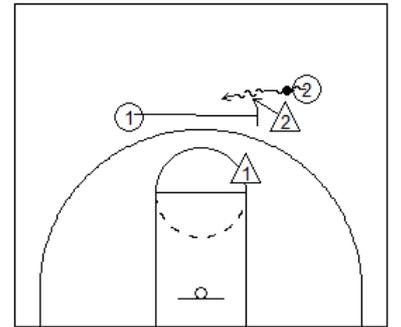
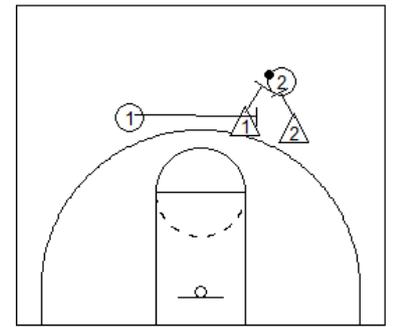
Double Stagers: When defending the double stagger, the man being screened (4) Will chase the screen similar to the curl. Defender (2) is protecting the gap for slips and Defender (1) is showing high to force the offensive player out past the three point line.



Cross screens: When defending crosscreens, It starts with great ball pressure on the passer. This is why we have a defender in this drill. Defender (2)'s man is screening. He will push (4) high and away from the hoop. Defender (2) will go under the screen and burst to the gap to get in position. When through defender (2) will dive back to his man in case of an open up.

Phase IX: Defending Ball Screens

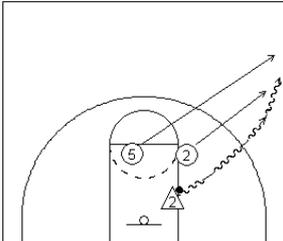
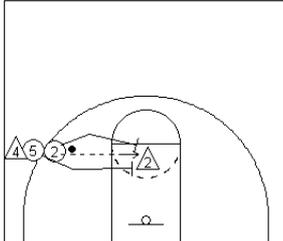
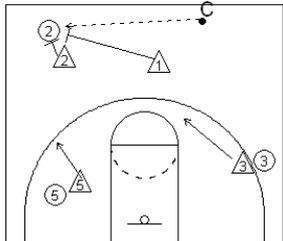
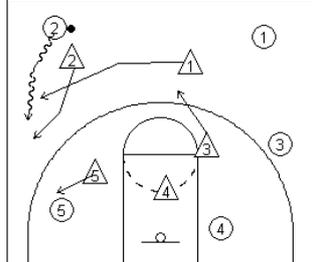
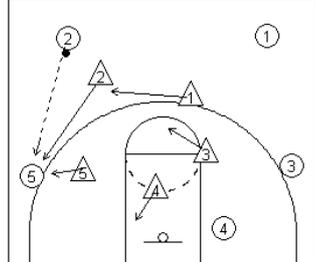
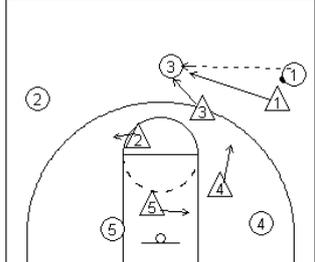
- Defending Ball Screens
 - Switch
 - High Hedge
 - Low Show
 - Push screen up
 - Slip over Screen
 - Trapping ball screen
- Off ball:
 - Not matter how you defend the screen, it is vital that helping the helper principals are used by off ball players. They must be in position to help with the rolls, slips, and pops.

		
<p>Switch: D (1) and (2) will level out. If O2 uses the screen, D(1) will defend and D (2) must get inside of the screener O1. Defense must come together to ensure that screener can't slip and in case they change direction. Communication is vital!</p>	<p>High Show: D(1) Will high hedge to push the ball handler out. He must have a hand on hip in case of slip. D(2) will shoot the gap and get in front of O2. As he is shooting the gap, D1 will slide down and open up the path for D(2)</p>	<p>Low Show: D(1) will simply sink and create a shortcut for D(2) to slide through. This is used on explosive guards who lack the ability to knock down the jumpers. *This is going to be used most*</p>
		
<p>Push up screen: This is similar to a low show because D(2) will go under the screen. This time though D(1) will push up on the screener to deny a roll. This prevents the screener from rolling and creating a second screen.</p>	<p>Slip over: In this, D(2) will beat the offense to the screen. This can be dangerous with re-screening, but is an option if the ball handler is weaker. D (1) is there for support.</p>	<p>Trap: D(1) will jump the screen aggressively and force O2 out in a retreating position. D(1) will follow and not allow the offense an escape. Ball pressure and denying the splitting of the screen is vital. Off ball being alert is the final phase of this.</p>

Phase X: Trapping

Trapping defenses are used to speed up tempo, create turnovers, take offense out of their rhythm, and to exploit teams that are weak with the basketball. Trapping defenses not only cause turnovers, but they often make teams uncomfortable because they cannot run their offense. In phase IX we will discuss a few trapping situations, what good trappers do and what off the ball players do. This is also a great way for your team to work on being trapped.

- Trapping principals
 - On Ball
 - Don't get split..Players must keep players corralled
 - Foul with your lower body: Crowd the ball handler low while keeping your hands, wide, high, and active...Don't break verticality and give officials a bail out call.
 - Coral dribblers to corners and edges: Add defenders to your trap using baseline, sideline, and half court as extra defenders.
 - Force Airtime passes....NO DIRECT PASSES
 - Off Ball
 - Be in a stance and ready to burst to the ball or spot
 - Don't hug your man: Create space and make your man appear open
 - Read Shoulders and eyes: Position yourself where the passer can pass, shoulders tell the story of who you can ignore.
 - Prioritize: Allow long air time passes where you can recover, take away layups and direct passes first.

2 on 1 Trapping drill	Toughness line Trapping	4 vs 3 Toughness
		
<p>This drill is designed to get players used to corraling ball handlers and steering them to a sideline. Players go 1 vs 2 and need to cross half court without getting trapped. Also a great ball handling drill.</p>	<p>In this drill, players 2 and 5 pass out to offensive player 2 and close out and trap. They will work on not allowing a trapper to split and standing a ball handler up. On coaches whistle 2 must pass to 4 (they can have 2 dribbles on the whistle)</p>	<p>This drill starts with the coach passing in to a player. Defense has an extra player so must always trap the ball. Off ball players must not allow their man to get open. Offense must complete 10 passes or get a layup. (You can limit Off. dribble.)</p>
Trapping Dribblers	Trapping first pass	Trapping a Star
		
<p>2 is pressured and forced to dribble sideline 1 will sprint from behind to trap him, 2 must freeze him. 3 and 4 will sink off and take away passes to 1, 3, and 4. 5 is a direct pass and must deny that spot. They can allow a pass to 1, D4 must protect the hoop.</p>	<p>When the ball is passed up the sideline 2 will sprint to trap the catch. 5 MUST close out hard and freeze his player for a brief moment to allow players to get into place. 1 will slide over and take away pass to 2. O1 would be the one option we can live with if they pass out of trap.</p>	<p>If you are trying to get the basketball out of a players hands, the person guarding the passer should follow the pass to trap. This is because the defense is already on ball side. You should allow players on perimeter to be open, since you only want the ball out of this one players hands.</p>